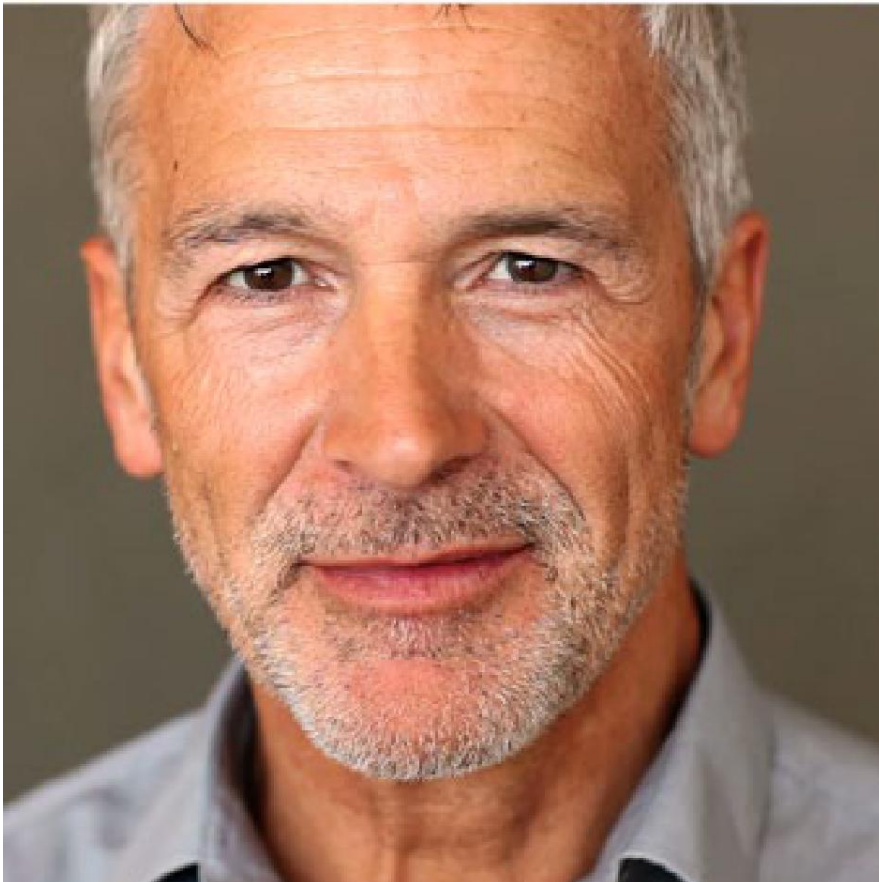
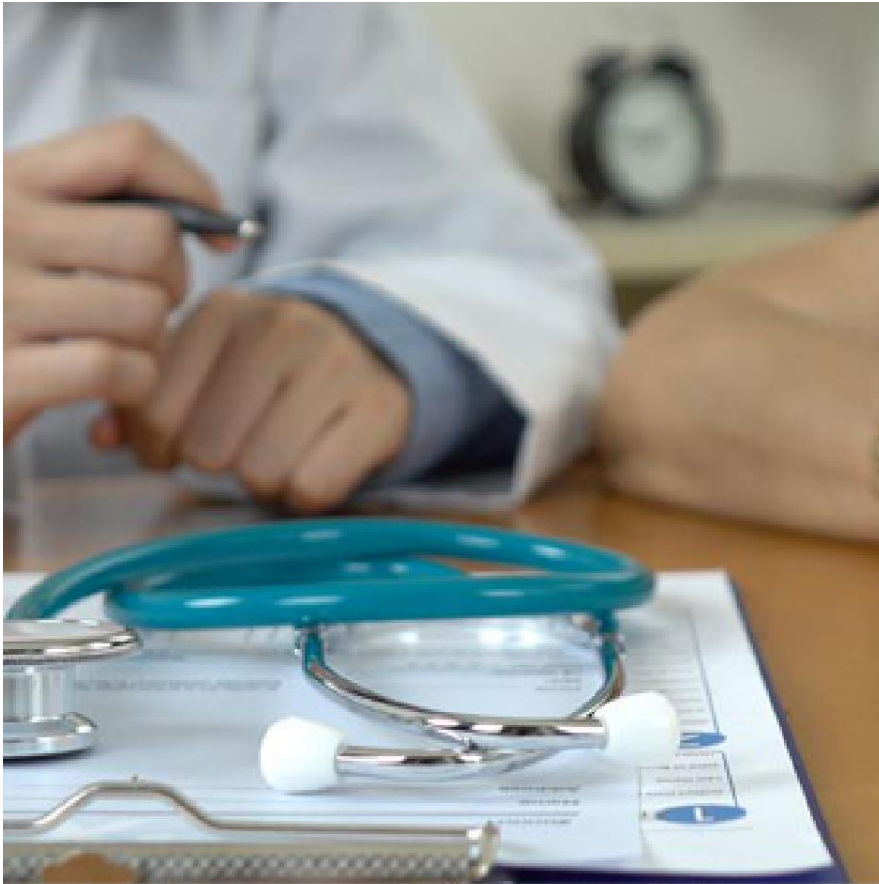




## Setting Recovery Goals After a Heart Attack



### Overview

As you recover from your heart attack, it's good to set goals for yourself. Goals keep you motivated. And they help you see improvements as they happen.

### Initial steps

Your doctor will create a recovery plan for you. Ask about the goals you should be striving to reach. At first, these may be basic things like sitting up and taking a few steps to the bathroom by yourself. Though they may seem like small achievements, these are good signs of progress.

### Bigger goals

Next, you set bigger goals, like showering and getting dressed. You may be able to read a book or play a board game. And, you'll start moving around more. Ask your doctor what distance or time goals are right for you.

### Return to normal life

Begin to set new goals for yourself as you return to your normal life. You'll want to develop a regular exercise plan. Make an effort to interact with your friends and loved ones. Going for a walk outside or planning an outing with a friend can be an important milestone for you.

### Conclusion

And finally, keep in mind that everyone needs time to deal with the physical and emotional toll of a heart attack. So don't be too hard on yourself. Give yourself time to recover at your speed. Tell your doctor if you are having any signs of depression, or if you feel that something isn't right. With your doctor's help, you'll soon be on the road to better health.