

MENTAL HEALTH IS *INTRICATELY INTERTWINED* WITH PHYSICAL WELLBEING

PARTICULARLY WITH CHRONIC CONDITIONS SUCH
AS DIABETES, HYPERTENSION, AND OBESITY

STUDIES SUGGEST PEOPLE WITH SEVERE MENTAL ILLNESS
HAVE A LIFE EXPECTANCY THAT IS APPROXIMATELY

15-25 YEARS SHORTER

THAN THE GENERAL POPULATION

15 - 20 YEARS LESS

PEOPLE WITH MENTAL HEALTH CONDITIONS ARE
MORE LIKELY TO DEVELOP CARDIOVASCULAR DISEASE

1 IN 5 PATIENTS

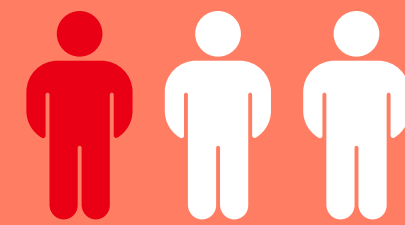
WITH CORONARY HEART DISEASE OR
HEART FAILURE EXPERIENCES DEPRESSION.



ESTIMATES SUGGEST

1 IN 3 PEOPLE

WHO HAVE EXPERIENCED A STROKE FACE DEPRESSION.



DAILY STRESSORS EXPERIENCED OVER PROLONGED PERIODS ARE
ASSOCIATED WITH A **50% INCREASED RISK** OF INCIDENT CVD EVENTS

HERE ARE SOME *SIMPLE ACTIONS* TO YOUR BOOST MENTAL HEALTH, AND IMPROVE HEART HEALTH

**GOOD FOOD HAS
A POSITIVE INFLUENCE**

EATING WELL IS INTRICATELY INTERTWINED
WITH PHYSICAL WELL-BEING

**5 MINS OF
MINDFULNESS**

ENGAGING IN MINDFULNESS IS KNOWN TO CALM
YOUR MIND AND REDUCE STRESS

**REGULAR EXERCISE
HAS A POSITIVE IMPACT**

REGULAR PHYSICAL ACTIVITY HAS A POSITIVE IMPACT ON
BOTH MENTAL WELL-BEING AND HEART HEALTH.

DE-STRESS

HIGH WORKPLACE STRESS ASSOCIATED WITH A
40% INCREASE IN RISK IN OF CARDIOVASCULAR DISEASE

**CONNECT WITH
SOMEONE YOU TRUST**

STUDIES FOUND THAT SOCIAL ISOLATION AND
LONELINESS WAS ASSOCIATED WITH A 50% INCREASE
IN RISK OF CARDIOVASCULAR DISEASE

**REACH OUT
FOR SUPPORT**

TRY OUT THE *TAKE 5 TO THRIVE CHALLENGE*



WORLD
HEART
FEDERATION

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HEALTH