

Your Daily Emotional Check-in

A heart attack can affect your emotional well-being almost as much as it affects your physical health. As you recover, use this list as a guide to make sure you're giving your emotions the attention they deserve.

- I'm **focusing** on being alive right now.
- I'm **celebrating** small victories.
- I'm **striving for progress**, not perfection.
- I'm taking the time to **feel my feelings**.
- I'm **asking for help** when I need it.
- I'm spending time in nature to **calm down** and **recharge**.
- I'm replacing negative thoughts about myself with **positive messages**.

Today I'm grateful because _____

I do things I enjoy every day. Today I _____