

A close-up photograph of a person's torso and arms. They are wearing a sleeveless dress with a vibrant, multi-colored floral pattern. Their hands are pressed together over their chest area, a gesture often associated with mindfulness or emotional connection. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall mood is calm and focused.

Mindfulness *for* **Heart Health**



PeaceHealth



Welcome



YOUR MODERATOR

Summer Meyer, BA, LMT

Certified Health Coach

Please join in!

- *Vote in the polls*
- *Ask questions*
- *Complete the survey*

Your speaker

Amy Surface, PA-C

*Heart & Vascular, Cardiology
PeaceHealth Southwest Medical Center*

- *Runs a Lifestyle Medicine clinic for cardiac patients*
- *Trained in Mindfulness Based Stress Reduction and Integrative Medicine*
- *Loves time with family and nature*



Overview

- Pillars of lifestyle medicine
- Chronic stress and heart disease
- Your body under stress
- Long-term stress reduction methods
- Q & A

Facts

Heart disease remains **the leading cause of death** in the US for decades

Approximately every **39 seconds**, an American will have a heart attack

It leads the pack in the **most expensive** condition treated in hospitals

Heart disease responds dramatically to **lifestyle change**





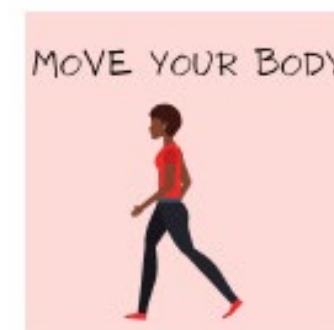
Four Pillars

Poll

Which of the Four Pillars do you struggle with the most?

- A. Movement
- B. Nutrition
- C. Mindfulness
- D. Misc. (Sleep, Toxin, Smoking, Alcohol)



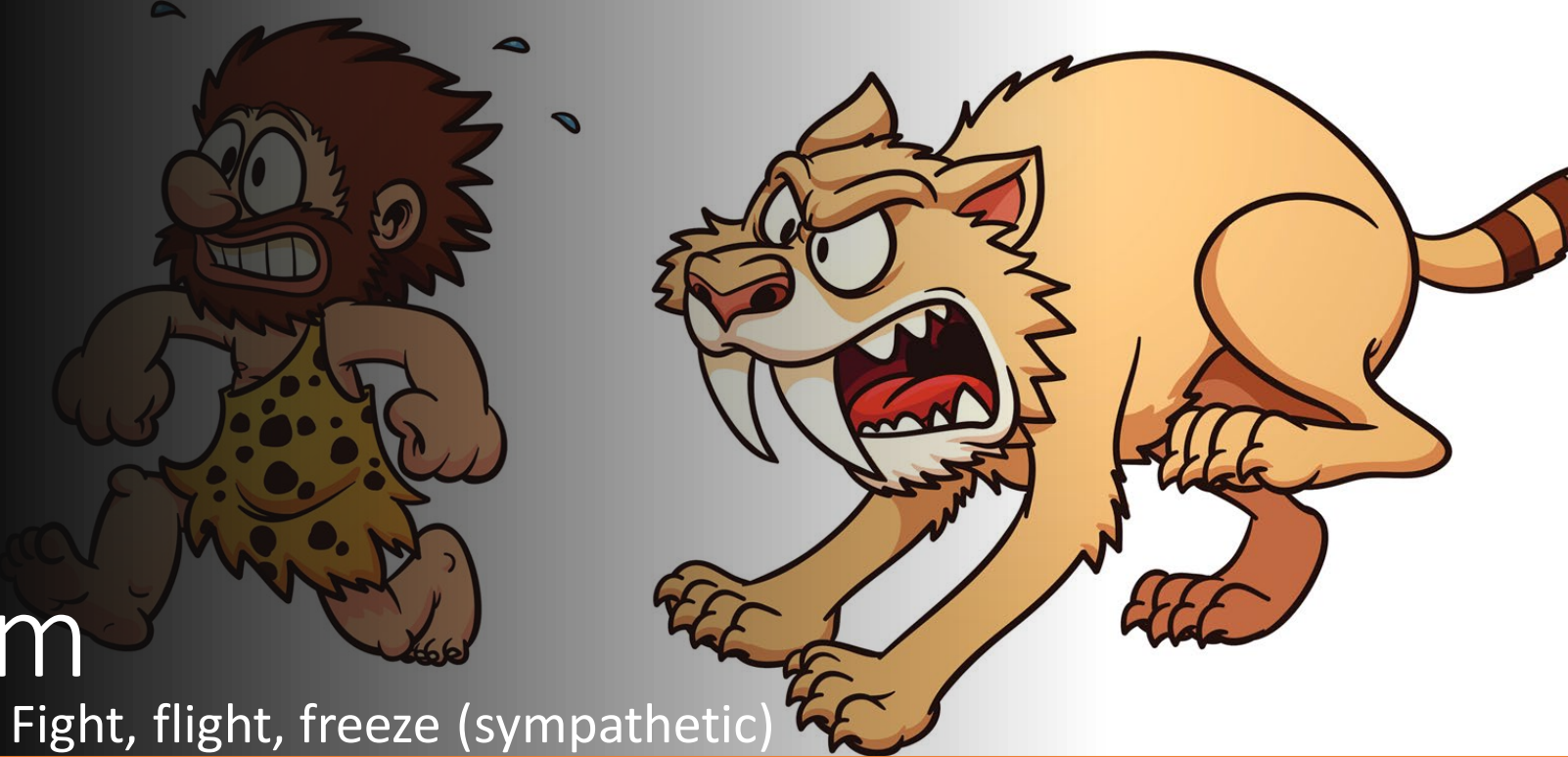


Focus on Mindfulness

Nervous System

Fight, flight, freeze (sympathetic)

Rest & Repair (parasympathetic)



Chronic Stress

- Cortisol, Adrenalin, Blood Pressure, Cholesterol

Coping Behaviors

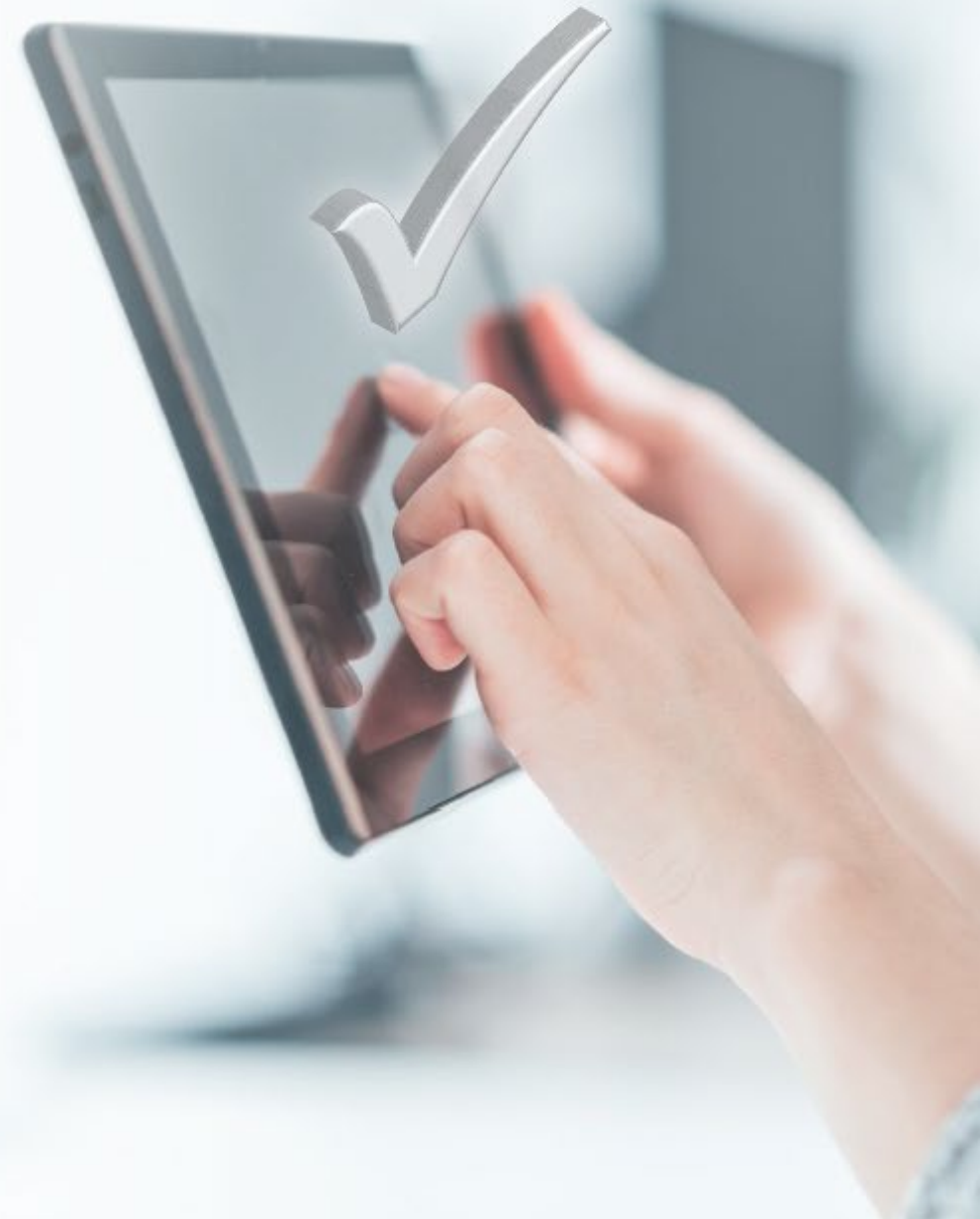
- Physical inactivity, overwork, overeating, tobacco, alcohol



Poll

What's your experience with Mindfulness?

- A. I haven't heard of it
- B. I have practiced it once or twice
- C. I practice regularly
- D. Other (type in the chat)





Mind Full, or Mindful?

Mindfulness Based Stress Reduction

1979 Jon Kabat-Zinn, PhD

Reduces stress

Coping

Well-being

Quality of life



How?



MBSR courses



Palouse Mindfulness online



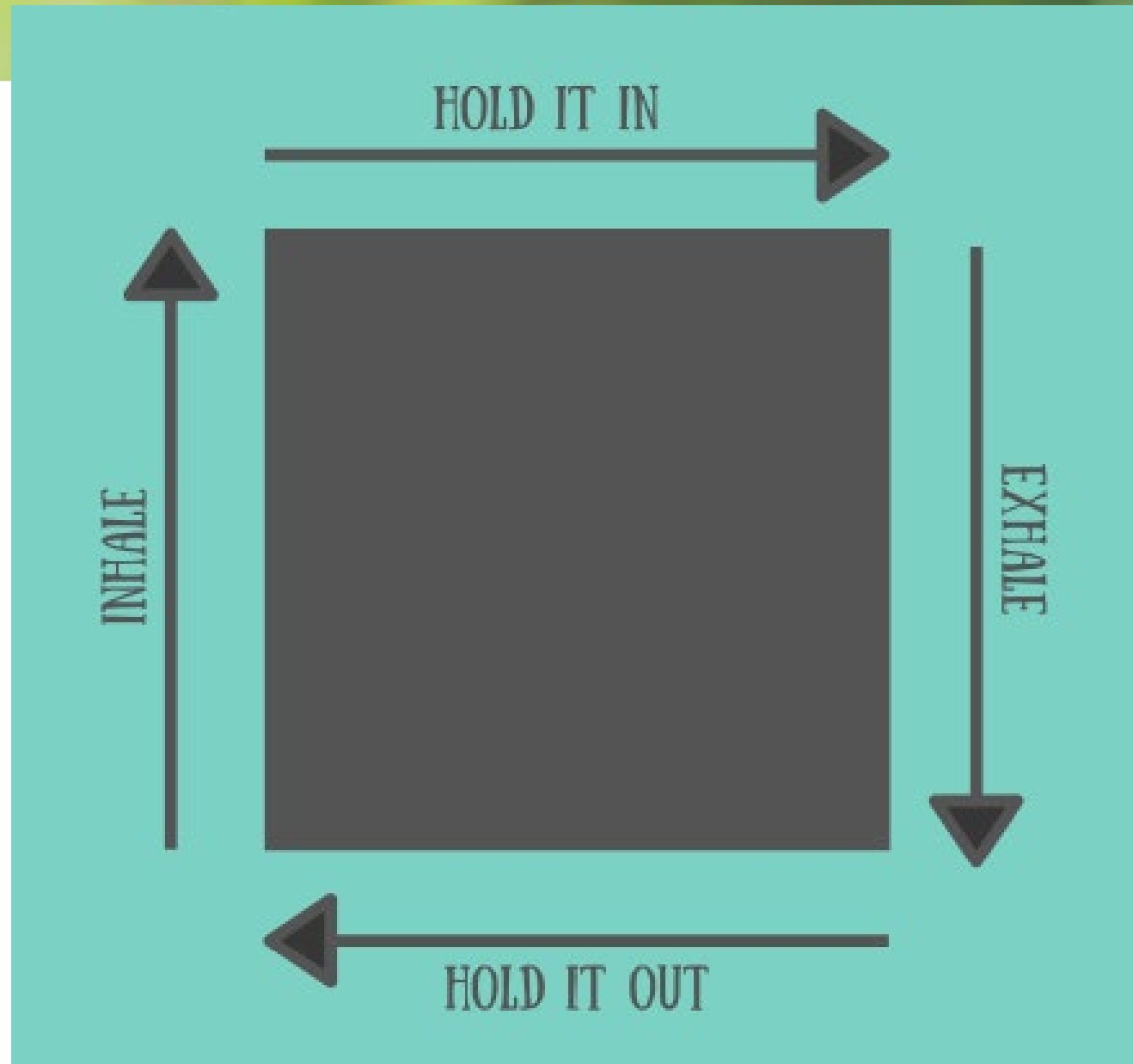
Meditation Apps

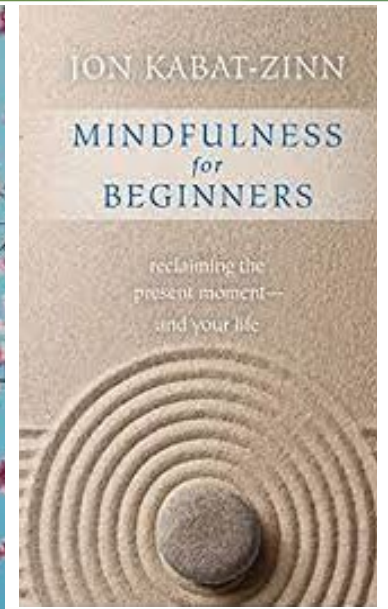
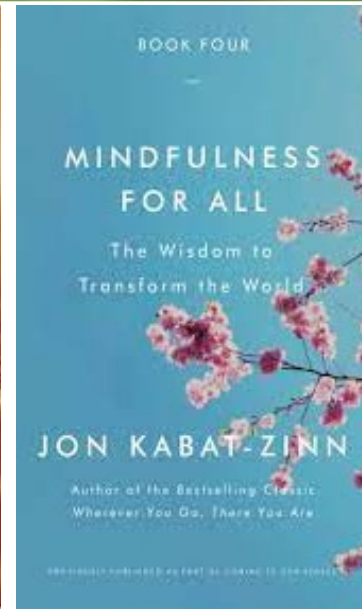
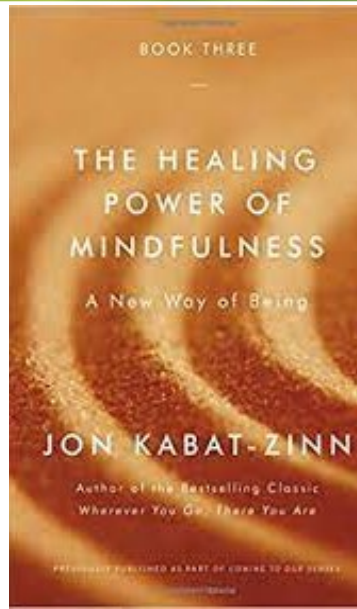
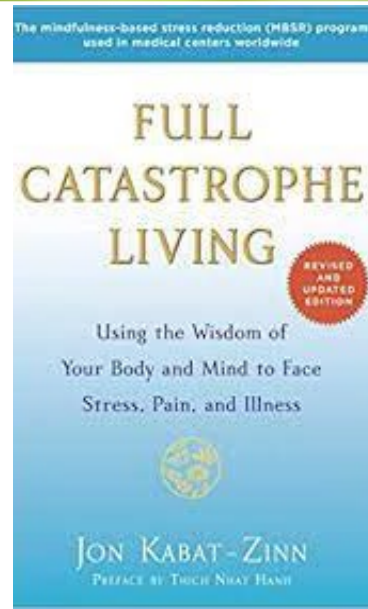
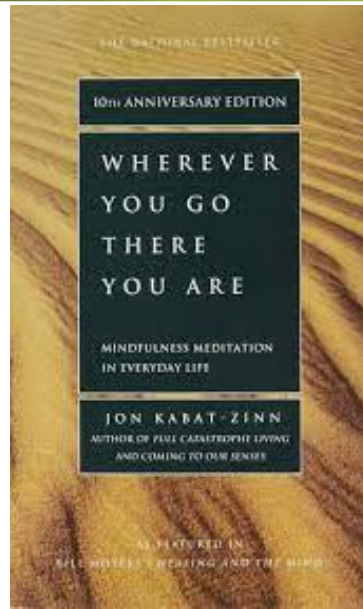


Being present in the
current moment



Practice Square Breathing





Great books

Resources & Handouts

- Recording
- Slides
- Handouts

www.peacehealth.org/healthy-you/webinar-mindful-heart



Q & A

Questions after the webinar?

Send to healthyyou@peacehealth.org



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you think.*



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here to help.***

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