



# Healthy Relationships and Sexual Intimacy

Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

## Topic Summary: Healthy Relationships and Sexual Intimacy

Managing your heart condition can be stressful and lonely. Having positive social relationships can help you cope better and improve your health. Your heart condition or treatment may also affect your sexual intimacy. The good news is that there are actions you can take to be intimate and return to sexual activity after a heart event.

## Learning goals

Explore the learning resources to learn:

- How to build social relationships that improve your health
- How heart disease can affect sex and intimacy

## Learning Resources

- THRiVE: [Strengthen Your Social Relationships](#)
- Website: [Relationships](#)
- Website: [Sexual Intimacy](#)
- Webinar: [Communication, Relationships, and Returning to Sexual Activity](#)
- Guide: [Enjoying a healthy relationship and sexual intimacy](#)

## Tools for Self-Management

- [Create your action plan](#)
- [Reflect on your week](#)

## Key points:

- ◆ Your family, friends, and loved ones will be able to support you better if you tell them how you are feeling. Be clear and specific about how you feel.
- ◆ If you can easily walk up two flights of stairs or walk briskly, your heart should be safe during sex. Review the [tips](#) on how to keep your heart safe during sex.