



# Stress, Burnout, and Coping

## Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

### Topic Summary: Stress, Burnout, and Coping

Stress and burnout are common in people living with heart disease. Taking care of your emotional wellbeing is an important part of managing your heart condition. Learn what actions you can take to cope better and feel well.

### Learning goals

Explore the learning resources to learn:

- What stress and burnout are
- Techniques you can try to help you feel in charge of your health

### Learning Resources

- THRIVE: [Manage Depression, Stress, and Burnout](#)
- Website: [Feel Well](#)
- Videos: [Are Feelings of Depression or Anxiety Common After a Heart Attack?](#)
- Webinar: [Coping with Stress, Anxiety, and Depression](#)
- Guide: [Managing Stress for a Healthy Heart](#)

### Tools for Self-Management

- [Create your action plan](#)
- [Reflect on your week](#)
- [Manage psychological distress](#)
- [Take action to manage depression](#)

### Key points:

- ◆ Understanding the steps you need to take to achieve a healthier emotional wellbeing is important to your quality and length of life.
- ◆ If you have signs of chronic stress, psychological distress, anxiety, or depression, talk to your doctor about how to manage these conditions.

**Talk to someone (such as your doctor, family member, friend, or Crisis Line) right away if you are having thoughts of self-harm, death, or suicide.**