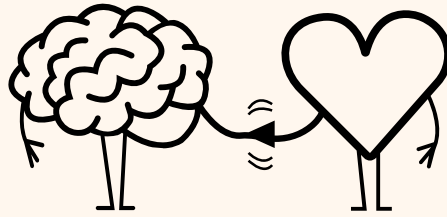


HEART MIND HARMONY



A Guidebook for Heart & Mind Healing with Heart Disease

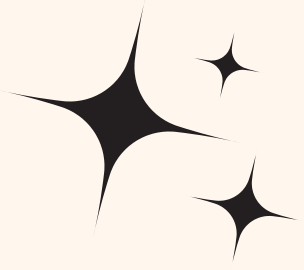
The only person who can pull me down is myself,
and I'm not going to let myself pull me down
anymore.

WRITTEN BY

Jillian Thorne



TWICE THE HEART
FOUNDATION



A NOTE BEFORE YOU BEGIN
THIS GUIDE WAS CREATED FROM LIVED
EXPERIENCE, NOT MEDICAL EXPERTISE. I AM A
PATIENT, NOT A PHYSICIAN OR LICENSED
HEALTHCARE PROFESSIONAL, AND THE
INFORMATION SHARED HERE REFLECTS WHAT I
HAVE LEARNED THROUGH MY OWN JOURNEY
WITH HEART DISEASE, ADVOCACY, AND
HEALING.

NOTHING IN THIS GUIDE IS INTENDED TO
DIAGNOSE, TREAT, CURE, OR PREVENT ANY
MEDICAL OR MENTAL HEALTH CONDITION,
AND IT SHOULD NOT REPLACE PROFESSIONAL
MEDICAL ADVICE. EVERY HEART AND EVERY
PERSON IS DIFFERENT. ALWAYS TALK WITH
YOUR PHYSICIAN OR HEALTHCARE TEAM
BEFORE MAKING CHANGES TO YOUR
MEDICATIONS, TREATMENT, EXERCISE, DIET,
OR CARE PLAN.

TAKE WHAT FEELS SUPPORTIVE, LEAVE WHAT
DOESN'T, AND ALWAYS PUT THE GUIDANCE OF
YOUR HEALTHCARE TEAM FIRST.

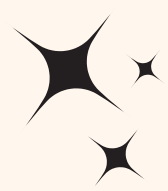
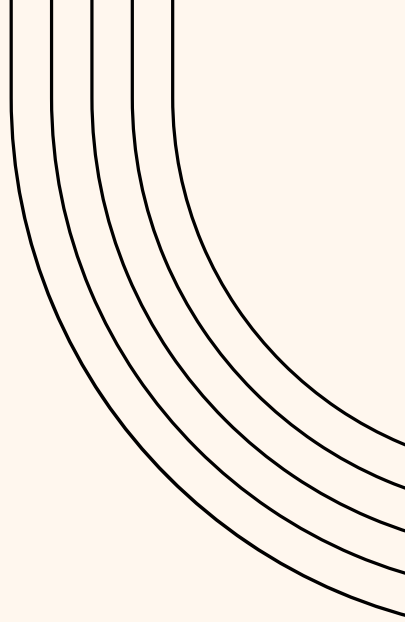




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Healing Your Mind: Cultivating a Positive Mindset

Bossing Yourself Around: Self-Awareness and Self-Advocacy

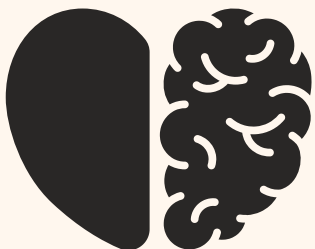
Community: Finding Support and Connection

Physical Movement: Nurturing Your Body and Mind

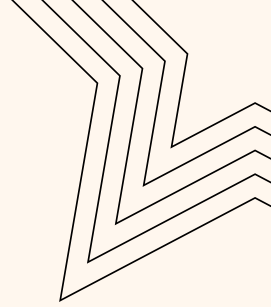
Bridging the Gap: Cultivating Mental Wellness in Heart Disease

Reflect and Resonate

Thank Yourself



You should be so proud



FIRST STEP

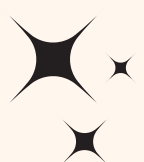
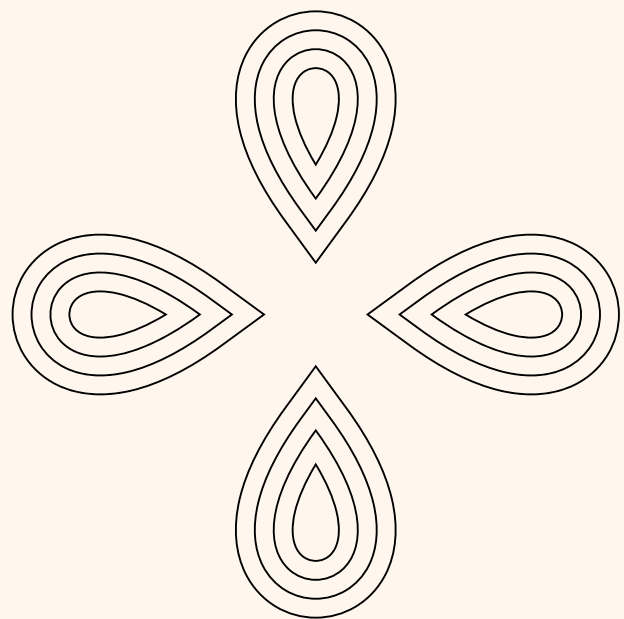
I won't go into anything too sentimental here, but the reality is that you are present here, and you should commend yourself for embarking on a path towards healing.

OUR DESTINATION

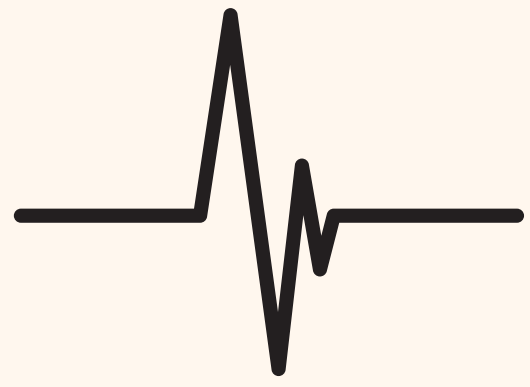
We will explore your unique journey with heart disease, diving deep into the intricacies of **your** body and mind. Together, we will uncover how specific tools can ease the challenges you face during this difficult period, offering support and guidance to make this journey a bit more manageable.

YOUR REASONS

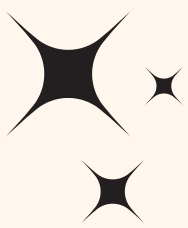
Regardless of your motivation for embarking on this next phase of your healing journey, all I request is that you remain authentic to yourself throughout our time together and honestly assess your well-being.



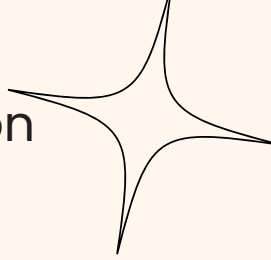
You've been diagnosed, now what?!



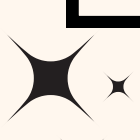
Understanding the reasons behind how you perceive the impact of heart disease on your life is crucial in initiating the healing process. By gaining insight into your thoughts, emotions, and beliefs surrounding the disease, you can identify any negative patterns or barriers that may be hindering your healing journey. This self-awareness allows you to address and challenge any limiting beliefs, cultivate a positive mindset, and develop coping strategies to navigate the challenges of living with heart disease. Ultimately, by understanding and reshaping your perception of the disease, you can empower yourself to take control of your health and well-being, leading to a more holistic and effective healing process.



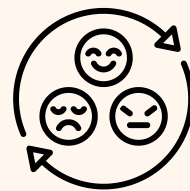
How do you perceive the impact of heart disease on your life?



How do you interpret the challenges of coping mentally with an illness?

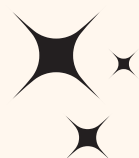


In what ways do you currently address and manage your fears related to your health condition?!

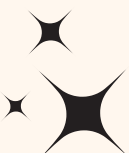


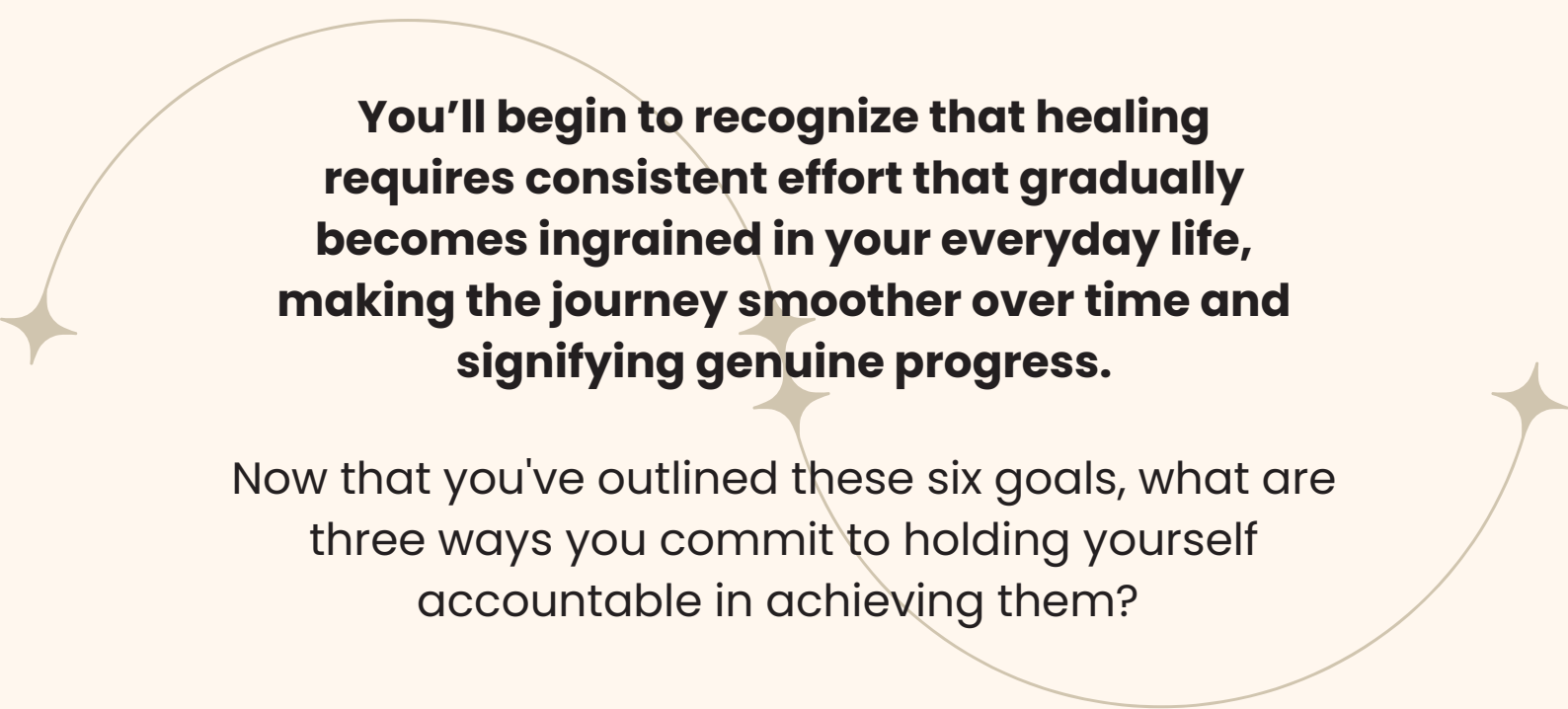
What are three objectives we can collaboratively set to enhance the management of the physical and mental aspects of this condition?!

BODY



MIND





You'll begin to recognize that healing requires consistent effort that gradually becomes ingrained in your everyday life, making the journey smoother over time and signifying genuine progress.

Now that you've outlined these six goals, what are three ways you commit to holding yourself accountable in achieving them?



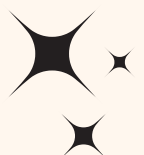


Healing Your Mind: Cultivating a Positive Mindset

"Healing the mind is as crucial as mending the body in the journey through heart disease. Cultivating a positive mindset serves as the gentle breeze that guides the ship of healing through stormy waters."

DISCOVERING WHAT WORKS BEST FOR YOU

Discovering which tools work best for managing stress and anxiety after being diagnosed with heart disease often involves a process of trial and error. Start by exploring various techniques, such as mindfulness meditation, deep breathing exercises, regular exercise, and seeking support from others. Experiment with each method to see how it resonates with you and its effectiveness in alleviating your symptoms. Keep an open mind and be patient with yourself as you navigate this journey. Pay attention to how each tool impacts your mood, stress levels, and overall well-being. Over time, you'll gain insight into which strategies are most beneficial for you personally, allowing you to create a tailored toolkit for managing stress and anxiety that suits your unique needs and preferences.





LETS TRY A MEDITATION TOGETHER

Heart Healing Meditation: Embracing Peace Within

Close your eyes gently and find a comfortable seated position.

Take a deep breath in, allowing your lungs to fill with air, and exhale slowly, releasing any tension you may be holding.

With each breath, feel yourself becoming more present in this moment, letting go of worries about the past or concerns about the future.

Now, bring your attention to your heart center. Visualize a warm, healing light radiating from your heart, spreading throughout your entire body with each inhale.

As you exhale, imagine releasing any negativity or fear stored within you, allowing it to dissolve into the surrounding space.

Continue to breathe deeply, focusing on the soothing rhythm of your breath and the gentle beating of your heart.

With each inhalation, invite feelings of peace and comfort to fill your being.

With each exhalation, let go of any doubts or anxieties that may arise. Stay in this state of mindfulness for a few moments, basking in the healing energy flowing through you.

When you feel ready, slowly open your eyes, carrying this sense of calm and renewal with you into the rest of your day.

Choose two words to describe how that made you feel?!





LETS TRY A YOGA PRACTICE TOGETHER

Heart Harmony: A Gentle Yoga Flow for Inner Balance

Seated Mountain Pose: Sit comfortably in a chair with your feet flat on the ground. Close your eyes and take a few deep breaths, grounding yourself. Sit tall, lengthening your spine, and bring your hands to rest on your thighs.

Seated Cat-Cow Stretch: On an inhale, arch your back and lift your chest, allowing your belly to come forward (Cow Pose). On the exhale, round your spine, tuck your chin to your chest, and draw your navel in towards your spine (Cat Pose). Repeat this movement for a few breaths, flowing smoothly between the two poses.

Seated Side Stretch: Inhale and raise your right arm overhead, reaching towards the left side of the room while keeping your left hand grounded on your chair. Feel a gentle stretch along the right side of your body. Hold for a few breaths, then switch sides.

Seated Twist: Inhale and lengthen your spine, then exhale as you twist your torso to the right, placing your left hand on the outside of your right thigh and your right hand on the back of the chair. Hold for a few breaths, then return to center and repeat on the other side.

Seated Forward Fold: Inhale and lengthen your spine once more, then exhale as you hinge forward from your hips, folding your torso over your legs. Let your arms hang down towards the floor or reach for your shins, ankles, or feet, depending on your flexibility. Hold for a few breaths, then slowly rise back up on an inhale.

Seated Heart Opener: Interlace your fingers behind your back and straighten your arms as you gently lift your chest towards the ceiling, opening up through the front of your body. Take a few deep breaths here, feeling the expansion in your chest.

Seated Relaxation: Close your eyes and take a few moments to simply breathe and relax. Allow your breath to return to its natural rhythm, and notice how your body feels after practicing this gentle yoga flow.

Remember to listen to your body and only move within a comfortable range of motion. If you experience any discomfort or pain, ease out of the pose and rest. Enjoy the calming and rejuvenating effects of this seated yoga practice for heart health.

Choose two words describe how that make you feel?!





Consider the emotions and thoughts that have emerged since receiving your heart disease diagnosis. Reflect on your initial reactions, fears, and uncertainties about the future. Then, envision the path forward towards healing. Describe one small step you can take today to initiate your healing journey. How do you anticipate this step will impact your mental and emotional well-being? What support systems or resources can you draw upon as you embark on this journey of healing?

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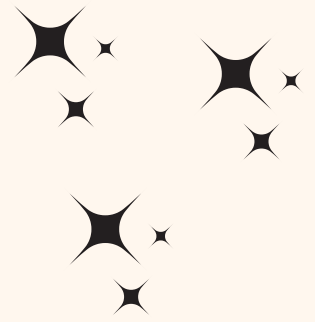


Choose two words to describe how you feel after seeing everything written out like that?!



Building Resilience

Five Strategies for Thriving After Diagnosis



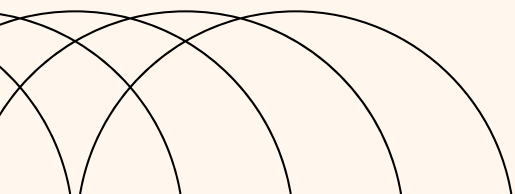
Mindfulness and Meditation

Seek Support

Engage in Self-Care

Cultivate Positive Coping Strategies

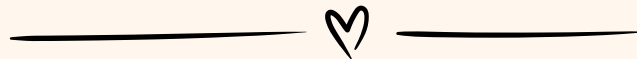
Focus on Growth and Adaptability



How do these strategies contribute to your healing process?

Mindfulness and Meditation

Practice mindfulness and meditation to develop awareness of your thoughts and emotions, and to cultivate a sense of inner calm. Regular meditation can help you manage stress, anxiety, and negative emotions associated with your diagnosis, fostering resilience in the face of adversity.



Seek Support

Surround yourself with a supportive network of friends, family, and healthcare professionals who can offer encouragement, empathy, and practical assistance. Sharing your feelings and experiences with others who understand can provide comfort and strength during difficult times.

How do these strategies contribute to your healing process?

Engage in Self-Care

Prioritize self-care activities that nurture your physical, mental, and emotional well-being. This may include getting enough sleep, eating a balanced diet, engaging in regular exercise, and setting aside time for activities you enjoy. Taking care of yourself holistically can help you feel more resilient and better equipped to cope with challenges.



Cultivate Positive Coping Strategies

Identify and cultivate positive coping strategies that help you navigate the ups and downs of life with a chronic condition. This may involve reframing negative thoughts, practicing gratitude, engaging in creative outlets, or finding humor in difficult situations. Developing healthy coping mechanisms can enhance your resilience and empower you to face adversity with grace and strength.



Focus on Growth and Adaptability

Embrace a growth mindset and view challenges as opportunities for growth and learning. Instead of viewing your diagnosis as a setback, see it as an opportunity to cultivate resilience, adaptability, and inner strength. Approach each obstacle as a chance to learn more about yourself, develop new skills, and discover your capacity for resilience.

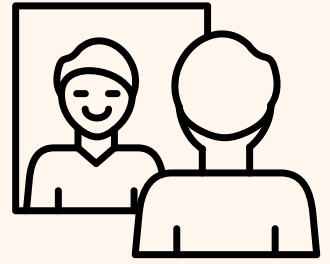
Which of these five strategies resonates with you the most, and what about it speaks to you on your healing journey?



What is the single most important goal you hope to achieve on your healing journey?

What is the most important outcome you hope to achieve by working together on your healing journey?

Bossing Yourself Around: Self-Awareness and Self-Advocacy



DEVELOPING SELF-AWARENESS

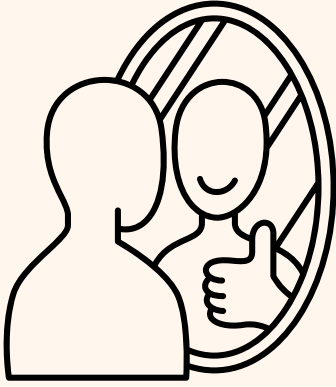
Developing self-awareness in managing symptoms is crucial for effectively navigating any heart disease. By fostering an understanding of your individual symptoms, triggers, and patterns, you can take proactive steps to optimizing your health and well-being.

Through education and self-monitoring techniques, such as tracking symptoms and identifying exacerbating factors, you gain insight into how your condition impacts your daily life.

This heightened self-awareness empowers you to make informed decisions regarding medication adherence, lifestyle modifications, and when to seek medical attention.

Overall, developing self-awareness equips patients with the tools they need to take an active role in managing their condition and improving their quality of life.

Self-Awareness Workbook for Managing Symptoms with Heart Disease



This space designed to help you develop a deeper understanding of your condition and empower you to take control of your health and well-being. By actively engaging with the exercises and prompts provided, you will gain valuable insight into your symptoms, triggers, and coping strategies.

Understanding Your Symptoms::

Date: _____

**Describe any symptoms you experienced today
(e.g., chest pain, shortness of breath, palpitations)**

**Note any activities or factors that may have contributed to your
symptoms (e.g., physical exertion, stress)**

**Rate the severity of
symptoms experienced
today on a scale of 1 to 5.**



Date: _____

**Describe any symptoms you experienced today
(e.g., chest pain, shortness of breath, palpitations)**

**Note any activities or factors that may have contributed to your
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**Rate the severity of
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Date: _____

**Describe any symptoms you experienced today
(e.g., chest pain, shortness of breath, palpitations)**

**Note any activities or factors that may have contributed to your
symptoms (e.g., physical exertion, stress)::**

**Rate the severity of
symptoms experienced
today on a scale of 1 to 5.**



Symptom Patterns::

Date: _____

Reflect on any recurring patterns or trends you notice in your symptoms::

Are there specific times of day or activities that tend to trigger symptoms?

Have you found any strategies helpful in managing or alleviating your symptoms?

Identifying triggers is crucial for managing symptoms and enhancing your overall well-being. By recognizing factors that worsen your symptoms, like stress, physical exertion, or certain foods, you can take proactive steps to minimize your impact on your health. Through careful observation and reflection, you may begin to pinpoint specific triggers unique to your journey and develop personalized strategies for avoidance or mitigation. This process empowers you to exert greater control over your health and make informed decisions to optimize quality of life.

Identifying Trigger::

**List potential triggers for your symptoms
(e.g., stress, physical activity, certain foods)**

	★ ★ ★ ★ ★
	★ ★ ★ ★ ★
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	★ ★ ★ ★ ★
	★ ★ ★ ★ ★

Brainstorm strategies for avoiding or minimizing exposure to these triggers::



Finding Your Zen: Navigating the Stress Storm



This part provides a few more management technique options, offering a variety of tools to help navigate the turbulent waters of daily stressors. From the serene practice of deep breathing to the tranquil art of meditation, we will explore more methods that will empower you to cultivate inner peace and resilience in the face of adversity.



Additionally, we introduce the practice of progressive muscle relaxation, guiding you through the systematic tension-release process to promote physical and mental relaxation.



By embracing these techniques and integrating them into your daily routine, you can harness the power of mindfulness to alleviate stress and enhance your overall well-being on your journey.



Heart-Centered Deep Breathing Exercise

Purpose:: This exercise aims to promote relaxation, reduce stress, and improve oxygen flow, benefiting overall heart health.

Instructions:

Find a comfortable seated position in a quiet, peaceful environment. You may choose to sit in a chair with your feet flat on the floor or cross-legged on a cushion.

Close your eyes gently and place one hand on your chest and the other on your abdomen, just below your rib cage.

Take a slow, deep breath in through your nose, allowing your abdomen to expand as you fill your lungs with air. Focus on breathing deeply into your belly rather than your chest.

Feel your abdomen rise as you inhale, and notice the sensation of your hand gently lifting.

Once you've inhaled fully, pause for a moment at the top of your breath, feeling the gentle expansion in your chest.

Exhale slowly and completely through your mouth, allowing your abdomen to deflate as you release the air from your lungs. Feel your hand on your abdomen lowering as you exhale.

As you continue breathing deeply and rhythmically, imagine each breath carrying a sense of calmness and relaxation throughout your body, soothing any tension or stress.

Repeat this deep breathing pattern for several minutes, focusing your attention solely on the sensation of your breath moving in and out of your body.

If your mind wanders or thoughts arise, gently acknowledge them without judgment and bring your focus back to your breath.

After several minutes of deep breathing, slowly open your eyes and take a moment to notice how you feel, embracing the sense of calm and rejuvenation that accompanies this practice.

Remember to practice this deep breathing exercise regularly, incorporating it into your daily routine to support your heart health and overall well-being. If you experience any discomfort or dizziness during the exercise, return to your natural breathing pattern and consult with your healthcare provider.

REFLECTING ON INNER STILLNESS: INSIGHTS FROM THE DEEP BREATHING PRACTICE

In this reflection section, I invite you to explore the insights gained from engaging in the deep breathing exercise. Take a moment to reflect on your experience, noticing any physical sensations, emotions, or shifts in awareness that arose during the practice. Consider how deep breathing impacted your state of mind, body, and spirit, and contemplate any connections between your breath and your overall sense of well-being. This is an opportunity to deepen your self-awareness and cultivate mindfulness, recognizing the profound influence that conscious breathing can have on your journey towards heart health and inner peace.

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Heart-Centered Morning Meditation

Purpose:: to start your day with a sense of calm, clarity, and connection to your heart's rhythm.

Instructions:

Find a comfortable seated position and take a few moments to center yourself, allowing any tension or distractions to melt away as you prepare to embark on this journey of self-care and rejuvenation.

Begin by gently closing your eyes and bringing your awareness to your breath. Take a few slow, deep breaths, inhaling through your nose and exhaling through your mouth, allowing each breath to deepen your sense of relaxation.

As you continue to breathe deeply, bring your attention to your heart center, located in the middle of your chest. Visualize a warm, golden light emanating from this area, spreading throughout your entire body with each breath you take.

With each inhale, imagine this golden light expanding, filling your body with love, compassion, and healing energy. Feel it radiating outwards, enveloping you in a cocoon of warmth and serenity.

As you exhale, release any tension, stress, or negativity that may be weighing on your heart and mind. Let go of any thoughts or worries, allowing them to dissolve into the space around you.

Continue to breathe deeply and rhythmically, focusing on the steady rhythm of your heartbeat. With each beat, feel a sense of gratitude for the gift of life pulsating within you, and for the opportunity to begin a new day with renewed vitality and purpose.

Take a moment to set an intention for your day ahead, cultivating a sense of clarity and direction. What qualities do you wish to embody? What actions align with your heart's deepest desires?

Before concluding your meditation, take one final deep breath, inhaling deeply to fill your lungs with fresh energy and exhaling slowly to release any remaining tension or resistance.

As you gently open your eyes and transition into the rest of your day, carry with you the sense of peace, presence, and empowerment that you've cultivated during this morning meditation. Trust in the wisdom of your heart to guide you through the challenges and blessings that lie ahead, knowing that you carry within you the strength and resilience to navigate life with grace and gratitude.

REFLECTING ON INNER STILLNESS: INSIGHTS FROM THE MORNING MEDITATION PRACTICE

In this reflection on the morning meditation, take a moment to acknowledge the insights and experiences that arose during the practice. Reflect on the sensations, emotions, and thoughts that emerged as you connected with your heart center and set intentions for the day ahead. Consider how the practice of cultivating inner peace and resilience through mindfulness, positive affirmations, and self-compassion techniques can support you in navigating life's challenges with greater ease and grace. Use this opportunity to deepen your understanding of yourself and the ways in which you can nurture your well-being and cultivate a sense of peace and resilience in your daily life.

This image shows a full page of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Crafting Your Path:: Empowering Affirmations for Daily Inspiration

Positive affirmations play a pivotal role in nurturing inner resilience by fostering a mindset of empowerment, self-belief, and optimism.

By consciously choosing affirmations that resonate with our values, strengths, and aspirations, we reinforce positive beliefs about ourselves and our ability to navigate life's challenges with grace and determination.

Through the repetition of affirmations, we rewire our subconscious mind, replacing limiting beliefs with empowering narratives that cultivate inner strength and resilience.

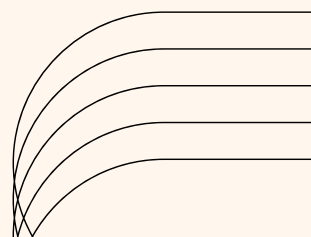
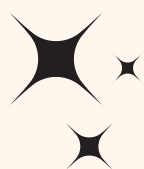
These affirmations serve as daily reminders of our inherent worthiness, capability, and resilience, empowering us to face adversity with courage, confidence, and resilience.

I am loved

I am brave

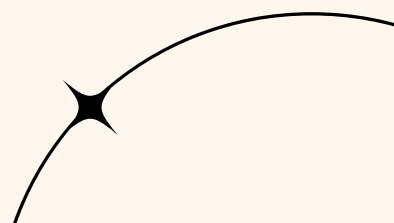
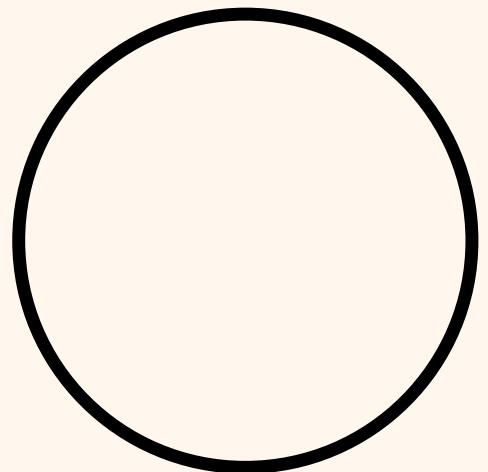
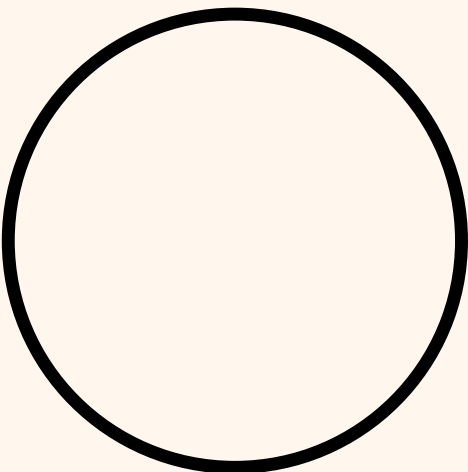
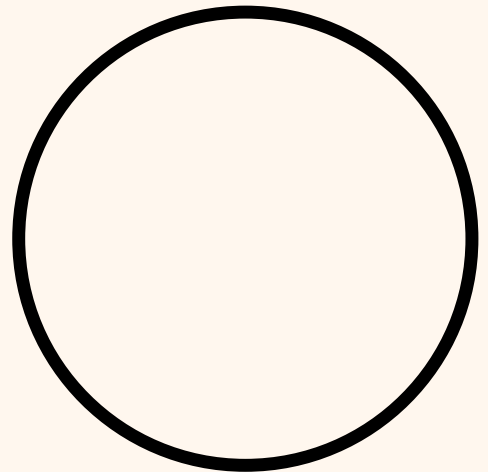
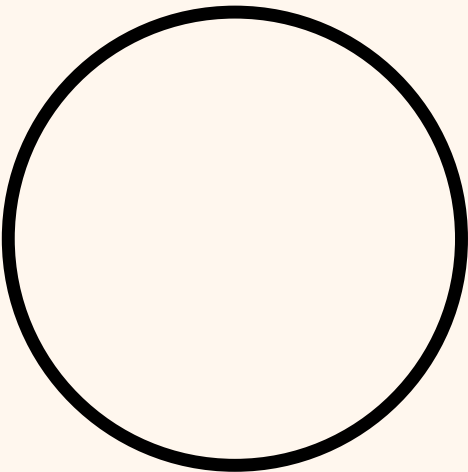
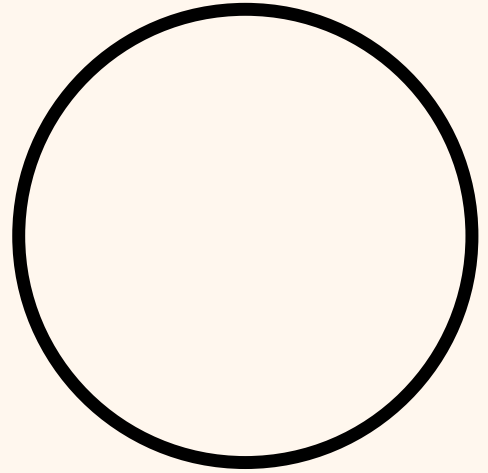
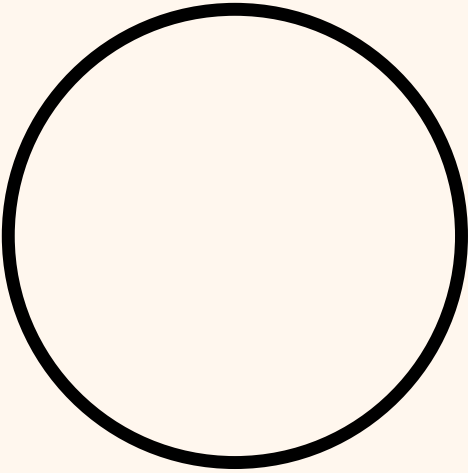
I am beautiful

I am a fighter





Pen Your Personal Power Phrases



Medication Marvels and Gratitude Galore:: A Prescription for Joyful Healing

Let's celebrate the superheroes in your medicine cabinet!



Take a moment to list out your medications in a colorful and creative way, perhaps drawing each one as a dynamic character with its own unique powers.

As you bring these medication superheroes to life, reflect on the ways in which they contribute to your healing journey and well-being.

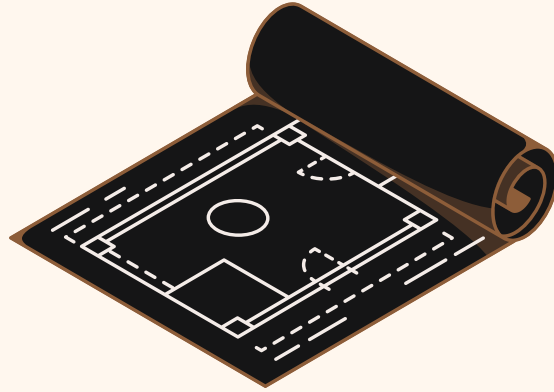
Express gratitude for the relief they provide and the role they play in supporting your body's healing process.





Practice
GRATITUDE

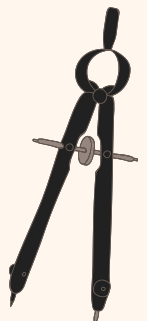
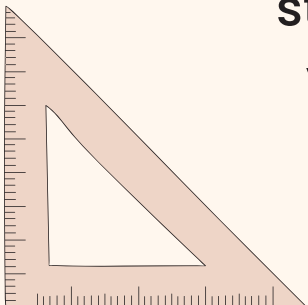
Heartful Habits:: Crafting Your Unique Blueprint for Thriving with Heart Disease



In this section, we'll delve into creative and personalized strategies designed to enhance your overall well-being while navigating the challenges of Heart Disease.

From optimizing nutrition and exercise routines to prioritizing stress management and sleep hygiene, we'll uncover practical and empowering ways to cultivate a heart-healthy lifestyle that honors your unique needs and preferences.

By embracing these lifestyle modifications, you can take proactive steps towards optimizing your health, vitality, and resilience in the face of heart disease.



VISION BOARD

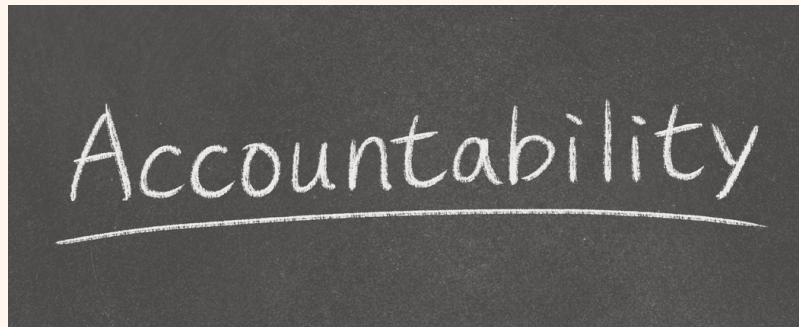
Utilize digital tools such as online platforms, collage apps, and image search engines to create your vision board. Browse through a variety of images, words, and phrases that resonate with your heart-healthy lifestyle goals for managing heart disease. Incorporate pictures of nutritious foods, active lifestyles and peaceful landscapes. Arrange these elements digitally to visualize your aspirations and create a dynamic representation of your vision for thriving with heart disease.

GOALS!

Once you've finished creating your vision boards, let's discuss the specific lifestyle modifications you'd like to implement. Together, we'll work on setting SMART goals—ones that are Specific, Measurable, Achievable, Relevant, and Time-bound. These goals will cover areas such as nutrition, exercise, stress management, sleep, and medication adherence, ensuring that your vision for a heart-healthy lifestyle becomes a reality.

ACTION!

Let's engage in a brainstorming session where we'll work together to identify actionable steps for turning your vision into reality. I encourage you to break down your goals into smaller, manageable tasks and create personalized action plans for implementing lifestyle modifications. I'll provide guidance and resources to support you in overcoming obstacles and staying motivated on your journey towards a heart-healthy lifestyle. Together, we'll transform your aspirations into achievable actions.



Let's schedule regular follow-up sessions to track your progress towards your heartfelt habits goals. During these sessions, we'll celebrate your successes and address any challenges you may encounter along the way. By providing ongoing support and guidance, we'll ensure that you stay committed to your health and well-being, empowering you to thrive with heart disease.

Congratulations on completing your Self-Awareness Workbook for managing symptoms with heart disease.

By diligently engaging with the exercises and prompts provided, you have taken important steps towards gaining a deeper understanding of your condition and optimizing your health and well-being.

Remember to regularly review and update your workbook as you continue on your journey towards self-awareness and symptom management.

If you have any questions or concerns, don't hesitate to reach out to your healthcare provider for guidance and support.





Self Care in Difficult Times

SET BOUNDARIES

On a daily basis, Ricketts recommended to, “Acknowledge your privilege, set boundaries, and learn to say no.” Setting boundaries is essential to a healthy life, but it’s a skill that many of us never learn.

Meditate

There’s a reason that meditation is one of the most talked-about practices in the wellness world—this is powerful. Meditation is effective for self-care because it takes our focus off of the world around us, and puts it back on ourselves.

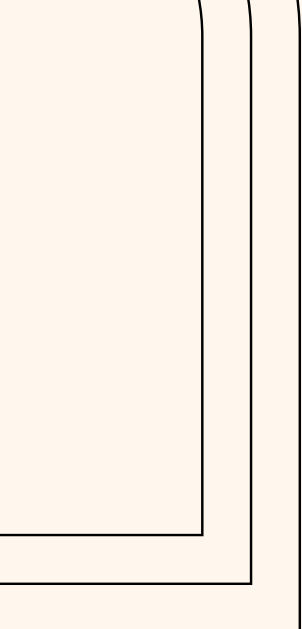
Rest (no, not just sleeping)

Rest isn’t only sleep. Sometimes it’s a break from thinking, deciding, talking, worrying, or pushing through. Learning what kind of tired you are helps you understand what kind of rest you actually need.

Check in with yourself frequently

It’s easy to move through the day without noticing what’s happening inside you. Pause long enough to ask: How am I feeling? What do I need? What is my body trying to tell me? Small check-ins can keep you connected to yourself before you reach your limit.





Thank You



Take a breath—you made it.

This guidebook wasn't just about heart disease. It was about coming home to yourself. About choosing courage in the face of uncertainty and learning to tend to both the heart and the mind.

Healing isn't fixing what's broken—it's living fully in the midst of it. It's choosing joy even when it hurts, and honoring every version of you that got through the hard days.

You are not alone.

You are not behind.

You are healing—one breath, one brave step at a time.

Thank you for being here.

The world needs your heartbeat. Don't forget it.

With love,
– Jillian & the Twice the Heart Family

