



# DEPRESSION AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT [YOURHEART.CA](http://YOURHEART.CA)

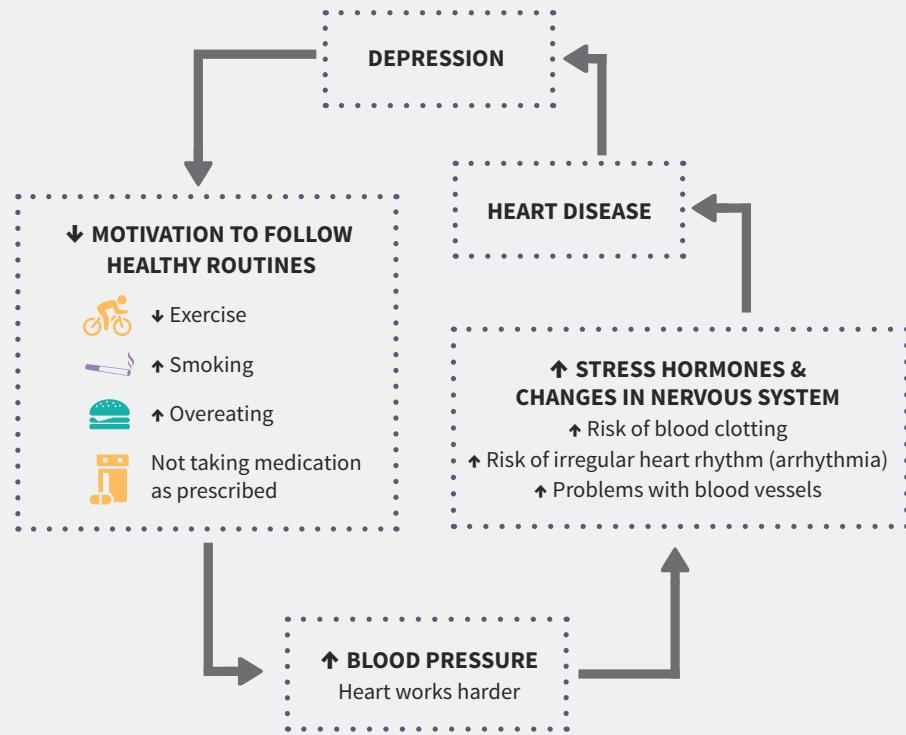


Depression is **twice as common** in women than in men.

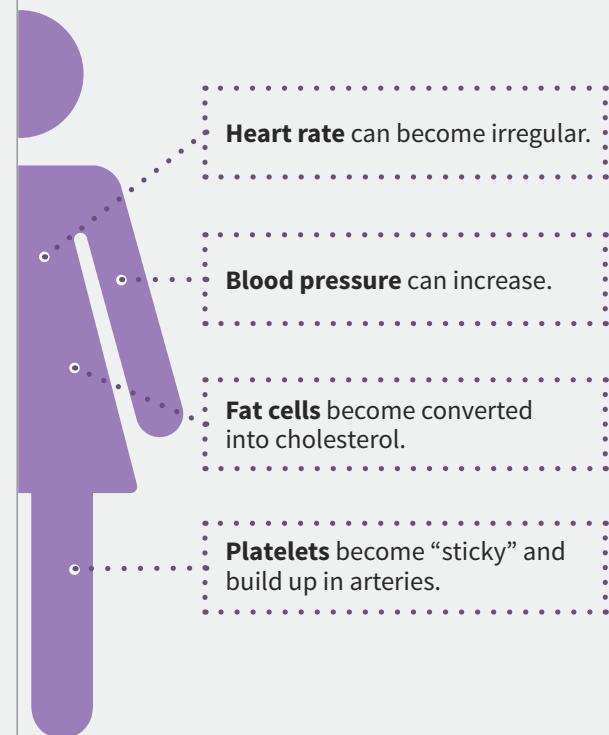


Women suffering from depression are at **2-3x higher risk** of heart disease.

## HOW IS DEPRESSION LINKED TO HEART DISEASE?



## STRESS, ANXIETY AND DEPRESSION HAVE REAL PHYSICAL EFFECTS ON YOUR BODY



## WHAT CAN I DO?



Move more, sit less. Aim for 30 minutes a day. (walking, bicycling, etc.).



Get outdoors.



**Reduce** your alcohol intake. Aim for fewer than 2 drinks per day.



Learn relaxation skills.



Find a positive support network.



**Take medications** as prescribed.

