

# Adventurous Heart



EMOTIONS OF THE HEART

**W**hen you are facing something new, do you ever experience nervousness or fear? They say life begins at the end of your comfort zone, and there is no better time than the present to begin an adventure, take a risk, or try something new. Salsa dancing, zip-lining, or jet skiing are great ways to get your heart pumping. Not feeling that adventurous? Institute a “new recipe” night at your home for dinner — a family member can choose a recipe they would like to try and then you can prepare it together. When you are faced with a new challenge or activity, try to remember that trying something new requires courage, keeps you from becoming bored, and forces you to grow as a person.

Too much of a good thing, however, can have adverse effects on your body. The fear and anxiety your body experiences during a new activity causes your body to prepare itself for a “fight or flight” response by releasing the hormones adrenaline and cortisol. These hormones suppress bodily functions such as the digestive process and prepare the body to react to outside stimuli. If you are constantly stressed, these hormones can lead to serious health problems such as heart disease, sleep problems, digestive problems, obesity, memory impairment, and worsening of skin conditions. Here are tips to help you reduce stress:

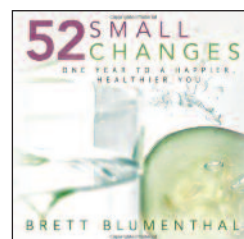
- Eat a healthy diet full of whole grains, vegetables, and fruit
- Exercise regularly
- Get plenty of sleep

- Practice relaxation techniques such as meditation
- Have a sense of humor — don’t sweat over the “little things”
- If you need help, don’t be afraid to seek professional counseling

As your HeartCaring Hospital, we are ready to help you learn more about what you can do today to reach your optimal health tomorrow.

Here are some books that we think will help you on your road to new adventures:

**52 Small Changes: One Year to a Happier, Healthier You**  
By Brett Blumenthal



**Mastering the Roll: Succeeding Amidst Change Means Trying New Things, Failing, and Trying More**  
By Robert E. Gunther and Gregory Shea

