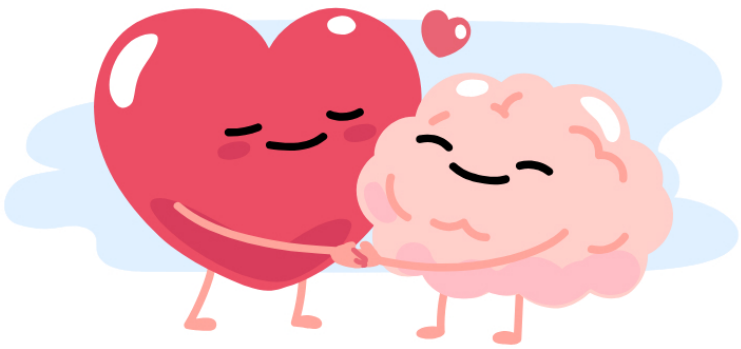
FLYER
WELLNESS

STUDENT WELLNESS CENTER
LEWIS UNIVERSITY
Live Well.

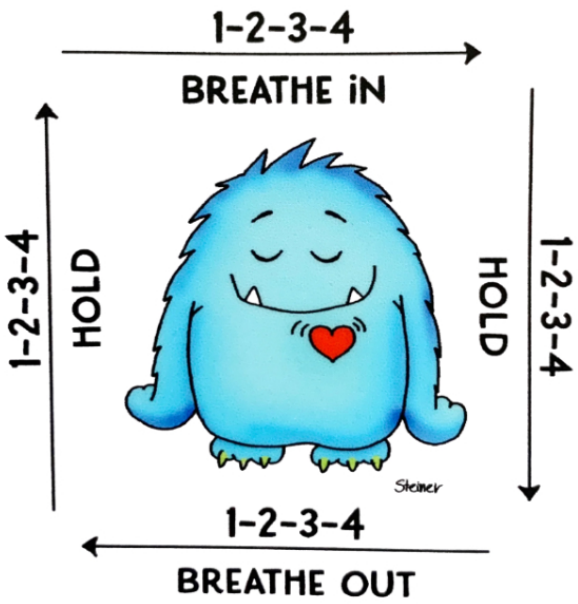


HEART HEALTH IS BRAIN HEALTH

The relationship between a healthy heart and your mind:

- Chronic stress overworks your heart - increasing heart rate and blood pressure which causes inflammation.

- Did you know the heart has its own "little brain"? It's called the intrinsic cardiac nervous system, containing about 40,000 neurons.
  - A healthy heart rhythm sends signals to the brain's emotional centers (like the amygdala) telling it that the body is safe, which reduces the "fight or flight" response

Tips for a healthy heart:

- Exercise daily or go on a walk
- Practice good dental hygiene
- Choose heart-healthy food
- Maintain a healthy weight
- Avoid cigarettes
- Limit alcohol consumption
- Get enough sleep
- Limit caffeine intake
- Practice box breathing ⟶ ⟶ ⟶