

CONVERSATIONAL SUPPORTS

When you're living with a heart condition, it's easy to focus only on physical symptoms. But mental and emotional well-being are just as important — they affect how you feel day to day and your overall quality of life.

If you're noticing changes in your mood, energy, or stress levels, you're not alone — and you're not doing anything wrong. Many people with heart issues experience emotional ups and downs. Talking about it, even in small ways, can help you feel more supported and connected. These conversation-starters are here to make that easier.

HOW TO TALK TO YOUR HEALTHCARE PROVIDER ABOUT MENTAL HEALTH

HOW TO TALK TO A CAREGIVER, LOVED ONE, FRIEND, FAMILY MEMBER, ABOUT MENTAL HEALTH



HOW TO TALK TO YOUR CARE PROVIDER ABOUT MENTAL HEALTH

Your provider is there to support every part of your health — including your emotional wellbeing. These simple phrases can help you begin the conversation:

- "Lately, I've been feeling more stressed or down than usual. I wanted to mention it today."
- "I'm not sure if this is related to my heart condition, but I've been feeling overwhelmed."
- "I've been feeling off — not quite myself — and I think it's more than just physical symptoms."
- "I've noticed I'm not enjoying things like I used to. Could this be something to look into?"
- "I've been more anxious or on edge lately, and it's starting to wear me down."
- "I've been managing my heart failure, but emotionally I'm finding it harder than I expected."

Notes for my providers

Before your visit, take a moment to reflect:

How long have you been feeling this way? Has anything made it better or worse?

Tip:

Bringing a few notes can make it easier to start the conversation. You can use this guide, jot things down ahead of time, or even share how you're feeling through the mood tracker resource if that's more comfortable.