

# CHILD SUPPORT AREAS



LIVING WITH  
A HEART  
CONDITION

HOW YOU'RE  
FEELING

FRIENDSHIPS  
AND  
FAMILIES

LIFESTYLE

SCHOOL



# LIVING WITH A HEART CONDITION



There may be lots of extra things to think about when you have a heart condition, you may need to visit the hospital more often, try and manage your symptoms as best you can and sometimes you might even need to come in for an operation or a medical procedure. It's normal to feel a bit worried about these things, however, there's lots of information you can read and people you can talk to if you have any worries about living with a heart condition.



# HOW YOU'RE FEELING

Living with a heart condition, or knowing someone who has a heart condition, can bring up different feelings for different people. Sometimes you might be unsure about what's happening or what's going to happen, you might be spending a lot of time in hospital and you might just sometimes have to deal with some difficult situations. For some, these situations can cause feelings such as worry, stress or low mood. There's lots of information out there to help you make sense of these feelings, as well as information about people you can talk to.



# FRIENDSHIPS AND FAMILIES

Having a heart condition may affect your family and friends as well as yourself. Everyone will react differently when hearing about your heart condition. Your family might become more protective of you or friendships might change; you might gain some new friends but lose some old ones. It's normal for these things to happen, but, if you're feeling a bit worried about your relationships with your friends or family, there's lots of useful information for you to look at and people for you to talk to.



# LIFESTYLE



For everyone it's important to lead a healthy lifestyle. This can be really important if you have a heart condition because when you lead a healthy lifestyle, your immune system can grow stronger and lower your chances of getting sick. To lead a healthy lifestyle you might need to think about:

- Eating healthily
- Keeping a healthy weight

- Keeping active by exercising and playing sports
- Cutting back on sugary drinks (fizzy drinks can contain up to 10 teaspoons of sugar!)
- Brushing your teeth regularly

We know that these things can sometimes be hard, especially if all your friends are drinking lots of sugary drinks. So here's some information to help you lead a healthy lifestyle.



Welcome to your

# SCHOOL

Having a heart condition might mean your school experience might be a bit different to some of your friends. School is a big part of your life and it's normal to feel worried about it sometimes. Luckily there's lots of useful information out there on managing school and activities whilst having a heart condition; this includes people you can turn to if you have any worries.

