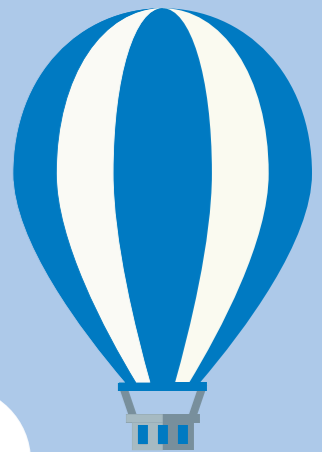


YOUNG PEOPLE SUPPORT AREAS



**HOSPITAL
ADMISSIONS
AND MANAGING
A HEALTH
CONDITION**

**EMOTIONAL
HEALTH**

**FAMILY,
RELATIONSHIPS
& FRIENDSHIPS**

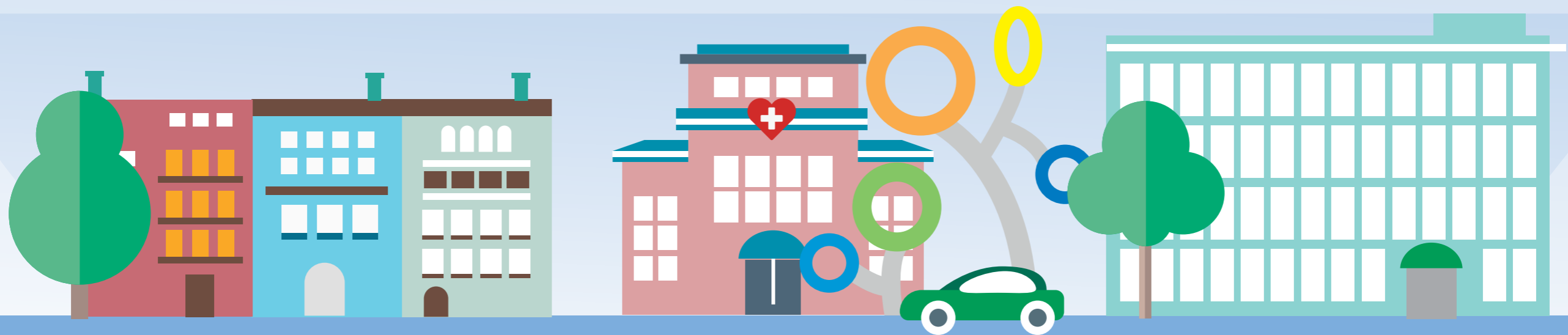
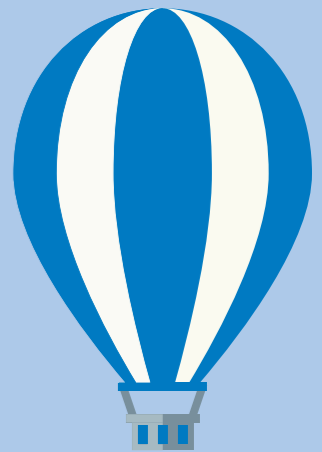
LIFESTYLE

**WORK AND
EDUCATION**



HOSPITAL ADMISSIONS AND MANAGING A HEALTH CONDITION

Having a cardiac condition can often mean dealing with uncertainty, going to hospital appointments and admissions, and symptom management. These things can bring up different feelings for different people. There's lots of support out there to help you manage your health condition; whether that be advice on how to help manage your symptoms, manage day to day activities, the practicalities of hospital appointments and stays, and knowing the different treatments and procedures you might undergo.



EMOTIONAL HEALTH

Living with a cardiac condition, or knowing someone who has a cardiac condition, can bring up different feelings for different people. Sometimes you might be faced with uncertainty, you may need to make some medical decisions, or perhaps deal on occasion with some challenging 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 the appropriate support services for you too.



FRIENDSHIPS, RELATIONSHIPS AND FAMILIES

Having a new diagnosis, cardiac condition, or undergoing cardiac surgery may affect your family, friendships and relationships. It is understandable if relationships change slightly, perhaps those close to you might become more protective or they might need time to adjust to how they're feeling following diagnosis or news related to your heart condition. They might need time to decide how best they can support you. If your relationship with others is something you are struggling with, there's lots of information and support out there for you:



LIFESTYLE

For everyone it's important to lead a healthy lifestyle. However, this can be especially important if you have a cardiac condition. You might need to think about making positive changes to your lifestyle, like:

- Eating healthily
- Controlling your weight
- Keeping active by exercising and participating in sports
- Cutting back on drinks containing caffeine

- Avoiding using recreational drugs
- Avoiding getting tattoos and piercings.
- Maintaining good dental hygiene and visiting your dentist regularly.

It's understandable that these things can at times be hard, especially if all your friends are saying otherwise. Here's some information to help you think about your lifestyle with a cardiac condition.



WORK AND EDUCATION

Most people can return to school, college or work following a new diagnosis or having cardiac surgery, given the appropriate time for recovery. Despite this, it can be hard to find the right 'work and life balance' and it's understandable if at first it seems a bit daunting. However, there is support out there to help you:

