



# Reduce Risk with Resiliency:

## How being resilient can improve heart health

### LiveLifeWell Today

- Eat a fiber-rich breakfast to prepare for a healthy day.
- Get at least 7 hours of sleep to feel energized for the day ahead.

Visit [iLiveLifeWell.com](http://iLiveLifeWell.com) to learn how to apply these tips and more to your lifestyle.

*Resilient people are problem-solvers who replace negative outcomes with positive action steps. Challenging situations can lead to great opportunities when you learn to adapt your behaviors to find the bright side of your challenges. If you have risk factors for heart disease, take control of your situation with a resilient attitude.*

### You Have the Ability to Be a Problem-Solver

As an Abbott employee you demonstrate your ability to be successful every day. You work hard on your professional goals to get where you are and have the flexibility to come up with a solution when you're faced with a challenge. Now, this is your opportunity to take this same know-how and apply it to your health and well-being.

#### 1. Accept the Challenge

The doctor recommends you lower your cholesterol or reduce your blood pressure, which will reduce your risk for heart disease. Instead of entertaining feelings of worry or anxiety, rise to the challenge and take back your health! What is your motivation to make this lifestyle change?

- I want to be there for my family.
- I want to look and feel my best.

#### 2. Write Down Your Goals

Think about your expectations for your health and create long-term and short-term goals to achieve those expectations. Little by little your vision will become reality.

- I expect to be in a healthy range by next year's physical.
- I expect to lose 5 pounds by my birthday.

#### 3. Create a Plan of Action

Brainstorm practical ways you can achieve your goals by thinking about your current routine and finding ways to improve it. Talk with a LiveLifeWell Health Coach for additional help.

- I can and will walk for 15 minutes 3 times a week.
- I can and will bring an apple to work every day.

### Stay Positive to Keep Going

You didn't get to where you are because you gave up. Staying positive will help you achieve your goals one step at a time. Change takes time; so don't expect to see progress overnight. Be patient with yourself and gradually you'll see results and will be glad you stayed the course.