

RESOURCES FOR MANAGING STRESS AND SLEEP



EDUCATION CLASSES

- **Alberta Health Services: Alberta Healthy Living Program**
A variety of classes and self-management workshops led by healthcare professionals or trained volunteers. Many classes also offered in Cantonese, Punjabi, Spanish and Tagalog. For more information or to register, visit www.ahs.ca/ahlp.

BOOKS

- Davis et al. (2008). *The Relaxation and Stress Reduction Workbook (6th Ed.)*
- Greenberger et al (2015). *Mood Over Mind: Change How You Feel by Changing the Way You Think (2nd Ed.)*
- Stahl et al. (2010). *A Mindfulness-Based Stress Reduction Workbook.*

COMMUNITY SUPPORT GROUPS

Support groups are a great way to meet other people who are living with a heart condition. They can help increase your social support network and are a great way to meet people who are also trying to make heart-healthy changes in their lives. Below are two a few support groups in Calgary:

- **Heart to Heart Society:**
Provides support to people with heart disease, visiting patients after discharge from hospital to help them cope. For more information, visit their website: www.hearttoheartalberta.com.
- **Woman to Woman Cardiac Support Group:**
A special interest group to address specific concerns of women with heart disease. For more information, visit www.womenscardiacsupport.org or email info@womantowoman.com.

COMMUNITY MENTAL HEALTH RESOURCES

There are a number of community-based resources in the Calgary if you are having a difficult time coping with depression, anxiety, anger, or other emotional aspects of life with heart disease.

- **Access Mental Health: 403-943-1500**
An organization that provides information on local addiction and mental health services. It operates Monday to Friday from 7:30 am to 7:00 pm.
- **Distress Centre: 403-266-4357 (HELP)**
A non-profit agency that delivers 24-hour support, counseling, and resource referral services.
- **Health Link: 8-1-1**
Health advice and information provided by registered nurses and other healthcare professionals, 24 hours a day, 7 days a week.

RESOURCES FOR SLEEP ISSUES

If you are looking for help to cope with sleeping difficulties, talk to your doctor. You can request that your family physician refer you to a specialized treatment program for sleep disorders, such as:

- Sleep Centre (Foothills Medical Centre): 403-944-2404
- Centre for Sleep and Human Performance: 403-254-6663 ext. 1

Self-help books are also available to help individuals with sleep difficulties:

- Silberman , S. A. (2009). *The insomnia workbook: A comprehensive guide to getting the sleep you need.* (1 ed.). Oakland, CA: New Harbinger Publications.
- Hauri, P., & Linde, S. (1996). *No more sleepless nights.* New York, NY: John Wiley & Sons.

If you feel particularly distressed or suicidal, please go to the nearest hospital emergency department.

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