

## MON

### WEEK 1



Watch our short [video on 5 ways to start building a heart-healthy diet](#).

### WEEK 2



Take 15 minutes to plan your meals for the week ahead. Check out our heart-healthy recipes on [irishheart.ie](http://irishheart.ie).

### WEEK 3



Aim to balance all your meals with ½ fruit and veg, ¼ protein and ¼ starchy carbohydrates. Simple but effective.

### WEEK 4



Eat mindfully. Slow down, enjoy every bite, chew food well and avoid mealtime distractions.

## TUE



It's important to move daily. Watch our [video on how physical activity can protect your heart health](#).



Watch our short [video on simple ways to fit more movement into your working day](#).



Try a new physical activity: Something fun you've never done before like dancing, hiking or a fitness class. Every move counts!



Watch our short [video on myths about physical activity](#).

## WED



Take 2 minutes for yourself by enjoying our short [mindful breathing exercise video](#).



Struggling with stress? [Balancing Stress](#) is a free programme from the HSE that can help you manage stress, worry, anxiety, low mood and relationship difficulties.



Spend some time in nature to boost your mental wellbeing.



Spend at least 10 minutes enjoying one of your hobbies.

## THU



Plan a catch up with a friend you haven't spoken to in a while.



Share these tips with a family member or friend and tell them about your favourite change you've made.



Do you know the symptoms of heart attack? View [the most common and less common symptoms for women](#).



Don't know how to start the conversation about heart health with your doctor? Download [our questions you can ask](#).

## FRI



Take some time out to think about your lifestyle habits using our [self-care reflection tool](#).



Watch our short [video on 5 foods that can help lower your blood pressure](#).



Watch our short [video on 5 foods that can help lower your cholesterol](#).



Schedule a heart health check-up with your doctor.

## WEEKEND



**Get your blood pressure checked.** Check out our Mobile Health Unit page for information on [free blood pressure checks](#) across Ireland. Learn how to monitor your blood pressure at home with [our free video](#).



Take some time for yourself to fill out your **Her Heart Matters Self-care and Wellbeing Journal**. Small, consistent actions every day lead to big changes.



Moving more can help reduce blood pressure and cholesterol. Read our tips on [how to add activity to your day](#).



Share the recording of our **Her Heart Matters webinar** with the women in your life. Tell them what you learned and what lifestyle changes you plan on making.