



Focus on What You Find Important



your quality of life

You are coping with a serious health condition. You may have challenges dealing with emotional issues. And, being a teenager or young adult adds additional issues as you navigate the world and make your own decisions. To help improve your well-being, you can:

- Learn about resilience.
- Eat a healthy diet.
- Get regular exercise.
- Limit alcohol.
- Do not use tobacco or illegal (street) drugs.

Quality of life is related to how you view the world and how satisfied you are with your overall life. This includes what you value as important in your life. Your health may be one of the important parts, but it is necessary to look at other parts of your life, too.

In general, people who have congenital heart disease often have a higher quality of life. One possible reason may be that people with congenital heart disease often feel a great sense of what is meaningful in life after surviving through surgeries and other setbacks.

How to Improve Your Quality of Life

Try to stay positive and focus on what is important to you. Things you can do to improve your quality of life include:

- Write in a gratitude journal every day.
- Rely on the support of family and friends.
- Acknowledge your limitations.
- Be optimistic, but realistic, in your abilities.
- Focus on what you can do, rather than what you cannot do.



MINNEAPOLIS
HEART
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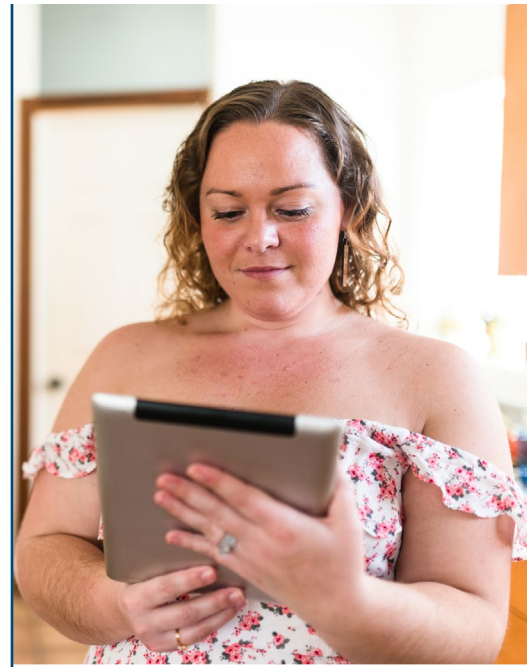
Allina Health
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- Do things that bring meaning into your life.
- Try new things and connect with others.
- Learn more about your congenital heart defect.
- Accept that change is a normal part of life and learn from it.
- Develop healthy ways to cope to manage your feelings.
- Trust yourself and be confident in your decisions.
- Persevere through difficult times.



Connect With Someone Like You

If you or a member of your care circle want to talk with someone who also has congenital heart disease, the American Congenital Heart Association's Heart to Heart (H2H) Ambassador Program can get you connected.

Visit achaheart.org/get-involved/community/heart-to-heart to get started or to learn more.

Resources for Your Mental Health

If you are having trouble coping or managing your feelings, share your concerns with your transition support team. Admitting you need help is a sign of strength. Check out the following resources:

- Allina Health
allinahealth.org/mentalhealth
- Children's Minnesota
childrensmn.org/services/care-specialties-departments/behavioral-health-program
- National Suicide Prevention Lifeline
suicidepreventionlifeline.org
- National Alliance on Mental Illness Minnesota
namihelps.org
- United Way 2-1-1 (First Call for Help)
gtcuw.org/get_help
- The Office of Ombudsman for Mental Health and Developmental Disabilities
mn.gov/omhdd
- Depression and Bipolar Support Alliance
dbsalliance.org
- Mental Health Minnesota
mentalhealthmn.org

