

Understanding Your Emotions

How does my physical health affect my emotions?

Having a health issue, like an illness, a surgery, or a medical procedure, can be a difficult emotional experience. You may feel many different emotions such as anger, frustration, and depression. These feelings can affect you for different reasons and in different ways. What is emotional or stressful for you may not be as stressful for another person. Some common symptoms people experience when they are dealing with emotional problems include:

- Feeling sad, depressed, angry, anxious, or overwhelmed
- Crying often or easily
- Not being able to focus or concentrate
- Not sleeping well, sleeping too much, or not being able to fall asleep
- Mood changes
- Changes in appetite and eating (not feeling hungry, eating less or more than usual)

How can I cope with my feelings?

It is important to develop strategies to deal with your emotions and feelings. Here are some things you can do to help yourself recover:

- Recognize and understand how you feel.
- Let your family and friends know that you need their support. Talk to them about how you feel. Talking or just spending time with them can be helpful.
- Talk to other patients through support groups. Sometimes it is helpful to talk to other people who have shared the same experience.

- Talking to a professional counselor may also be helpful. Your care team can refer you to someone who can help.
- Exercise regularly and be as active as possible.
- Participate in social activities with friends and family at home and in your community.
- Eat a healthy diet.
- Follow a bedtime routine. Follow the same routine every night lets your body know it is time to relax and get some sleep.
- Make sure you take enough rest breaks in between your normal daily activities.
- Find a way to relax through music, arts and crafts, yoga, meditation, or deep breathing.

When should I get help?

If you find yourself still feeling unmotivated, unusually tired, weepy, angry, hopeless, or sad after 3 weeks, or if you have thoughts of hurting yourself or someone else, please reach out. You can call the **Care Connect** line at **(734) 539-5006** to be connected with our cardiovascular social worker or contact your primary care doctor and make an appointment to talk about how you are feeling.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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