



American Heart Association[®]

Cardiovascular-Kidney-Metabolic
Health Initiative[™]



Balancing Emotional Stress and Anxiety with Cardiovascular-Kidney-Metabolic Syndrome (CKM Syndrome)

Managing CKM syndrome can sometimes mean navigating more than one condition at the same time.

When your heart, kidneys, and metabolic health (the way the body creates, stores and uses energy) are all connected, care can involve multiple steps, healthcare professionals, and decisions.

It's natural for this to feel overwhelming at times. You may have questions, appointments to keep track of, or medications to manage. That can be a lot for one person to carry.

You don't have to figure everything out all at once, but starting to address your mental health early can make a real difference. The goal isn't to solve everything in one moment, but to take things one step at a time in a way that feels manageable.

When Stress and Anxiety Show Up

Sometimes stress and anxiety can come on quickly. In those moments, it can help to shift your focus from "figuring everything out" to simply getting through the moment with care.

You might try:



Pause and notice what you're feeling

Naming feelings (anger, sadness, fear, etc.) can help make them feel more manageable



Slow your body

Slow, steady breathing can help your body begin to settle



Reduce what's coming in

Stepping away from noise, screens, or conversations can give your mind a break



Focus on one small step

Let the rest wait. Choose something simple and supportive



Allow support

Reaching out to a friend, family member, or healthcare professional can help you feel less alone



Give yourself time before problem-solving

It's okay to come back to decisions once things feel calmer

Looking Ahead

Taking care of yourself in the moment can make the next step feel more possible.

Over time, building support around you, whether through your care team, loved ones, or community resources, can help lighten the load.

Living with CKM-related conditions is a journey, and it's okay to move at your own pace.



Additional Support

There are resources available to help you feel more supported, including:

- [Cardiovascular-Kidney-Metabolic Health](https://www.heart.org/en/health-topics/cardiovascular-kidney-metabolic-syndrome) – easy to understand information about how your heart, kidneys and metabolic health work together to protect your health. (<https://www.heart.org/en/health-topics/cardiovascular-kidney-metabolic-syndrome>)
- [Support Network](https://supportnetwork.heart.org/s/) – Connect with others facing similar experiences. Learn more at <https://supportnetwork.heart.org/s/>
- [FindHelp](https://www.heart.org/en/about-us/findhelp) – Find free or low-cost help and services near you at <https://www.heart.org/en/about-us/findhelp>
- [Healthy for Good](https://www.heart.org/en/healthy-living) – Simple tips to help you eat healthy, stay active and feel your best every day. Visit <https://www.heart.org/en/healthy-living>



CKM Navigator: The American Heart Association offers a no cost healthcare navigator service to guide you through everyday health, questions and challenges.

Connect with the navigator: Call: **1-800-242-8721**

Or visit: heart.org/NavigationSelfReferral

Take the next step and visit:

heart.org/myckmhealth

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