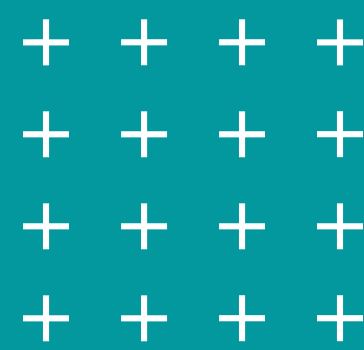


M.I.N.D the Heart

♥ Stress leads to high blood pressure, which can pose a risk for heart attack and stroke

+ +
+ + ♥ Putting additional stress on the blood vessel walls, making them stiffer and decreasing the amount of blood that flows.

♥ After screening doctors are 3 time more likely to recognize symptoms for mental illness.



 Instagram:
[@m.i.n.d_the_heart](https://www.instagram.com/m.i.n.d_the_heart)

