



Our Hearts Our Stories Creating the Stories

Women are storytellers by nature - conversations going back and forth as we both share and relate. This sharing with others empowers our own journeys in life. We're grateful you're looking to share your heart story online to help other women know they are not alone in their heart journey.

Here are the next steps:

- Email to let us know you would like to share your story: ourheartsourstories@gmail.com
- We'll set up a 'meet & greet' telephone call
- Craft your story (refer to storytelling outline below for guidance)
- We'll meet online to review your story and do a test run.
- The final step is to record your story via Zoom. You'll then be able to view the recording ahead of it going online, if you wish, before giving us approval to add it to our site.



How do you tell your story? Glad you asked!

Sharing stories is an important skill that involves talking about experiences and events from our lives. It can be a wonderful way to provide support to other women going through a similar experience. Here are five steps to help you tell your heart story:

1. *Introduce yourself.* Share your name, where you are from and let your audience know your diagnosis and when it happened. This helps your audience connect with you.
2. *What happened?* This is the meaty part of your story. What lead up to your diagnosis, how did you seek help, what care did you receive?
3. *What has helped you recover?* Describe what you did to address your recovery. Cardiac Rehab? Peer Support? Healthcare providers? Friends and family? Mental health support?
4. *How are you different today?* Reflect on how your diagnosis has changed your life.
5. *What is your future?* Talk about your future life and health goals, and what you need to do moving forward to manage your condition. This can help others connect and know they are not alone in their ongoing management.