



Speaking from Experience *Coronary Heart Disease*

Transcript for chapter 4 of 8: Moods & emotions

Avis - After I came out of hospital, I know I sort of perhaps got a little bit stropky or stressed out here and there. But just talking to my children a few weeks back, they did inform me that I was rather a stressed out, angry sort of person and I gave them heaps - not meaning to. I think it's just, it's almost like a personality change that you have when you come home. And thank heavens it's passed. Well, I think it's passed.

Jim and Julie - After his heart surgery he was very bad-tempered.

Jim and Julie - Pretty hard to get along with.

Jim and Julie - Pretty hard to get along with. We had a son move back in to help out and all the family over to help me look after him.

Barry - One of the biggest problems was having a lot of time and not being able to sleep much and not being able to do a lot. And it became very frustrating and my biggest problem was controlling my temper, I suppose, frustration. And you would just want to lash out at something, but you couldn't. There's nothing you could do. You had to retain it, control it, read as many books as you could on the subject and eventually you come to terms with it.

Helen - I was a little bit quieter I think. I don't think I had any mood swings but my husband might have different ideas about that.

Avis - Stress is the worst thing. You really need to control it and stay cool, calm and collected. So we need to laugh more.

Marc - If I started to have an argument with my wife, I'd start to get chest pains. So I stopped arguing straight away and my wife would say that I'm a lot easier to deal with.

Barry - You're softer towards loved ones than you were before. And if they hurt themselves, you feel for them and you can shed a tear, whereas before you couldn't.

Jim and Julie - Being male, it's not very macho I suppose, for a male to cry in public. But I've found that I have quite a few times.