

Heart Palpitations: Calm Check Sheet

The 5 everyday triggers, the 4 get-help-now signs, and what to track for your doctor.

✓ **Verified against published guidance** from Mayo Clinic, Cleveland Clinic & American Heart Association · sources below

Get emergency help now if palpitations come with chest discomfort or pain, fainting, severe shortness of breath, or severe dizziness.

✓ Do This

Run the 5-Trigger Check

- Stress, anxiety or panic
- Caffeine, nicotine, cold medicines
- Hard exercise, fever, hormone shifts

COACH'S TIP Thyroid, too much or too little, counts too.

Log the Pattern for a Week

- When they start and stop
- What you were doing
- How the beat felt

COACH'S TIP Tap out the rhythm for your doctor.

Slow the Moment Down

- Sit and breathe slowly
- Most pass within minutes
- Calming practice helps anxiety flutters

COACH'S TIP Yoga, meditation or paced breathing.

Cut Back the Stimulant Stack

- Less caffeine and alcohol
- No tobacco or nicotine
- Check cold-medicine labels

COACH'S TIP Pseudoephedrine is a common trigger.

Steady the Basics

- Regular exercise, cleared by your doctor
- Stay hydrated
- Do not skip meals

COACH'S TIP Low blood sugar and dehydration can trigger.

Book a Check If They Repeat

- Frequent or worsening: call
- Heart disease history: call sooner
- Simple tests give answers

COACH'S TIP An ECG or wearable monitor settles it.

✗ Do Not

Do Not Ignore the 4 Now-Signs

- Chest discomfort or pain
- Fainting
- Severe breathlessness or dizziness

COACH'S TIP Any of these means emergency care now.

Do Not Assume the Worst

- Palpitations are usually harmless
- Anxiety is the most common cause
- Brief and rare rarely needs a workup

COACH'S TIP The pattern matters more than one flutter.

Do Not Brush Off an Irregular Beat

- AFib is the most common arrhythmia
- It raises stroke risk about fivefold
- Some AFib has no symptoms at all

COACH'S TIP Checkups catch silent AFib.

Do Not Panic-Spiral at Night

- Night flutters are noticed more
- Same causes as daytime
- Side sleeping can add pressure

COACH'S TIP Note it, breathe, add it to the log.

Do Not Stack Stimulants

- Energy drinks pile on caffeine
- Some supplements hide stimulants
- Recreational stimulants are dangerous

COACH'S TIP Show your doctor every bottle you take.

Do Not Skip the Follow-Up

- Keep the appointment
- Bring the week of notes
- Treatment depends on the cause

COACH'S TIP Most people need no treatment at all.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

16% of people in one study saw their primary care provider because of palpitations

5x the stroke risk linked to untreated atrial fibrillation

A few seconds Infrequent, brief palpitations usually do not need to be evaluated