

## HEART STRESS PILLOW – SEWING PROJECT (to hold in hand)

### Supplies

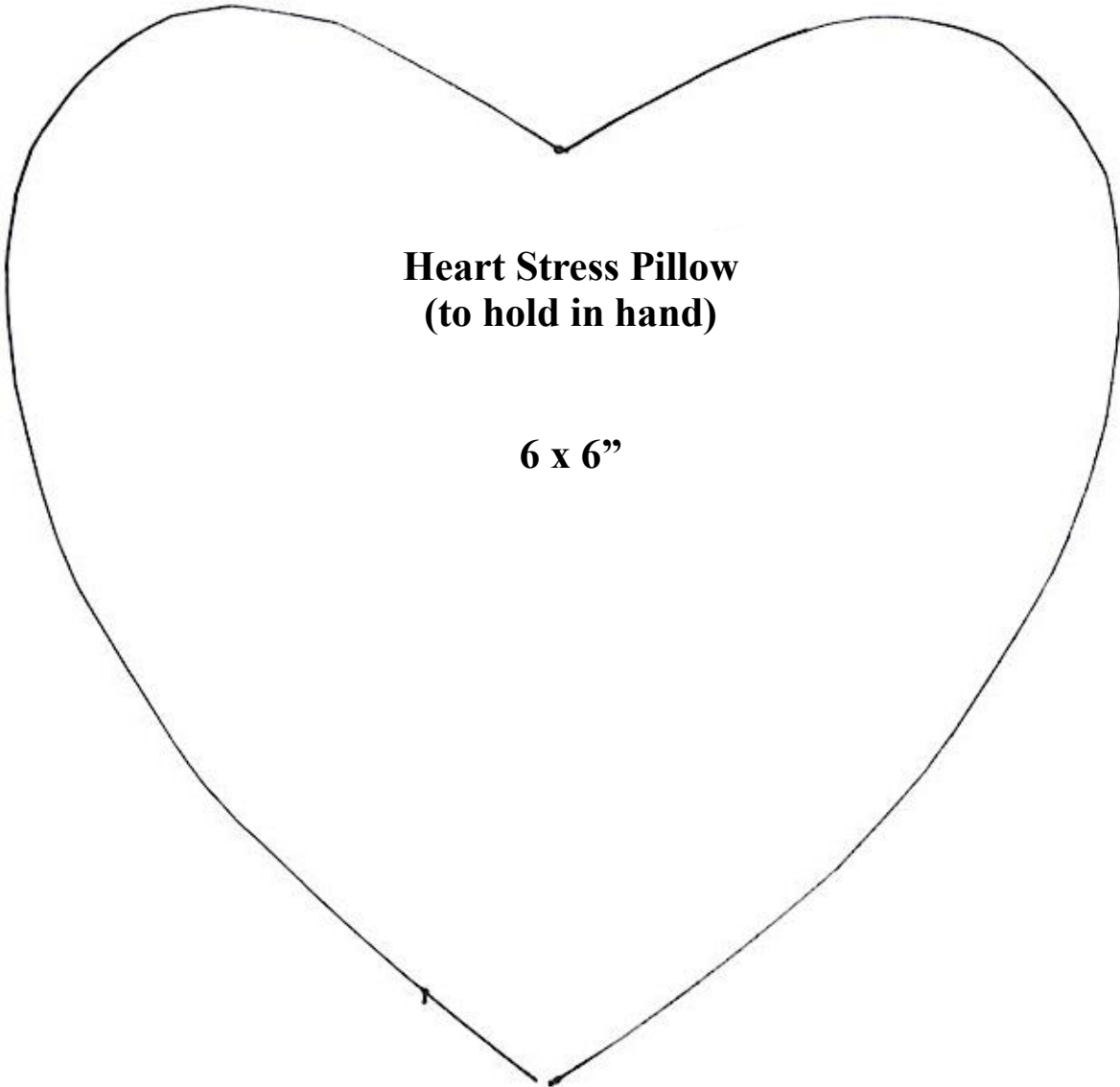
Cotton fabric heart, 2 pieces – see pattern on next page  
(size at widest points 6 x 6")  
Cotton fabric strap, 1 piece, 2" wide x 6" long  
Stuffing



### Instructions

1. Cut out all parts.
2. Make strap:
  - Fold 1/4" down along both long sides, wrong sides together & iron
  - Fold in half long way, wrong sides together. Iron.
  - Sew ~1/8" inside along both long edges
3. Layer parts:  
One heart right side up  
Strap across heart about 1" below the "V" at the heart center  
2nd heart on top right side down
4. Pin altogether
5. Sew 1/4" seam around leaving 2" opening on side below strap.  
Backstitch at start & end.
6. Clip curves & clip off bottom tip. If extra strap is hanging out, trim to align with edge.
7. Turn & push out seams (chopstick works well).
8. Iron flat, esp. edges of opening as it will be easier to sew closed.
9. Stuff so it's fairly full & comfy, but not hard as a rock.
10. Pin opening closed, then sew opening shut with tiny seam  
(or neatly hand sew closed).

(AdventHealth Orlando requested these; they fit in the palm of a hand.)



**Heart Stress Pillow  
(to hold in hand)**

**6 x 6"**



**Strap for Heart Stress  
Pillow  
2 x 6"**