

## 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

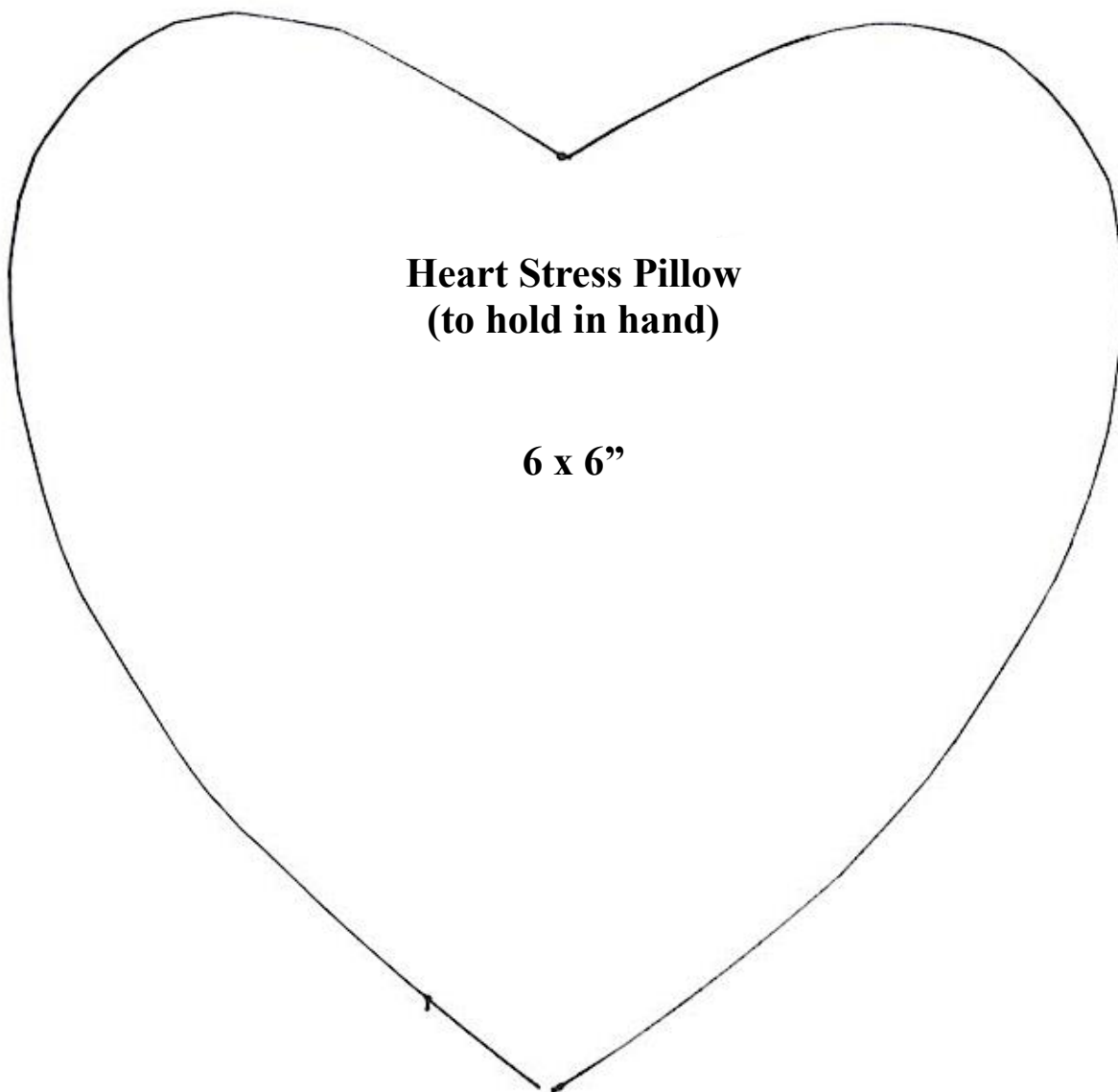
Stuffing



### Instructions

1. Cut out all parts.
2. Make strap:
  - Fold 1/4" down along both long sides & iron
  - Fold in half long way, wrong sides together. Iron.
  - Sew ~1/8" inside along both long edges
3. Layer parts:  
Place one heart on table, right side up  
Place strap across heart about 1" below the "V" at the heart center  
Place 2nd heart on top with right side down
4. Pin all layers together
5. Sew 1/4" seam around leaving 2" opening on one side below strap.  
Backstitch at start & end.
6. Clip curves & clip off bottom tip. Trim ends of strap 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 is full yet **comfy**, not hard as a rock. **Patients squeeze them.**
10. Close the opening and pin. Then sew shut with tiny seam.  
(or neatly hand sew closed).

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



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