

Figure S1.

The stress predominantly affects the first phase of heart regeneration.

(**A-K**) Heart sections at 60 dpci after AFOG staining were analyzed in the same manner as described in Fig. 2. After cryoinjury, zebrafish were subjected to daily stress either during the whole period of 60 days (crowding: C-E) or only during the first 30 days (crowding: F-H; heat shock: I-L). (**L-P**) Heart sections at 30 dpci after AFOG staining. In this case, zebrafish were exposed to daily crowding either during the first 2 weeks (L-N) or during the final 2 weeks (O, P). (**L-N**) The cryoinjured hearts of fish that were stressed for the first 2 weeks followed by 2 weeks of recovery at normal conditions display impaired regeneration. 78% of the animals displayed a partial or complete blockage of heart regeneration. (**O, P**) The cryoinjured hearts of fish that were kept at normal conditions for the first 2 weeks and then exposed to stress for the final 2 weeks, regenerated the hearts. The analysis of the regenerative process in the different groups revealed that daily exposure to stress has a stronger impact on the initial phase of heart regeneration. (**Q**) Analysis of the body weights before cryoinjuries and at 30 dpci revealed no significant weight changes during this period in control and stressed animals. (**R**) Glucose measurements revealed higher levels of blood glucose in the control animals as compared to stressed fish at 30 dpci. N≥8. No difference was observed at 7 dpci. Data are represented as mean ± SEM. **P < 0.01; N=5. Scale bar (A) = 100 µm.

C Cellular proliferation in the whole heart after 10 days

D Weight of the animals after 10 days

Figure S2.

Rapid cardiac growth is affected by daily acute stress exposure.

(**A, B**) Sections of hearts of control and stressed zebrafish 10 days after the transfer to low density conditions (3 fish / 10 liters) stained with antibodies against Tropomyosin (TPM, red), MCM5, a G1/S-phase marker (green) and with DAPI (blue). Juvenile zebrafish (2 months of age) were exposed 2 x per day to crowding (10 fish/ 250ml during 1h) during 10 days to investigate the effect of stress on cardiac homeostatic growth. (**A', B'**) Higher magnifications of the framed area shown in (A, B). A higher number of proliferating cardiac cells (CMs and non CMs) were identified in the control fish when compared to the stressed animals (arrows). (**C**) Bar graphs show the percentage of proliferating cells (MCM5-positive DAPI-positive / DAPI-positive in the tropomyosin-labeled myocardium) in the animals maintained at high density (5 fish per liter) and in control and stressed animals transferred to low density conditions (3 fish in 10 liters). Ventricles exposed to daily stress (10 fish/ 250 ml, 2 x 1h/day) showed a significantly lower proportion of proliferating cardiac cells than control hearts. (**D**) Bar graphs show the average weight of the animals at day 0, after 10 days in high density conditions (3 fish in 1 liter), after 10 days in low density conditions (3 fish in 10 liters) and after 10 days in low density conditions with daily exposure to crowding (10 fish/ 250 ml, 2 x 1h/day). Data are represented as mean \pm SEM. *P < 0.05, **P < 0.01 ***P < 0.001, ****P < 0.0001; N≥4.

Figure S3.

The concomitant administration of dexamethasone and adrenaline after cryoinjury mimics the effect of stress on heart regeneration.

(**A, B**) Representative images of cryoinjured hearts at 30 dpci labeled with phalloidin (red, F-actin), dapi (blue) and antibody against L-Plastin (green, leukocytes). (**A', B'**) Higher magnification of the frame areas shown in (A, B). (**C**) Quantification of L-Plastin-positive area normalized to the total area of the ventricles revealed no significant effect of daily acute dexamethasone (2 mg/l) treatment on cardiac inflammation. N > 4. (**D-M**) Sections of hearts at 30 days post cryoinjury (dpci) after Aninlin blue acid Fuchsin Orange-G (AFOG). (**F-M**) The acute administration (1 hour per day) of dexamethasone (Dex, 2 mg/l) alone (H-J) or concomitantly with adrenaline (adr, 1 mg/l) (K-M) resulted in cardiac regenerative impairment in 50% and 62.5% of the fish, respectively. In contrast, animals treated with adrenaline alone during 1 hour per day displayed similar regenerative scores as the control (D-G). (**N-P**) Heart sections of *cmlc2::dsRed2-Nuc* transgenic zebrafish at 7 dpci immunostained against MCM5 (green). (**N'-P'**) Higher magnification of the framed areas shown in (N-P). Proliferating CMs could be identified in all groups by the overlap between MCM5 and DsRed (arrowheads). In contrast to adrenaline (1 mg/l, 1h /day), the treatment with glucocorticoid (hydrocortisone, 1 mg/l) lead to a reduction in CM proliferation at 7 dpci. Cryoinjured parts are encircled with a dashed line. Scale bar (A, D, N) = 100 μm.

Figure S4.

Propranolol and fluoxetine hydrochloride administration have a beneficial effect on cardiac regeneration in the stressed animals.

(**A-L**) Heart sections at 30 dpci after AFOG staining. (**E-L**) The treatment of the stressed animals with propranolol (1 mg/l, 1 h/day, 3 days pretreatment, H, I) and fluoxetine hydrochloride (100 μg /l, continuous, 2 weeks pretreatment, J-L) had a significant rescue effect on the stress-induced regenerative impairment whereas the administration of diazepam (1 mg/l, continuous, 3 days pretreatment, E-G) did not rescue the negative effect of stress on heart regeneration. Scale bar (A) $= 100 \mu m$.

Figure S5.

Modulation of the stress response: effect on cardiac regeneration.

In zebrafish, exposure to different stressors activates two main axes: (1) the hypothalamus-pituitary interrenal (HPI) axis (green) and (2) the sympathetic-chromaffin cell axis (purple).

The treatment of the stressed animals after cryoinjury with fluoxetine hydrochloride (serotonin re-uptake inhibitor) and propranolol (non-selective β-adrenoreceptor antagonist) had a significant rescue effect on the stress-induced regenerative impairment. The administration of diazepam (GABAa receptor enhancer) did not show any beneficial effect on scar resorption. The intermittent adminsitration of RU486 (glucocorticoid antagonist) did not rescue cardiomyocyte proliferation in the stressed animals and the prolonged treatment with this drug was toxic and resulted in a high lethality.

Figure S6.

Epi/endocardium activation, Tenascin C expression and cellular apoptosis are not affected by daily exposure to stress.

(**A-D**) Sections of *cmlc2::dsRed2-Nuc* hearts of control and stressed zebrafish at 14 dpci immunostained against the retinoic acid synthetizing enzyme (Raldh2, green), which is a marker of the activated epi-endocardium (A, B) or against Tenascin C (TNC, green), which is an ECM protein involved in tissue remodeling (C, D). (**A'-D'**) Higher magnifications of the framed areas shown in (A-D). Expression of the Raldh2 enzyme and Tenascin C could be detected at the injured site and in the epicardium both in control (A', C') and stressed (B', D') fish. This indicates no major impact of daily stress on epicardial/endocardial activation or on Tenascin C regulation. Scale bar (D, D') = 100 μm.

(**E, F**) Sections of *cmlc2::dsRed2-Nuc* hearts at 7 dpci after TUNEL assay and DAPI staining. (**E', F'**) Apoptotic cells were detected by signal overlap between TUNEL and DAPI in the cryoinjured parts but also in the rest of the ventricle. (**G**) Quantification of TUNEL and DAPI positive cells allowed to estimate the level of cellular apoptosis in the ventricle of the control and crowded zebrafish. No significant difference in apoptosis was observed between control and stressed fish at 7 dpci. Cryoinjured parts are encircled with a dashed line. Data are represented as mean $±$ SEM. Scale bar (F, F') = 100 µm.

Figure S7.

Experimental setup for the RNA-seq1 & 2 experiments and principal components analysis of both experiments.

(**A**) Experimental setup for the RNA sequencing 1 performed at 14 dpci with the RNA extracted from the cryoinjured parts of the stressed and control hearts. (**B, C**) The use of *cmlc2::EGFP-PM* transgenic zebrafish, expressing GFP in the plasma membrane of CMs, enabled to identify and isolate the cryoinjured parts of the ventricle used for the RNA-sequencing experiment (15 cryoinjured parts were pulled together for each group in order to get sufficient amount of RNA). (**D**) Experimental setup for the RNA sequencing 2 performed at 14 dpci with the RNA extracted from the wholes ventricles of the stressed and control hearts. (**E**) Principal component analysis plot performed with RNA-seq1 and RNA-seq2. The Principal Compenent Analysis (PCA) is a classical method of statistical analysis. By transforming the set of observations into linearly uncorrelated variables called "principal component". By definition the PCs are ordered by the variance they can explain in the data. PC1 explains the largest variance, then PC2, then PC3 etc. In our experiment, PC1 allows discriminating the two independant RNAseq experiments, and PC2 discriminates the stress and the control samples in both RNAseq experiments. Scale bar (B)= 100 μm.

Figure S8.

Inhibition of IGF-1 receptor impairs heart regeneration.

(**A-F**) Heart sections at 30 dpci after AFOG staining. (**A-C**) In the control group treated with 0.05% DMSO, 66% of the zebrafish completely regenerated the heart at 30 dpci. (**D-F**) In the group treated with NVP-ADW742 (5 μM), a specific inhibitor of the Igf1r kinase activity, 62.5% of the fish showed impaired cardiac regeneration at 30 dpci. (**G**) Histograms represent the percentage of zebrafish hearts with complete (white), partial (gray) or blocked (black) regeneration at distinct experimental settings (regenerative scores). Scale bar (A) = 100 μm.

Table S1.

Gene set enrichment analysis for the the fused RNA seq experiment (RNA-seq1&2) to highlight changes in gene expression between control and stressed zebrafish hearts. The table shows the 50 most significant **pathway** gene sets for the fused RNA-seq experiment: RNA-seq1 & RNA-seq2. The analysis was performed with Pathway Studio.

Table S2. Gene set enrichment analysis for the fused RNA seq experiment (RNA-seq1&2) to highlight changes in gene
expression between control and stressed zebrafish hearts. The table shows the 50 most significant **GO-term**

Table S3. Table showing the 50 most significant DE **non-coding RNAs**(miRNAs are highlighted in red) for the fused RNA-seq experiment: RNAseq1 & RNA-seq2. The analysis was performed with Pathway Studio.