

7 WAYS TO REDUCE STRESS

AND KEEP BLOOD PRESSURE DOWN

MANAGING STRESS IS ONE OFTEN-OVERLOOKED STRATEGY FOR PREVENTING AND TREATING HIGH BLOOD PRESSURE.

GET ENOUGH SLEEP



1. Inadequate or poor-quality sleep can negatively affect your mood, mental alertness, energy level, and physical health.

LEARN RELAXATION TECHNIQUES



2. Meditation, progressive muscle relaxation, guided imagery, deep breathing exercises, and yoga are powerful relaxation techniques and stress-busters.

STRENGTHEN YOUR SOCIAL NETWORK



3. Connect with others by taking a class, joining an organization, or participating in a support group.

HONE YOUR TIME-MANAGEMENT SKILLS



4. The more efficiently you can juggle work and family demands, the lower your stress level.

RESOLVE STRESSFUL SITUATIONS



5. Don't let stressful situations fester. Hold family problem-solving sessions and use negotiation skills at home and at work.

NURTURE YOURSELF



6. Treat yourself to a massage, take a walk or a nap, or listen to your favorite music.

ASK FOR HELP



7. Don't be afraid to ask for help from your spouse, friends, and neighbors. If stress and anxiety persist, talk to your doctor.