

STRESS MANAGEMENT

WHAT IS STRESS?

Stress is the body's response to emotional, physical, or mental pressure. Stress can be caused by illness, traumatic events, life changes, or normal life activities.

HOW DOES STRESS AFFECT BLOOD PRESSURE?

The mind-body connection is the interrelationship between the mind and body. When you're stressed, your body reacts as if it is under attack. Your body releases hormones that speed up your heart rate and increase blood pressure. This physical reaction is called the fight-or-flight stress response.

6 WAYS TO REDUCE STRESS AND KEEP BLOOD PRESSURE DOWN

1. GET PLENTY OF SLEEP.

Inadequate sleep can negatively affect your energy level, mood, and overall health.

2. ENGAGE IN PHYSICAL ACTIVITY REGULARLY.

Regular exercise can improve your mood, help you relax, and improve your quality of sleep.

3. PRACTICE GRATITUDE

Practicing gratitude can help improve your emotional well-being by helping you cope with stress. Gratitude may help relieve stress by focusing your thoughts on what's positive in your life.

4. TAKE 15-20 MINUTES A DAY TO SIT QUIETLY, RELAX, AND BREATHE DEEPLY.

Deep breathing activates the parasympathetic nervous system. One of the main functions of the parasympathetic nervous system is helping the body to relax.

5. TRY POSITIVE SELF-TALK. TURN NEGATIVE THOUGHTS INTO POSITIVE ONES.

Manage stress by practicing telling yourself "I can do it", "I am strong and capable," or "Breathe and Relax".

6. TRY YOGA AND MEDITATION.

Yoga and meditation will strengthen your body and help you relax. Studies have shown yoga and meditation may lower your systolic blood pressure by 5 mm Hg or more.

Managing stress is often one overlooked strategy for preventing and treating high blood pressure.

<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/stress-and-high-blood-pressure/art-20044190>