



7 ways to reduce stress & keep blood pressure low

When it comes to preventing and treating high blood pressure, one often-overlooked strategy is managing stress. If you often find yourself tense and on-edge, try these seven ways to reduce stress.

- 1. Get enough sleep.** Inadequate or poor-quality sleep can negatively affect your mood, mental alertness, energy level, and physical health.
- 2. Learn relaxation techniques.** Meditation, progressive muscle relaxation, guided imagery, deep breathing exercises, and yoga are powerful relaxation techniques and stress-busters.
- 3. Strengthen your social network.** Connect with others by taking a class, joining an organization, or participating in a support group.
- 4. Hone your time-management skills.** The more efficiently you can juggle work and family demands, the lower your stress level.
- 5. Try to resolve stressful situations if you can.** Don't let stressful situations fester. Hold family problem-solving sessions and use negotiation skills at home and at work.
- 6. Nurture yourself. Treat yourself to a massage.** Truly savor an experience: for example, eat slowly and really focus on the taste and sensations of each bite. Take a walk or a nap, or listen to your favorite music.
- 7. Ask for help.** Don't be afraid to ask for help from your spouse, friends, doctor of chiropractic and neighbors. If stress and anxiety persist, talk to your doctor.



This healthy living information is provided by your Doctor of Chiropractic and the Idaho Association of Chiropractic Physicians (IACP) .