

Healthy Habits Newsletter

May 2024



Can Managing Stress Lower Blood Pressure?

While diet and exercise affect your blood pressure, stress does too! In honor of High Blood Pressure Education Month, we're exploring the correlation between excessive stress and high blood pressure.

Mayo Clinic says that the hormones released by the body under stress make the heart beat faster, resulting in high blood pressure. Even though this spike can be short-term, it still poses a risk - especially if you already have hypertension. Consider the following stress-reducing tips to help lower blood pressure:

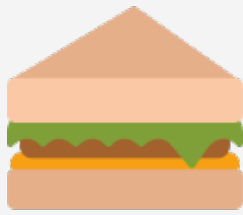
- 1) Get enough sleep** - Stress can feel even more overwhelming when you're fatigued and sleep-deprived.
- 2) Carve out time to relax** - If your schedule feels too jam-packed, it could be adding to your stress. Ensure that you set aside time for yourself.
- 3) Get moving** - Exercise is one of the most effective stress-reducing activities. Even a simple walk can reduce stress and boost your mood.

Lower Blood Pressure With These 10 Foods

Diet is a large part of lowering high blood pressure. Choosing heart-healthy foods can keep your body strong and reduce your risk of heart attack, stroke, and other serious conditions.

To help lower blood pressure, add these 10 foods to your diet (Food Network):

1. Broccoli
2. Almonds
3. Blueberries
4. Greek Yogurt
5. Potatoes
6. Pumpkin Seeds
7. Beans
8. Pistachios
9. Salmon
10. Dark Chocolate



8 Heart-Healthy Dinner Options

These delicious recipes are chock full of heart-healthy ingredients:

1. Roasted Trout with Arugula Salad
2. Whole-Wheat Pasta with Broccoli and Feta
3. Simple Lemon-Herb Roasted Salmon
4. Edamame Veggie Burger
5. Healthy Mozzarella Sticks
6. Spicy Pasta With Tilapia
7. Healthy Air Fryer Falafel
8. Ham, Swiss and Apple Wraps

Find these recipes on [FoodNetwork.com!](https://www.foodnetwork.com)

Why Do Blood Pressure Readings Matter?

Keeping your blood pressure in range is critical to good heart health. According to the American Heart Association, nearly half of the adult population in the U.S. struggles with high blood pressure.

Also known as 'hypertension', high blood pressure typically comes with no symptoms, making routine blood pressure checks a crucial part of monitoring your overall health. Your doctor will be able to assess risk level and provide the next steps if your reading is abnormal.

If left untreated, high blood pressure can greatly increase your risk of heart attack, stroke, heart failure, kidney damage, and other dangerous conditions.

The first step to reducing your risk of hypertension is knowing your numbers. Stay up-to-date with wellness checks to ensure that you know your reading. Routine exercise, a healthy diet, and a smoke and tobacco-free lifestyle are the best ways to prevent or reverse high blood pressure.

Watch this video from Mayo Clinic to learn more about how high blood pressure can damage kidney health.

