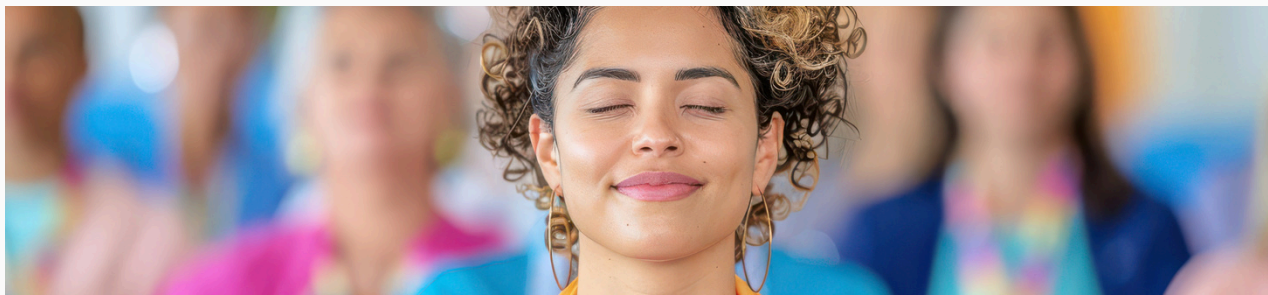


SMART HEALTH: TOOLS FOR MANAGING HYPERTENSION

STRESS REDUCTION

Reducing stress is essential for managing high blood pressure, as chronic stress can cause spikes in blood pressure and strain on the cardiovascular system. Incorporating stress-reducing activities, such as deep breathing, meditation, physical activity, or engaging in hobbies, helps promote relaxation and supports overall heart health.



Stress Reduction Techniques

Type	Benefit
Mindfulness meditation and deep breathing exercises	Activates the relaxation response and reduces stress hormones.
Prayer	Increases peace, hope, and connection to something greater than self; calms the mind and fosters emotional resilience.
Yoga, Tai Chi, and Qigong	Combination of movement, focused breathing and mindfulness that promote both physical and mental relaxation.
Aerobic exercise (walking, cycling, jogging, swimming)	Movement that increases breathing and heart rates lowers stress and improves cardiovascular health.
Cognitive-Behavioral Therapy	Teaches effective coping strategies to manage and reduce stress.
Hobbies, social support, and practicing gratitude	Effective methods of reducing stress that support blood pressure control.