



Lower your stress, lower your blood pressure

Ongoing stress in your life can have harmful, long-term effects on your health, including your blood pressure. Here are some stress-reduction strategies that may help.



Get enough sleep. Try for at least eight hours a night.



Exercise: walk, run, swim, bike, roller blade, or take an aerobics class.



Relaxation techniques such as meditation, breathing exercises, or yoga.



Strengthen your circle of friends. Studies show that social ties can protect health and well-being.



Nurture yourself. Take a hot bath, relax outside during nice weather, take a nap, or find a hobby that you enjoy.



Talk to your doctor if you think that you are unable to handle stress on your own. Make an appointment to talk with your primary care provider about how you are feeling.