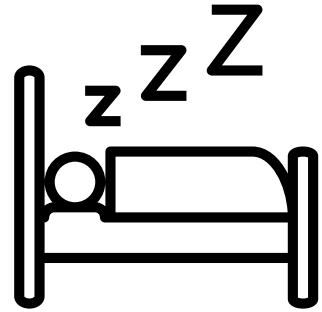


Ways to Reduce Stress and Keep your Blood Pressure Down

Strategies you can use to take control of your health and keep hypertension away.

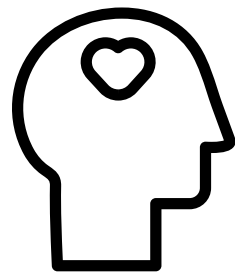
Get enough sleep

Poor quality sleep can negatively affect your mood, energy levels, and physical health



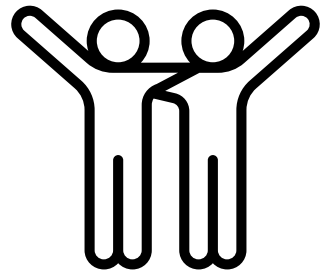
Learn relaxation techniques

Practice meditation, deep breathing exercises, and stretches to keep your muscles relaxed throughout the day



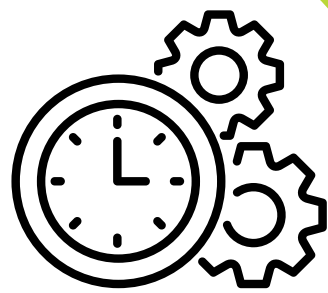
Keep your social network strong

Connect with your family, friends, and social organizations



Practice effective time management

Try not to let work interfere with the other areas of your life and vice-versa



Reach out for help when you need it

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References

<https://www.health.harvard.edu/heart-health/7-ways-to-reduce-stress-and-keep-blood-pressure-down>