

HYPERTENSION SELF-CARE:

Your Ultimate Plan For Lowering Blood Pressure at Home

MEDICATION COMPLIANCE

- Take medications as prescribed and refill as needed
- Speak with your doctor about any negative side effects from blood pressure medication

WEIGHT MANAGEMENT

- Reduce excess weight by combining aerobic activity and strength training
- Speak with a registered dietitian and work with certified fitness experts to help meet your needs

PHYSICAL ACTIVITY

- Start a daily exercise routine and aim for a total of 150 minutes of physical activity per week
- Enlist a partner to help keep you accountable

AVOIDING SMOKING AND ALCOHOL

- Limit alcohol intake to moderate levels- one drink per day for women and up to two per day for men
- Watch intake of foods and beverages with caffeine as these can raise blood pressure.

MANAGING STRESS

- Practice relaxation techniques to lower blood pressure, especially transcendental meditation
- Find time for activities and hobbies you enjoy
- Consider professional counseling

ADEQUATE SLEEP

- Establish a bedtime routine and stick with it
- Avoid screen time (phones, television, tablets, etc.) too close to bedtime which can disturb sleep patterns and negatively impact blood pressure

FOLLOWING A LOW SODIUM DIET

- Follow a low-sodium diet and limit processed foods
 - Add potassium-rich foods which counteracts effects of sodium
 - Consider the DASH diet which is a proven dietary approach to lower blood pressure
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