



7 WAYS

To Be Selfish About Your Blood Pressure



01 SPIRITUALITY

Spiritual practices have been associated with reduced stress and lower blood pressure up to 5 mmHg.



03 LOVE

Love is a verb and recent studies noting love in action as gratitude and volunteering reduce BP up to 7 mm Hg.



05 INTIMACY

Build meaningful relationships with family, friends and community. Loneliness is a risk factor for high blood pressure.



07 HUMOR

Joy does not simply happen to us. We have to choose joy and keep choosing it every day. Some small studies suggest that a session of laughter (such as watching a 20-minute comedy) can lower systolic blood pressure by around 10 mmHg.



02 EXERCISE

Exercise has been shown on average to improve systolic blood pressure by 10mmHg.



04 FOOD

Increasing consumption of Whole Foods (DASH diet) demonstrated a reduction up to 12 mmHg in hypertensive patients.



06 SLEEP

Chronic insufficient sleep can raise average systolic blood pressure by up to 10 mmHg compared to adequate sleep. Aim for 7-9 hours of quality sleep.

To learn more, visit [Healthy Heart Nation](https://www.healthyheartnation.org)

Go to [MyHHN.org](https://www.MyHHN.org) or scan the QR Code with your mobile device camera.

