

WORKING ON WELLNESS

A weekly e-newsletter ...

Full of fun exercise tips, nutrition and more!

brought to you by Health Solutions, www.Health.Solutions

HIGH BLOOD PRESSURE AND YOUR BRAIN

Making changes if you have anxiety or depression

— excerpt from <https://www.helpguide.org/>

If your high blood pressure is co-occurring with a mental health problem such as depression or anxiety, it can be even tougher to find the energy and motivation to make the

necessary lifestyle changes. Just thinking about exercising or preparing a healthy meal, for example, can seem overwhelming. But by focusing all your efforts on one tiny change at a time,

SEE BLOOD PRESSURE, NEXT PAGE



A list of things to celebrate this week:

FEBRUARY

22

- National Margarita Day
- World Thinking Day
- National Walking the Dog Day

23

- Battle of the Alamo
- World Spay Day

24

- National Peanut Butter Day

25

- National Pancake Day



Mmmmm! Peanut butter and pistachio pancakes

26

- National Pistachio Day

27

- National Chili Day
- National Pokemon Day

28

- Rare Disease Day

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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PAY ATTENTION TO BREATHING

Close your eyes and breathe normally. Start watching your breathing like it was a movie. What part are you breathing with: your chest, your diaphragm or your whole body? Do you take short or long, deep breaths? Is your breathing smooth? How does it feel like? Is it hard or does it flow freely? Do this for a moment, and then breathe deeply and with intention for 5-10 minutes.

By paying attention to your breathing, you give it value. At the same time, your mind and body will relax.



FEBRUARY: KINSHIP



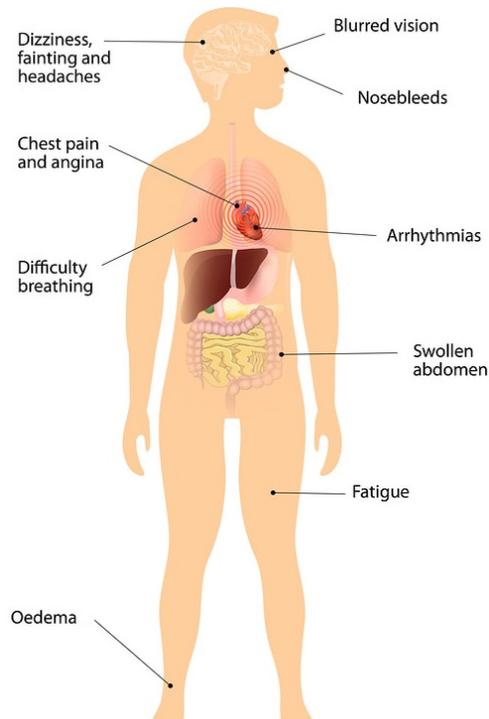
Would you describe yourself as an extrovert or introvert? Why?



When was the last time you had to forgive a friend?

mind and body will relax.

HIGH BLOOD PRESSURE SYMPTOMS



BLOOD PRESSURE

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you'll find that you're capable of more than you realized.

Take the first step

It could be as simple as going for a walk or downloading a meditation app or buying some nicotine patches. It can take time for lifestyle changes to register as a reduction in blood pressure—but sometimes they can improve your mood much sooner. Taking that first step is always the hardest.

Focus on small steps

It's easy to get overwhelmed by daily life when you're battling depression, anxiety, or another mood disorder. By taking small but positive steps each day, though, you'll find that your energy and outlook will gradually start to improve. Once you feel happier and more positive, you'll find it easier to forge ahead with lifestyle changes and see the results in both your blood pressure readings and your overall outlook and wellbeing.



30 TOP BLOOD PRESSURE REDUCING SUPERFOODS

- | | |
|-----------------|-----------------|
| Blueberries | Alkaline Water |
| Pineapple | Kale |
| Bananas | Watermelon |
| Oranges | Blackberries |
| Grapes | Spinach |
| Raspberries | Hibiscus |
| Pomegranates | Garlic |
| Kiwis | Broccoli |
| Tomatoes | Whole Grains |
| Bok Choy | Dark Chocolate |
| Raisins | Flax Seeds |
| Mangos | Goji Berries |
| Brussel Sprouts | Sunflower Seeds |
| Sweet Potatoes | Cayenne Peppers |
| Lentils | Salmon |