

How can I lower my blood pressure?



Cut out salty foods and seasonings.

- Use fresh herbs and spices to season your food instead of salt and seasonings.
- Fresh herbs like basil, dill, cilantro, sage, and thyme are great for adding flavor.
- You can also spice up your food with cinnamon, all spice, cayenne, curry, and garlic

Eat 2 potassium fruits or vegetables every day.

- Potassium fruits are bananas, oranges, watermelon, cantaloupe, honeydew, and tomatoes.
- Potassium vegetables are mushroom, sweet potato, spinach and sun-dried tomatoes.

Breathe!

- Each day, find a **quiet place** to sit for 5 minutes with your eyes closed. Focus on deep, slow breaths in and out.

Listen to soft ,calming music.

- Listen to music that relaxes you.

Go for walks and spend time outside in a park.

- Fresh air and green spaces lower blood pressure.

Get lots of sleep.

- We need at least 7-8 hours of sleep each night.

Drink lots of water.

- Bring a water bottle with you everywhere you go.