


A REPORT ON MANAGING STRESS TO CONTROL HIGH BLOOD PRESSURE AND LEARNING HOW TO CHECK BLOOD PRESSURE


An activity was organized for B.Sc. I and II year students on dated 19 November 2022 to determine the Blood Pressure and learning how to manage stress to control High Blood Pressure. Dr. Nidhi Dhatwalia Assistant Professor, Department of Zoology demonstrated to the students to determine the Blood Pressure and explained in detail the importance of stress management to control High Blood Pressure. Science students after learning the procedure of taking the Blood Pressure themselves checked the Blood Pressure of some arts students. The activity emphasized the importance of following points in stress management:

1. Get enough sleep: Make sure to get at least 7-8 hours of sleep each night to help manage stress hormones and reduce blood pressure levels.
2. Exercise regularly: Engaging in regular physical activity can help you to relax and reduce the impact of stress on your body.
3. Eat healthy foods: Eating a healthy, balanced diet can provide your body with the energy it needs to handle stressful situations better.
4. Limit caffeine intake: Caffeine is a stimulant that can cause an increase in heart rate and blood pressure, so you may want to limit or avoid caffeine altogether when managing stress levels associated with hypertension (high blood pressure).
5. Practice relaxation techniques: Yoga, meditation, deep breathing exercises, and progressive muscle relaxation are all great ways to help your body cope with and manage stress more effectively.

6. Connect with others: Connecting with friends and family members can be a great way to release tension and share concerns that may be contributing to your elevated blood pressure levels due to stress or anxiety.




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