

Module 1, Lesson 2 Tool:

Behavior Change Strategies For BP Control

Beyond being a good patient, keeping appointments with your doctor and taking your prescription medications, there are things you can do to empower yourself to take control of managing your blood pressure every day. Use this worksheet to set a goal for each tip and to re-evaluate and build upon your goals as you reach them.

Eat More Fruits & Veggies

Aim to eat produce with every meal or snack. Where can you begin to sneak more vegetables into your day?

Empower Yourself to Swap Salt

Make a list of the foods you eat most often that are high in sodium. What swaps are you willing to make for those foods? Also, think about foods that you add salt to. What can you use instead?

Foods

Swaps

You're Sweet Enough

Sugar is one of the biggest causes of weight gain. Where do you get added sugar? What swaps are you willing to make? How often do you have sweet indulgence or dessert? What will work for you in place of this?

Foods

Swaps

Be Intentional with Caffeine & Alcohol

Excessive alcohol consumption (greater than 2 drinks per day) increases risk for high BP and caffeine can increase BP as well. When and where will you enjoy your caffeine and alcohol? Plan for it and enjoy it, but don't overdo it.

Intentional caffeine:

What type?

How often?

How much?

Intentional Alcohol

What type?

How often?

How much?

Move It

Exercise can help with weight loss and stress management, both of which can help decrease BP. Write your exercise goals down and schedule it in just like you would an MD appointment. Evaluate it weekly to build as you progress and continue to write it down.

Day of the week

Goal for the day

Cope & Actively De-Stress

You know that cortisol is hard on the heart. Stress Less with BP lowering activities like breathing exercises, meditation and active relaxation.

My stress less goals for the week are:

Inhale & Exhale:

Smoking and recreational marijuana use increases BP and vaping may as well. Inhalants are flat out not cardioprotective. If you use, what can you do to reduce or eliminate your use?