

# Hypertension & Heart Disease

## Five easy steps to bring the pressure down!

1. **BREATHING:** Changing your breathing is the quickest way to change your immediate state of being. Stop and notice how you are breathing, then take a deep breath in and sigh your breath out. Do that again and let your whole body sigh with you. Let your shoulders drop down. And one more deep sigh, releasing the out breath and noticing your state of being now. Three sighs is all it takes to make a change!
2. **RELAXATION** is key to supporting hypertension as generally hypertension is a result of stress. The relaxation response is the opposite of the stress response and will start to reverse the effects of long held stress. [Visit my YouTube channel](#) for free guides.
3. **GROUNDING** or **EARTHING:** Take off your shoes and get your bare feet onto the earth, in the sand, on the grass or in the dirt. Grounding happens when you connect your feet to the earth and studies have shown that this connection neutralises free radicals that cause pain, chronic inflammation and auto immune conditions. Grounding normalises cortisol levels in the body and discharges the build up of bio-electrical stress. (Earthing by Clinton Ober, 2010, Basic Health Publications Inc.)
4. **WALKING:** Slow down and walk in nature. Look around you as you walk, let your shoulders relax and let your breathing find a comfortable rhythm that allows you to breathe through your nose if you can. Take in the sounds as you let your senses feel the space around you. Walk to enjoy your surroundings. Take time.
5. **GRATITUDE:** Write down five things you are grateful for everyday. Some days you will struggle to find five and other days you'll find more. Do this for one month and see what happens. Make it a habit to see the glass half full and notice the good in your life.

Sarah Collin is a Yoga Therapist and Ayurveda Lifestyle Consultant working from her private studio in Australind. To connect with Sarah check out her website for contact details as she offers one on one wellness consultations by appointment.