

Relax for overcoming High Blood Pressure

Relaxation is very important for a sound mind and sound body. It is important to get some relaxation on a timely basis, for sustaining good health and balance of mind. It is required to bust stress by indulging in relaxation. Relaxation can be achieved in many ways. You can simply hang out with friends and watch a movie once in a while, so as to relax and unwind. Listening to songs, playing games, reading can also be a means of relaxation. Watching cartoons and hearing or lending ears to funny jokes can be another way of relaxing yourself.

As Captain J A Hadfield has beautifully said: The art of resting the mind and the power of dismissing from it all care and worry is probably one of the secrets of energy in great men. So, whenever you need rejuvenation, cut loose, unwind and relax. This will surely revitalize your nerves so that you can again work with renewed vigour, enthusiasm and efficiency.

To relax is one of the major requirements of a hectic life. All round the day, when you are tired after working at a stretch, you need to relax and unwind. So, there are methods that can be adopted to relax and unwind. Listening to music, singing, reading, hanging out with friends are the most commonly used ways to relax and cut loose. It is important to relax at regular intervals and on a timely basis. A sound mind exists only in a sound body which even takes proper rest after exercising. To ease your body and just stop thinking can be another way to bust stress and relax. Relaxed minds work with several times more efficiency and accuracy than fatigued minds.

Slogan

Slow down the pace of life..... but take regular brisk walks !!! Reduce Blood Pressure.....

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