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May is Hypertension Awareness Month

By Nurse Sydoney Graham, Department of Health & Wellness

Welcome to the New Year! It's so good to have you back!

What is **HYPERTENSION**?

Hypertension, also known as high blood pressure, is a condition in which the force exerted by blood against the walls of the arteries is chronically elevated.

This can be caused by various factors, such as lifestyle, genetics, obesity, and stress. **Hypertension** is dangerous because it can increase the risk of heart disease, strokes, and other health problems.



Risk factors for Hypertension



The various modifiable risk factors for hypertension include:

- High sodium intake
- Low potassium intake
- Alcohol consumption
- Obesity
- Lack of physical activity
- Unhealthy diet



Genetic Risk Factors



FAMILY HISTORY



AGE



GENDER

Signs & Symptoms of Hypertension



While the majority of the hypertensives are asymptomatic, the of presenting symptoms include:

- Hypertension headache
- Dizziness
- Vomiting
- Nausea
- Chest pain
- Confusion
- Anxiety
- Nosebleeds
- Buzzing in the ears
- Difficulty breathing
- Abnormal heart rhythm
- Blurred vision or other vision changes

Hypertension, or high blood pressure, often has no noticeable symptoms, making it a "**silent killer**". However, people with very high blood pressure (usually 180/120 or higher) may experience some of the symptoms listed here.

Normal blood pressure is generally considered to be less than 120/80 mmHg (millimeters of mercury). This means the systolic pressure (the top number, reflecting pressure in arteries when the heart beats) is less than 120, and the diastolic pressure (the bottom number, reflecting pressure in arteries between beats) is less than 80.



Hypertension Treatment

Lifestyle changes can help lower high blood pressure. These include:

- eating a healthy, low-salt diet
- losing weight
- being physically active
- quitting smoking
- drinking no alcohol

If you have high blood pressure, your doctor may recommend one or more medicines. Your recommended blood pressure goal may depend on what other health conditions you have.

Reduce the risks of hypertension by:

- reducing and managing stress
- regularly checking blood pressure
- treating high blood pressure
- managing other medical conditions
- reducing exposure to polluted air



8 Lifestyle Changes for Lower Blood Pressure

- 1 Get Moving**
with regular physical activity. 
- 2 Focus on Nutrition**
by making healthy food choices and minding your portion sizes.
- 3 Cut the Salt**
Read food labels and aim for 1,500 mg of sodium or less per day.
- 4 Take Your Meds**
If you are prescribed medicine for high blood pressure, take it every day. 
- 5 Check Your Blood Pressure**
as often as your doctor recommends.
- 6 Lose Weight**
Losing just 10 pounds can make a big difference. 
- 7 Cut Back Alcohol/Don't Smoke**
For men, not more than two drinks a day; for women, one. If you smoke, stop.
- 8 De-stress and Sleep Well**
Relaxation can lower blood pressure, and quality sleep ups your energy. 

How's Your Blood Pressure?



DASH Eating Plan



The Benefits: Lowers blood pressure & LDL “bad” cholesterol.



Eat This



Limit This

	Vegetables		Fatty meats
	Fruits		
	Whole grains		Full-fat dairy
	Fat-free or low-fat dairy		
	Fish		Sugar sweetened beverages
	Poultry		
	Beans		Sweets
	Nuts & seeds		
	Vegetable oils		Sodium intake

DASH Eating Plan

DASH (*Dietary Approaches to Stop Hypertension*) is a flexible and balanced eating plan that helps create a heart-healthy eating style for life.



LIFESTYLE CHANGES TO TREAT HYPERTENSION

Improve your diet and nutrition.

Get more exercise.

Stop smoking.

Get better sleep.

Manage stress.

Be grateful for the good things.

What is the Self?

A Response to Shinzen Young - What is Self?

By Shakira Boothe, Bachelor in Education (Primary), Year 2 student, Department of Education & Liberal Studies



You Tube link <https://www.youtube.com/watch?v=TnpvqTvvWVU>



Click here to watch

Critique of Shinzen Young's Explanation of the Self

Mr. Shinzen Young, a meditation teacher and mindfulness expert, presents the concept of the self as an impermanent and ever-changing construct rather than a fixed identity.

His perspective, rooted in Buddhist philosophy, suggests that self-awareness and detachment from rigid self-concepts can lead to greater clarity, emotional regulation, and overall well-being. While this view offers valuable insights, it also raises questions about the practicality of applying such a perspective in daily life and educational settings.

What is the Self? cont.d'

Self-Esteem

Mr. Young's view of the "self" has challenged conventional notions of self-esteem which are often based on external validation and fixed self-perceptions. By understanding the self as fluid and adaptable, individuals can develop a healthier sense of self-worth that is not dependent on achievements or societal approval.

This perspective has potential benefits, especially in reducing anxiety and fear of failure in learning environments. However, it may also be difficult for individuals to completely detach from external validation, as social and academic recognition often play a crucial role in motivation and personal growth. While fostering self-compassion is important, a balance between detachment and the constructive aspects of external validation may be necessary.



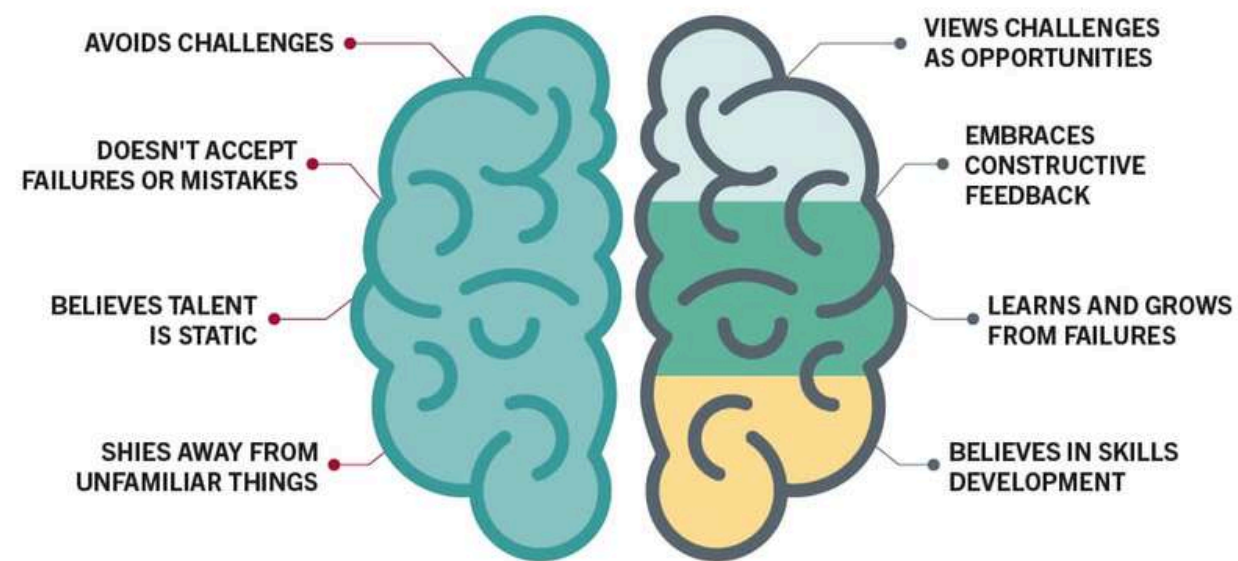
Self Awareness

Mr. Young's explanation highlights how self-awareness can improve emotional regulation and behavior. In education, when students recognize that thoughts and emotions are transient, they may become more resilient to criticism and setbacks. This can lead to better classroom behavior, increased focus, and a willingness to engage in the learning process without fear of judgment.

Teachers can apply this by encouraging mindfulness practices, helping students manage stress and enhance their learning experience. However, not all students may readily accept or benefit from this perspective, as cultural and individual differences influence how one perceives personal identity and self-worth. Furthermore, some students may need structured reinforcement of their achievements to stay motivated rather than relying solely on an abstract sense of self-awareness.

What is the Self? cont.d'

Fixed Mindset vs. Growth Mindset



Influence on Intelligence

The idea of the self as an evolving process aligns with *Carol Dweck's Growth Mindset theory*, which emphasizes that intelligence is not fixed, but can develop through effort and perseverance. Young's teachings suggest that when students detach from limiting self-identities (e.g., "I'm not good at math"), they open themselves to new learning possibilities. By embracing change and adaptability, students can enhance their cognitive flexibility and intellectual growth. While this concept is beneficial, it may be challenging for students who lack support or structured guidance in their learning journey. Without a clear framework for development, the idea of detachment from a fixed self might feel overwhelming or impractical.

Overall Mr. Shinzen Young's perspective on the self provides a transformative way to understand self-esteem, behavior, and intelligence. By viewing the self as fluid rather than rigid, individuals can cultivate resilience, openness to learning, and emotional well-being - essential qualities for both students and educators. However, fully embracing this perspective requires careful consideration of individual differences, cultural influences, and the necessity of balancing self-awareness with external motivation. While Mr. Young's insights offer valuable guidance, their practical application in education should be complemented by supportive structures that acknowledge both the adaptability and the stability that students need for growth.

Hypertension

R H N O I S N E T R E P Y H Y R A D N O C E S D
H N R M E U Q M N P R U P U N E L M O K J P Q U
K E P J K L K W R G N I N R A E L K K F Z L K R
P Y A W V X Y E F V H D C H K X X V S H Y U O K
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- | | | |
|------------------------|----------------------|-------------------|
| secondary hypertension | primary hypertension | lifestyle changes |
| Blood Pressure | heart attack | uncontrolled |
| medications | pulmonary | dash diet |
| learning | exercise | smoking |
| healthy | educate | stroke |
| stress | eating | obese |
| salt | | |

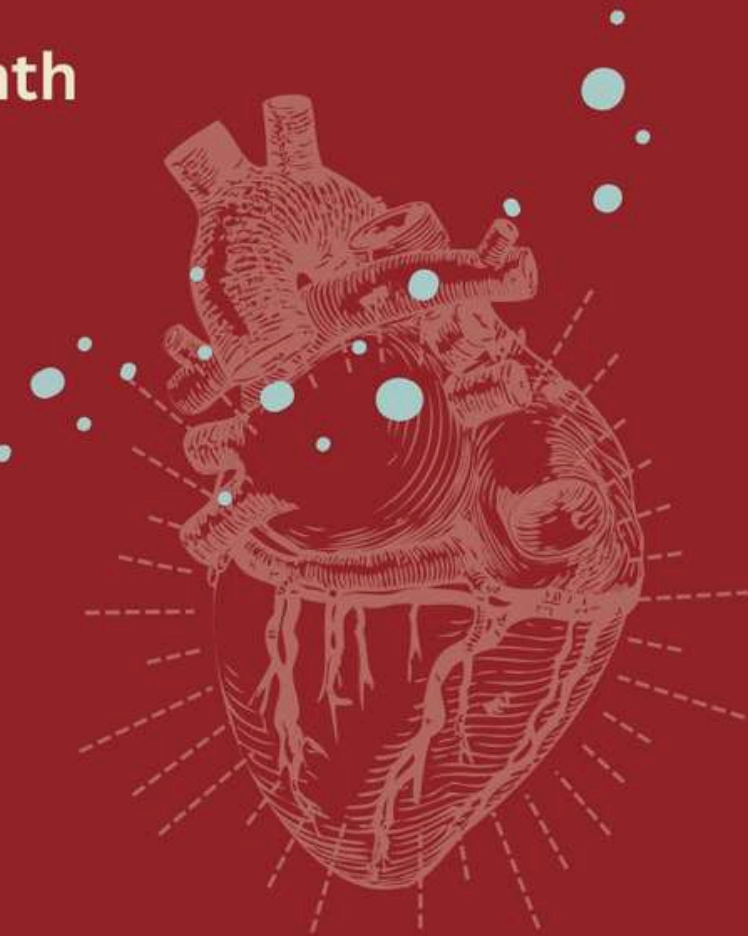
Save
THE
Date



May is Hypertension Awareness Month

**WEAR RED - KNOW YOUR
NUMBERS DAY!**

Friday, May 16, 2025



**Check your blood pressure on this day
Be in the know!**





Whatever life may send your way –

MAKE THE BEST OF IT.

Don't waste your time and energy worrying about it. Instead, find a way to do something about it. Learn from it, adjust to it, be strong, be flexible and be your best in every situation.

– LES BROWN


Simple Reminders
SIMPLEREMINDERS.COM



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876-312-0781

Entrance on Ward Avenue

Cobbla Campus
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Manchester
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876-310-9635

May Pen Campus
Lot 30 Anderson Street
Denbigh, Clarendon
876-786-2244
876-312-3859