

# 3-Day Stress Reset

Managing stress is crucial for lowering your blood pressure and improving your heart health. Follow this 3-day plan to reduce stress through gratitude journaling, deep breathing, and meditation.

## Day 1: Gratitude Journaling

- Spend 10-15 minutes writing in a gratitude journal.
- List at least three things you are grateful for.
- Reflect on why these things bring you joy and how they positively impact your life.

## Day 2: Deep Breathing Exercises

- Practice deep breathing exercises for 5 to 10 minutes.
- Sit or lie down in a comfortable position
- Inhale slowly through your nose for a count of four.
- Hold your breath for a count of four.
- Exhale slowly through your mouth for a count of six.
- Repeat these steps, focusing on your breath and letting go of tension.

## Day 3: Meditation

- Spend 10-15 minutes meditating in a quiet place.
- Find a comfortable seated position and close your eyes.
- Focus on your breath, a word, or a phrase that brings you peace.
- If your mind wanders, gently bring your focus back to your breath or mantra.