



7-DAY BLOOD PRESSURE

Reset Guide

THE GOOD DOCTOR'S PERSPECTIVE

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Meet the Author



Dr. Vanessa Lee is a Board-certified Family Physician and founder of 'The Good Doctor's Perspective'. With over 20 years of experience, she helps adults simplify medical information and take confident steps toward better health. Her compassionate approach and relatable coaching style inspire small, sustainable changes that lead to lasting wellness.

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SHORT DISCLAIMER:

THIS GUIDE IS FOR EDUCATION AND INSPIRATION, NOT A SUBSTITUTE FOR MEDICAL ADVICE. ALWAYS CONSULT YOUR HEALTHCARE PROVIDER BEFORE MAKING MAJOR CHANGES TO YOUR HEALTH REGIMEN.

By: your name here

WELCOME TO YOUR 7-DAY RESET!

Friend,

You are taking a powerful step toward a calmer, healthier you. Over the next 7 days, small actions will help your heart and mind reset. I'll guide you step by step—and cheer you on with every choice you make for your health.

Yours in Health,

Dr. Vanessa Lee

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The Good Doctor's Perspective

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HOW TO USE THIS GUIDE

This guide is for anyone ready to take back control of their blood pressure—naturally and effectively.

In the next 7 days, you'll learn how food, movement, sleep, hydration, mindset, and monitoring can shift your numbers in the right direction.

Start simple. Start where you are.

- Read your daily page every morning
- Follow the small action & mindful moment
- Track your blood pressure each day
- Reflect in the journal prompts
- Celebrate small wins—they matter!

Small steps lead to powerful results. This week is all about progress, not perfection.

PREPARATION BEFORE AND DURING BP MEASUREMENT

BEFORE MEASUREMENT

- Sit quietly for 5 minutes.
- Avoid caffeine, exercise, or smoking 30 minutes before.
- Empty your bladder if needed.
- Rest your arm at heart level.

DURING MEASUREMENT

- Sit with feet flat, back supported.
- Stay still and silent.
- Wrap the cuff snugly on your bare arm
- Take 2 readings, 5 minutes apart, and average them.
- If you want to take your BP again, it is advisable to wait for at least 1 hour before doing so ,following these steps.
- If your top number(systolic)is 180 or above and your bottom number (diastolic) is 100 or above, call 911 immediately.

Accurate readings help you see your real progress.



TIPS FOR CHOOSING THE CORRECT BLOOD PRESSURE CUFF



TIP 1

Validate your BP device

The AMA sponsors a website to validate home blood pressure monitors.

Check it out at

www.validatebp.org.

Click on Devices and scroll on the left-hand side and select filters that apply.

TIP 2

Easy to Use Monitor

Be sure that the directions for use are easy to follow. Before purchasing, be sure that the cuff will fit your arm comfortably. If the cuff size is not correct, then you will get inaccurate readings.

TIP 3

Ask for Help

If you have any questions or concerns, then feel free to email me.

Consider also asking a relative or friend for support.

TIP 4

Take your time

Your '7 days' do not have to be consecutive, especially if your schedule doesn't allow. Give yourself some grace. Work at your own pace. I will still be cheering you on!

DAY ONE

Encouragement from Dr. Lee:

"Your first step is powerful. Every bite today is a gift to your heart. I'm proud of you for showing up for yourself."

REDUCE THE SALT, NOT THE FLAVOR



💡 YOUR FOCUS TODAY

Lowering sodium is one of the fastest ways to reduce blood pressure; but that doesn't mean bland food. This week, flavor is still on the menu! Cook one meal today using herbs and spices. Instead of salt, try garlic, lemon, rosemary, and tumeric. Or mix and match your favorites!

🌿 MINDFUL MOMENT

Before your first bite, take 5 deep breaths. This activates calming your nervous system and improves digestion. With each exhale, silently remind yourself: "This small choice is protecting my heart."

✍️ REFLECTION PROMPT

What salty food do I reach for most often?

What flavorful, heart-healthy swap could I try this week?

DAY TWO

Encouragement from Dr. Lee:

"Every sip today is a step toward a calmer heart.
Keep sipping and keep believing in the small
changes you're making."



YOUR FOCUS TODAY

Hydration is like oil for your heart's engine—it keeps blood flowing smoothly and prevents extra strain.

Drink at least 64 oz of water today.

Add lemon, cucumber, or mint if you need flavor.



MINDFUL MOMENT

Each time you refill your glass, pause for a breath and think:

"I am nourishing my body and giving my heart ease."



REFLECTION PROMPT

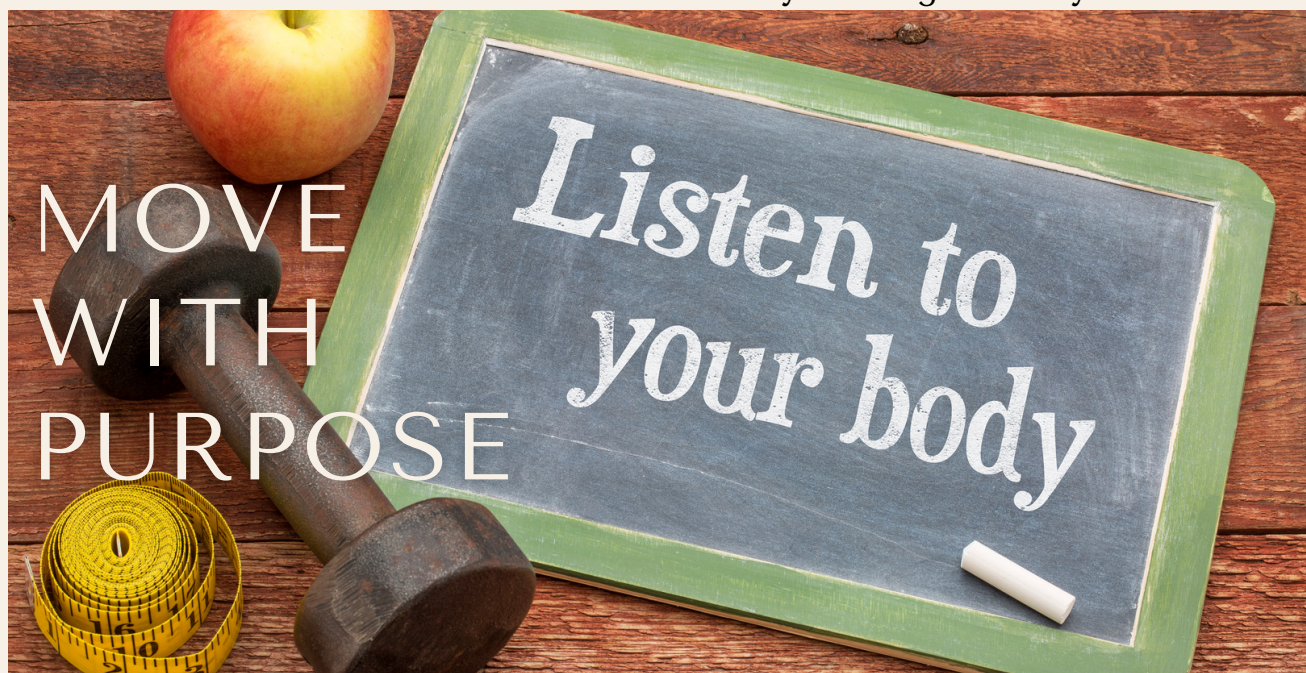
How do I feel when I'm fully hydrated vs. when I'm not?

What's one change I can make to drink more water daily?

DAY THREE

Encouragement from Dr. Lee:

"Every step you take is strengthening your heart and creating a healthier future. You are moving forward—literally and figuratively."



MOVE
WITH
PURPOSE



YOUR FOCUS TODAY

Movement is medicine for your heart. Gentle movement helps your heart pump more efficiently. You don't need a gym—just your body and a commitment.

Take a 20-minute walk (or two 10-minute walks).

Stretch for 5 minutes afterward.



MINDFUL MOMENT

Notice what you see, hear and feel. Let this be your moving meditation.



REFLECTION PROMPT

What movement feels good to my body right now?

How can I bring this movement into my daily life?

DAY FOUR

Encouragement from Dr. Lee:

"You are creating space for peace. Even five minutes of calm today sends a loving message to your heart."



💡 YOUR FOCUS TODAY

You're halfway there! Today we focus on creating calm in your body and mind. Stress causes a spike in your blood pressure. Learning to calm your mind can directly calm your numbers.

- Practice 5 minutes of box breathing: Inhale 4 → Hold 4 → Exhale 4 → Hold 4 (repeat)

🌿 MINDFUL MOMENT

After breathing, place your hand over your heart and say:

"I am safe. I am supported. I release what I can't control."

✍️ REFLECTION PROMPT

What is one daily stressor I can reduce, delegate, or reframe today?

DAY FIVE

Encouragement from Dr. Lee:

"You weren't meant to carry everything alone. Your heart is stronger when it feels supported. Reach out and let someone pour into you today—you deserve it."



YOUR FOCUS TODAY

Hi friend, you're doing amazing. Today we focus on connection.

Reach out to one person for a meaningful connection: a call, a walk, a shared laugh.

- Let that moment be intentional—no rushing or multitasking.



MINDFUL MOMENT

As you connect, pause and think:

"This moment is healing. My heart is supported. I am not alone."



REFLECTION PROMPT

Who made me feel seen or valued today?

How did that connection affect my mood or stress level?

DAY SIX

Encouragement from Dr. Lee:

"Each intentional meal is an act of love for your body and your future self."



YOUR FOCUS TODAY

Day 6 is here! Your plate is your prescription today. The DASH Diet (Dietary Approaches to Stop Hypertension) encourages more fruits, vegetables, lean proteins, and low-fat dairy.

Build one plate today using the heart-healthy formula:

- $\frac{1}{2}$ veggies, $\frac{1}{4}$ lean protein, $\frac{1}{4}$ whole grains or complex carbs



MINDFUL MOMENT

Slow down and taste each bite. Put your fork down between bites.

Actually taste your food.



REFLECTION PROMPT

Which food today truly nourished me?

Which food left me feeling sluggish?

DAY SEVEN

Encouragement from Dr. Lee:

"I am so proud of you. By completing this reset, you've shown courage, commitment, and love for yourself. This is just the beginning of a healthier, calmer life."



YOUR FOCUS TODAY

Friend, you made it to Day 7! Today is about deep rest. Poor sleep increases blood pressure and stress hormones. Your reset ends with permission to rest, recharge, and reset your nervous system.

Create a calming bedtime routine:

- Power down screens 30 minutes before bed.
- Try herbal tea, prayer, or journaling.



MINDFUL MOMENT

Lying in bed, place your hand on your belly.

Inhale for 4 counts, exhale for 6.

Whisper: "I am safe. I am resting. I am healing."



REFLECTION PROMPT

How do I feel at the end of this reset?

What is one habit I will carry forward?

5 QUICK WINS TO LOWER BP

1.ADD LEAFY GREENS TO ONE MEAL

Spinach, kale, arugula, and swiss chard are high in nitrates that help dilate blood vessels and lower blood pressure

2.LIMIT SCREEN TIME BY 30 MINUTES

Less blue light before bedtime improves quality of sleep, which is essential for blood pressure regulation.

3.STAND UP AND STRETCH EVERY HOUR

Long periods of sitting can stiffen arteries and slow circulation. A 2-minute stretch can reset your system.

4.PRACTICE GRATITUDE BEFORE BEDTIME

Write down 3 things you're thankful for. This small act lowers cortisol and promotes a calm heart rhythm.

5.EAT A HANDFUL OF UNSALTED NUTS

Almonds, walnuts, or pistachios support heart health with magnesium, fiber and healthy fats (just watch portions by reading food labels).



THINGS TO AVOID THIS WEEK

1. PACKAGED SOUPS AND FROZEN MEALS
2. PROCESSED MEATS (LIKE BACON, HAM, SAUSAGE)
3. SUGARY SODAS OR ENERGY DRINKS
4. SKIPPING MEALS (ESPECIALLY BREAKFAST)
5. STAYING UP PAST MIDNIGHT REGULARLY



THINGS TO DO THIS WEEK

1. DRINK AT LEAST 64 OZ OF WATER A DAY.
2. WALK FOR 20 MINUTES OR STRETCH FOR 10 MINUTES.
3. SKIP SALTY SNACKS FOR ONE FULL DAY.
4. TAKE 5 DEEP BREATHS BEFORE EVERY MEAL.
5. SLEEP AT LEAST 7 HOURS A NIGHT.

BLOOD PRESSURE TRACKER INSTRUCTIONS



- Check your blood pressure morning and evening.
- Record top (systolic) and bottom (diastolic) numbers.
- Add heart rate and notes if needed.
- Reflect on patterns at the end of the week.

Small steps= big wins!

Blood Pressure

DATES

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Daily Affirmations for Motivation



- I am in control of my health.
- Each breath I take is calming my heart.
- My body is healing with every choice I make.
- Peace lives in my mind and strength lives in my heart.
- I am worthy of wellness and lasting health.
- I am making choices today that support the healthiest version of me."
- "My numbers do not define me—my actions and intentions do."
- "I honor my body by listening to what it needs and responding with care."
- "Peace begins within me, and each small step leads to healing."
- "I release the pressure of perfection and embrace the power of progress."
- "Every glass of water, every moment of movement, is a gift to my future self."
- "I am worthy of rest, nourishment, and renewal."
- "I trust myself to take this journey one loving choice at a time."
- "I am not doing this alone—my heart is supported, and I am supported too."

DOCTOR VISIT CHEAT SHEET

HOW TO TALK TO YOUR DOCTOR ABOUT HIGH BLOOD PRESSURE

PREPARE YOUR QUESTIONS

- ☐ What is my blood pressure goal?
- ☐ How often should I check my blood pressure?
- ☐ What lifestyle changes do you recommend?
- ☐ Do I need medication for my blood pressure?

DISCUSS SYMPTOMS & HISTORY

- ☐ Mention headaches, dizziness, chest pain, or shortness of breath
- ☐ Share changes in your health since your last visit
- ☐ Review your family history of heart disease, stroke, and hypertension

REVIEW TREATMENTS

- ☐ Discuss current medications and side effects
- ☐ Ask about regular tests (blood work, ECG)
- ☐ Talk about diet, exercise, and stress management

PLAN FOR FOLLOW-UP

- ☐ Schedule your next appointment
- ☐ Ask when to follow up if symptoms worsen
- ☐ Get instructions for monitoring blood pressure at home

CONGRATULATIONS!

"Friend, you did it!"

Completing this reset is a gift to your heart and your future. Every sip, every step, and every mindful breath you took this week matters. I'm proud of you for choosing yourself."

Share your experience by emailing a 1-minute video testimonial to:

admin@thegooddoctorperspective.com.

I would love to hear from you!

Want to keep the momentum going?

- <https://www.calendly.com/time-with-dr-lee>
- Follow me on YouTube, IG, Facebook, and TikTok
- Get on the waitlist for the 30-Day BP Reset Plan