**A logo with hands holding a circle with a face

Description automatically generatedGlobal Self Healthcare Research and Education**

**Understanding Blood Pressure and Taking Action**

*Understand your numbers. Take control of your health*

**Day 3: Why Blood Pressure Matters**

**Introduction**

Blood pressure is a vital indicator of your heart health. Understanding the numbers and how they impact your body is the first step to managing and maintaining good health. This workbook will guide you through the basics of blood pressure and help you take actionable steps toward monitoring it regularly.

**Part 1: Understanding Blood Pressure**

**1. What Do the Numbers Mean?**

Blood pressure is measured in two numbers:

* **Systolic Pressure:** The top number, which indicates the pressure in your arteries when your heart beats.
* **Diastolic Pressure:** The bottom number, which indicates the pressure in your arteries when your heart is resting between beats.

**Blood Pressure Categories:**

| **Category** | **Systolic (mmHg)** | **Diastolic (mmHg)** |
| --- | --- | --- |
| Normal | Less than 120 | Less than 80 |
| Elevated | 120-129 | Less than 80 |
| Hypertension Stage 1 | 130-139 | 80-89 |
| Hypertension Stage 2 | 140 or higher | 90 or higher |
| Hypertensive Crisis | Over 180 | Over 120 |

**Reflection Question:** Where does your blood pressure fall in the chart above?

**2. Why Blood Pressure Matters**

High blood pressure can lead to serious health complications such as:

* Heart attack
* Stroke
* Kidney damage
* Vision loss

**Key Takeaway:** Monitoring your blood pressure can help prevent these risks and keep your heart healthy.

**Part 2: Take Action**

**Task: Find Your Nearest BP Check-Up Point**

Regular blood pressure checks are essential for early detection and management of hypertension. Let’s take this step together.

**Step 1: Locate a BP Check-Up Point**

Use one of the following methods:

* Visit a nearby clinic, pharmacy, or hospital.
* Look for community health programs offering free BP check-ups.
* Purchase a home BP monitor for regular tracking.

**Activity:** Write down the address and contact details of the nearest BP check-up point below:

**Name of Location:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Contact Number:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 2: Schedule Your Check-Up**

* **Date of Visit:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Time of Visit:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Reminder:** Add this appointment to your calendar to ensure you don’t miss i

**Step 3: Record Your Readings**

Use the table below to record your blood pressure readings.

| **Date** | **Systolic (Top Number)** | **Diastolic (Bottom Number)** | **Notes** |
| --- | --- | --- | --- |
| *Example:* Jan 24 | 120 | 78 | Normal |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Part 3: Reflect and Plan**

**Reflection Questions:**

1. How did you feel about getting your blood pressure checked?
2. Were you surprised by the results? Why or why not?
3. What changes, if any, do you plan to make based on your reading?

**Write your reflections here:**

**Set a Goal for Monitoring**

Create a goal to monitor your blood pressure regularly.

**Example Goal:** "I will check my blood pressure once a month and keep a record of my readings."

**My Goal:**

**Part 4: Stay Motivated**

**Daily Affirmation:**

* "I take care of my health by staying informed and proactive."

**Tips for Consistency:**

* Set a reminder on your phone or calendar for regular BP checks.
* Share your goal with a friend or family member for accountability.
* Reward yourself for staying consistent.