

# THE SILENT JOURNEY NEWSLETTER.©

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## :30bp A Blood Pressure App

Everyone is in a tough situation at the moment. Your children may be in school this Fall. Your spouse is working from home and your bills are starting to mount.

Your blood pressure (BP) may be on the rise also. Have you checked it lately? As a reminder, one in three people in the U.S. has high blood pressure.

Keep track of your BP readings with :30bp app. :30bp is a blood pressure monitoring app that allows adults to track and monitor their BP easily.

Take your BP reading with a BP cuff and input your readings into :30bp. :30bp will time/date stamp each BP reading.

Download :30bp in the App Store or Play Store. It's in English and Spanish. Once you download the app it will provide a help menu to guide you through the log-in process.

"Stress and pressure can burst a water pipe!"

Pandemic! Think back to when you first heard that word. What was your first thought? Be honest. Your first thought was, this is America, we don't have pandemics in the 21<sup>st</sup> Century. Then you kept on going about your business. You might have been shopping, or maybe at work talking about it with your co-worker.

Fast forward six months and you find yourself smack dab in the middle of a pandemic. It can and did happen in America, in the 21<sup>st</sup> Century. The question now is, how are you and your family dealing with Covid-19? If you are like most people, some things in your life have tilted slightly. The six-year-old is creeping into your bed again, at night. Your sleep pattern is way off. Experts say all of these new quirks are normal during a pandemic.

The CDC says, fear and anxiety about a new disease and what might happen can be overwhelming for adults and children. Social distancing can make one feel isolated and alone, while increasing stress and anxiety. Experts remind us that these actions are necessary to reduce the spread of Covid-19. It's important to remember, dealing with stress in a healthy way can be healthy for you, your family and the broader community.

Following is the CDC list of stresses during an infectious disease outbreak. This list might help you understand how the pandemic is affecting you or a member of your family.

Infectious disease stress can sometimes cause the following:

- Fear and worrying about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health condition.
- Increased use of tobacco, and/or alcohol and other substances.

Here's a list of places that may help you or a loved one.

[National Suicide Prevention Lifeline](#)[external icon](#): 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chat](#)[external icon](#)

## Healthy eating during Covid-19

Let us get one thing straight. I am making suggestions for our readers. I am not proclaiming I do everything I write. Why do I say this? Because I am as human as everyone else. I have never lived through a pandemic. Each day is different for me too.

We know how great healthy eating is for our body and soul. What we don't know, is how to eat healthy during a pandemic. Here are a few tips.

1. Eat more veggies.
2. Move more.
3. Give yourself more time to get things done.
4. Help others if you are able.
5. Check on friends and family.
6. Relax more.
7. Be present during family time or play.
8. Stop stressing about the details.
9. Allow yourself to sleep more.

These are just a few ways you and your family can relax and release stress as we navigate through Covid-19.

Helpline list continued:

- [National Domestic Violence Hotlineexternal icon](#): 1-800-799-7233 or text LOVEIS to 22522
- [National Child Abuse Hotlineexternal icon](#): 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- [National Sexual Assault Hotlineexternal icon](#): 1-800-656-HOPE (4673) or [Online Chatexternal icon](#)
- [The Eldercare Locatorexternal icon](#): 1-800-677-1116 [TTY Instructionsexternal icon](#)
- [Veteran's Crisis Lineexternal icon](#): 1-800-273-TALK (8255) or [Crisis Chatexternal icon](#) or text: 8388255

Our regular readers may say, "what does this have to do with The Silent Journey"? Everything! Fear, stress, and anxiety all have one thing in common, they can raise your blood pressure. I didn't think the pandemic was bothering me. Until I found myself walking around the house aimlessly, not really going anywhere. Looking out of the window, to a empty street with no movement. I'm quite sure you see the same thing out of your window, emptiness.

There is no gloom and doom here. At times, I enjoy the stillness of the day. I can see how nature is responding to us humans being in time-out. The sky seems clearer, my trees look fuller and the air is fresher. I had the opportunity to fly to my hometown. The airport was not crowded. My flight was great, and I enjoyed five weeks with family and friends. I guess I see the silver lining in this situation. No matter how we feel about the pandemic, we should enjoy those little moments that make us happy.

Those slithers of happiness help lower our blood pressure. It reduces the stress and anxiety. I know some of you are saying you do not have time to look out of the windows. The kids are driving you bananas. Fear not, there is a solution for them also. This might be harsh for some parents. Are you ready? Put them on a schedule.

I am the youngest of six children. My mother would not let us come downstairs in the morning until she had two cups of coffee and two cigarettes. What is your early morning routine? We built models, used coloring books, or read while she watched her soaps and ironed clothes. We had lunch, played with our toys, and rode our bikes for a while. Then watched a little TV before dinner and repeated the same the next day. Of course, those were the good ole' days when parents didn't put you in time-out.

So, gather the kids and feed them pizza and juice. Then introduce them to the new daily routine. Everyone has the same breakfast, quiet play time and a nap. Next is lunch, followed by playing outside. Reading before dinner, family time and bed. How's that blood pressure now?

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