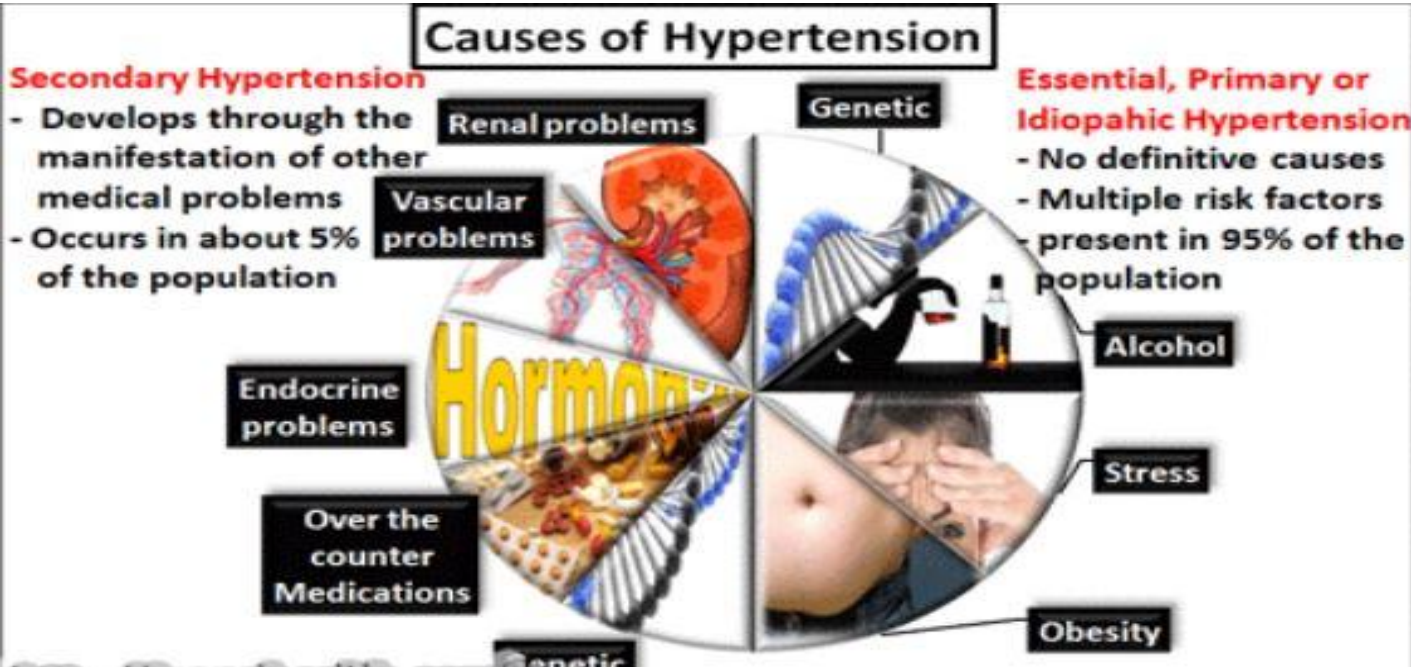


*Managing Hypertension: what can psychology offer?*

Hypertension is a serious medical condition that significantly increases the risks of heart, brain, kidney, and other diseases



- Modifying lifestyle.
- Engaging in physical activity.
- Work-life balance(well-being).
- Managing the stress.
- Muscle to mind techniques
- Mind to muscle techniques
- Staying positive.
- Tolerance and acceptance.
- Interactions
- Communication
- Self care



Saumitra aware  
Faculty of sports and exercise  
science