Take Control of Your Heart Health with the DASH Eating Plan

High blood pressure affects millions, but the good news is that simple changes to your daily meals can make a big difference. The DASH (Dietary Approaches to Stop Hypertension) eating plan is designed to lower or prevent high blood pressure by focusing on balance, moderation and nutrient-rich foods.

Start with small steps. Begin by cutting back on sodium. Aim for 1,500-2,300 mg per day and check food labels for “low sodium” or “no salt added” options. Season foods with herbs, citrus or vinegar instead of salt to add flavor without the extra sodium.

Next, build a balanced plate. Fill half of your plate with fruits and vegetables, a quarter with whole grains and the rest with lean proteins like chicken, fish, beans or tofu. Add low-fat dairy such as milk or yogurt for calcium.

Make smart swaps. Choose whole-grain bread instead of white, snack on fruit or unsalted nuts instead of chips use olive oil in place of butter. These small changes add up over time.

Keep it simple and sustainable. Plan meals ahead, keep healthy foods in reach and drink plenty of water or unsweetened tea. The goal isn’t perfection—it’s progress.

Following the DASH plan can help reduce blood pressure, boost energy and support long-term heart health. One healthy choice at a time, you’ll be on your way to feeling stronger and more balanced every day.



Beating the Sunday Scaries

Picture this: it's Sunday night, you're unwinding after a great weekend and suddenly, a flicker of dread creeps up on you. A switch flips and you are transitioning back into work mode, thinking about your to-do list for the week, planning logistics and travel for in-office days and wishing you had just one more day to relax, see friends or get things done around the house. You were just visited by the Sunday Scaries.

What are the Sunday Scaries?

Sunday Scaries, also referred to as Sunday blues, are an anticipatory anxiety that can increase your stress ahead of time, before the event has even happened. In this case, it's the shadow cast over Monday and the week ahead, elevating the weight of returning to emails, meetings and a pile of work on your desk. Sunday Scaries are different for everyone, but can include: a racing heartbeat, sweating, upset stomach, difficulty sleeping, headache, among others.

How can I beat the Sunday Scaries?

The return to work each week is inevitable. How can we find ways to cope with the nerve-wracking idea that our weekends are over? Here are a few ideas:

- Get some exercise: hit the gym or go for a walk to get some endorphins and brighten your mood.
- Get some sleep: Starting Monday morning exhausted is no good for anyone. Head to bed early on Sunday and wake up well-rested.
- Prep yourself ahead of time: While you might be eager to get your weekend started early on a Friday afternoon, try to get ahead of tasks and prep yourself for Monday so that you start the week organized.
- Gift yourself a treat: find something to look forward to on Sunday or Monday (maybe your favorite takeout or a stop at your favorite coffee shop on Monday?).

Most importantly, remember that another weekend is at the end of the next work week. See, you already have something to look forward to.

