

2025 Blood Pressure Resource Guide

Maintaining a normal blood pressure is an important part of your health. High blood pressure increases your chances of having a heart attack and stroke, as well as developing diabetes and other diseases. Making healthy food choices, lowering stress and staying physically active throughout the day can help keep your blood pressure normal.



Use this guide to understand the tools and resources available to help you reach your goal.

BP² *New for 2025*

A virtual lifestyle series designed to help participants develop skills to lower blood pressure one small step at a time.

Live and Work Mindfully

A four-week workshop series that teaches teams how mindfulness can help decrease the effects of stress and allow greater ease at work and home.

HeartMath 101 *New for 2025*

HeartMath is a system of simple, powerful tools that are easy to learn and are designed to be used in the moment to cope with life's stressors and help manage your reactions. Teams can register for a session [here](#).

Healthy at Hopkins Champion

Champions volunteer their time to promote Johns Hopkins well-being resources. They are well-versed in helping you navigate all the well-being resources available to you. Don't have a Healthy at Hopkins Champion on your team? Consider [applying](#), or nominate someone today!

Worksite Wellness Menu

Alongside your team, participate in well-being practices such as fit breaks, wellness workshops and meditation sessions.

15-Minute Meet-ups

Participate in activities that support well-being; everything from movement to meditation!

Well-Being Webinars

Webinars will be focused on topics that can help you maintain a healthy blood pressure. Visit the calendar section of the Healthy at Hopkins portal to view upcoming webinars.

Healthy at Hopkins Portal Resources

- **Race the Globe movement challenge:** Team up with your colleagues and find creative ways to incorporate movement into your daily routine.
- **Missions:** Track your daily habits including sleep, stress, nutrition and blood pressure.
- **Courses:** Complete online courses and learn new ways to manage stress and blood pressure.
- **Daily steps tracking:** Sync your wearable device, and track your daily movement.

Visit the Healthy at Hopkins portal to learn more.

Scan the QR code, or visit
my.jh.edu > HR > Healthy at Hopkins to log into the Healthy at Hopkins portal.

