

## Grief Causes High Blood Pressure

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Can grief be a cause for high blood pressure? Absolutely. Grief involves many feelings – loss, sadness, anxiety, and the fear of being alone. You may even feel as if your very survival is threatened. Predictably, your body responds to these feelings by activating its fight-or-flight response.

It may seem unusual to think of grief as a fight-or-flight situation, but it's important to remember that all stress is the same as far as your body is concerned. When you feel it – no matter what its form, whether anxiety, depression, or fear – your sympathetic nervous system becomes activated. It floods your blood with cortisol and adrenaline. These stress hormones accelerate your heartbeat, dilate your pupils and bronchi in preparation for the challenge, and cause your arteries to become constricted – in short, your nervous response to emotional stress is a cause for high blood pressure. And your blood pressure can remain high if the stress is accompanied by persistent grief.

### Release Your Grief to Reduce High Blood pressure

Based on my professional experience and information gleaned from medical studies, I believe a therapeutic approach to reducing grief-related high blood pressure must, first and foremost, include some way to release emotion. Therefore, I encourage grieving patients to do the following:

- Find a safe place to let their emotions out
- Fully experience their loss
- Cry when they feel like crying

There's no doubt that prolonged grief can cause high blood pressure and that it can exact a heavy toll if not addressed. If you're struggling with this kind of situation, the best option is to work on a supportive healer who is familiar with emotional release work. Often, that kind of mind-body approach is what it takes to reduce blood pressure to a healthier level. Additionally, seek out people who can help you get past your grief – friends [grief support group where bereaved parents get to know other bereaved parents], family, a spiritual guide, or a trained therapist. Finally, and most importantly, trust that you will indeed get through it.

### [Therapeutic Approaches to Grief Care]

[Additional therapy would include exercise: walking, mild aerobic exercise, yoga, line dancing. Exercise will help a grieving person regain their ability to focus.]

[A healthy diet and water intake are of utmost importance.]

*Comments in brackets added by Chris Harder based on information received from David Brockman, PA.*

<http://www.drstinatra.com/reducing-high-blood-pressure-through-grief/>

