I had been very close to being diagnosed with high blood pressure. I joined the Keeping your Pressure Down (KYPD) program through Healthy at Hopkins that helped me change my habits. With the tools I learned, I’ve been able to choose fewer processed foods and recognize healthy items that have lower sodium levels and high nutritional value. I’ve altered my sedentary lifestyle and am focusing on integrating fitness into my daily routine. My blood pressure is down and I feel better! Throughout this process, my department has been a big motivator, as they consistently join me on daily walks around the campus which not only provides a burst of energy but is also very calming and can lower stress levels on extremely stressful days. My family has also joined in as coaches for my lifestyle change, they remind me that I need to get moving. Now, instead of standing around at my son’s t-ball games I walk the field during practice and get exercise when I would have previously had no time. I now also attend Mindful Monday through Healthy at Hopkins, which teaches me practices to help manage my stress, and I do daily meditation sessions using the Calm app. Each of these help to lower stress, which in turn lowers my blood pressure.

These lifestyle changes have made a major impact on my well-being. I feel less drained at the end of the day. I have more energy and am in a better mood throughout the day. I’ve lost 15 pounds, all with just a few simple changes. I can’t wait to see where these lead. My next goal is to focus on my sugar intake. I’ve joined a virtual diabetes prevention course at the YMCA, which is free as an JHACH employee. I am looking forward to feeling even better!

I enjoy sharing my interest and passion for well-being with others. This is my second year as a Healthy at Hopkins Champion and my co-workers know to come to me if there is an EAP or Healthy at Hopkins question. If I don’t know, I won’t hesitate to find out. I enjoy setting up worksite wellness menu sessions; invitations are open for multiple departments on the Johns Hopkins All Children’s Hospital campus. These sessions are amazing, as they bring staff from all over the campus together for wellness initiatives. I also enjoyed coordinating our “garden of gratitude.” All team members participated by decorating a flower to show what they are grateful for here at work. The sentiment shared by staff was an amazing uplifter.

Ask the Expert, July 27 at noon
Join a 30-Minute Ask the Expert Session with Mariah Robertson, assistant professor of medicine, geriatric medicine, to get tips on how to advocate for yourself at your next doctor’s appointment.
Join from the Meeting link
https://lcah.webex.com/lkah/j.php?MTID=m7ff52a1d40aa10e1f781eb579da4768d
Join by meeting number: 2317 137 4914 Meeting Password: nGWwAt7Fw43
Join by phone 404-410-4502Access code: 2317 137 4914