

Take long-term steps to **reduce stress** and increase your health!

- ▶ Get adequate sleep
- ▶ Limit consumption of nicotine, caffeine, and alcohol
- ▶ Exercise
- ▶ Spend time with family and friends
- ▶ Practice deep breathing, yoga, or meditation
- ▶ Develop cognitive reframing techniques



Learn more at
www.valorforblue.org