

# 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



**BJA**  
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