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

- Get 6 to 8 hours of restful sleep each night.
- Develop a network of friends in which to confide.
- Limit consumption of nicotine, caffeine, and alcohol.
- Practice deep-breathing exercises, yoga, meditation, etc.
- Develop cognitive reframing techniques.
- Use exercise as a means to relieve stress.

BJA VALOR PROGRAM

Learn more at
www.valorforblue.org/s/sos

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