

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.



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

