



A promotional banner for the NavyNavStress program. The top half features a blue background with a white wake from a ship. On the left is a circular logo for the "OPERATIONAL STRESS CONTROL" program, which includes an anchor and the text "BUILDING A RESILIENT NAVY". To the right, the text "NavyNavStress" is written in a large, white, sans-serif font, followed by "The Official Blog of the Navy Operational Stress Control Program" and "Building a Resilient Navy!" in smaller white text. The bottom half of the banner has a light blue background with a white, textured pattern. It features the text "Feel better now with tips from the Navy Operational Stress Control Program" in a large, blue, sans-serif font. At the bottom left is a stylized illustration of a person's head holding a smartphone. At the bottom center is a yellow banner with the text "navylifepnw PLAN of the DAY" and "brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)" in small text.



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