

Back to School Transition: Change and Stress

Your Military and Family Life counselor can help with:

- Explore what is work/life balance?
- Identify your stressors
- Signs and symptoms of stress
- Stress management strategies
- Stress reduction
- Relaxation skills

Free and confidential non-medical counseling is available to service members, Department of defense expeditionary civilians, their families and survivors.

MFLC: _____

Phone: _____



**MILITARY & FAMILY
LIFE COUNSELING**