

# STRESS MANAGEMENT



## Stress is a part of life.

Learn how your beliefs and thought processes have an impact on how you deal with stress. You will walk away with specific actions to manage stress, which you may incorporate into your life immediately.

Open to all with base access. Classes are subject to change. Please call Fleet and Family Support Center at 202-685-0229 to sign-up and reserve a seat for all classes, as space is limited. For more information, call the Education Services Facilitator at 202-685-8327.

**STAY  
CONNECTED**

