

# 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.

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**MILITARY & FAMILY  
LIFE COUNSELING**