



WARRIOR MAINTENANCE: STRESS MANAGEMENT FOR MARINES AND FAMILIES

WHAT IS WARRIOR MAINTENANCE?

An eight session stress management class designed to teach healthy strategies to manage stress. Learn effective techniques to handle stressors, communicate, and overcome challenges that may interfere with stress management.

WHAT ARE THE BENEFITS?



Reduce stress



Increase social support



Strengthen communication skills



Make healthier choices



Improve coping skills

SOME OF THE TOPICS COVERED

- **Controllable vs uncontrollable stressors** - Identify the difference between the two and effective strategies for both.
- **Change your thinking** - Learn techniques to overcome negative thoughts.
- **Social connections** - Strengthen your relationships by learning effective communication skills.
- **Healthy behaviors** - Understand the connection between sleep, exercise, diet, and stress.