Military service is inherently stressful for Sailors and their families. These pressures have significant costs that often have a tremendous impact on Sailors and their families, such as difficulty related to frequent, lengthy deployments separated from family or from personal life stressors in a complex and changing Navy environment. Building resilience and preventing the negative outcomes of stress are essential to personal and professional success and well-being.

Navy leadership recognizes that Navy spouses provide service to this country through the work they do for their families and communities and the sacrifices they make. **Each family member is a VALUABLE member of family, community, and the Navy.**

Even the most motivated and self-attuned individuals can find themselves challenged by life’s stressors. To overcome these challenges, the Navy has developed best practices and practical tools to help Sailors, spouses, and families build resilience and navigate stress.

With families in mind, the Navy now provides **Navigating Stress for Navy Families** training. **This one-hour, facilitated conversation provides practical and effective tools and techniques to military spouses and families.** The overarching goals of this course are to:

- Help strengthen spouses, Sailors, and families.
- Identify problems early.
- Identify best practices for building resilience and for stress mitigation.
- Further develop skills and strategies that help navigate stress and build resilience.
- Identify resources available to help with stress issues.

This course is highly interactive, including group discussion and practical application of concepts using realistic scenarios. Its overall goal is to **better equip family members to navigate stress together** with a shared vocabulary and toolkit of resources.

For more information or to schedule training, send an email to:

oscmtteast@navy.mil or oscmuttwest@navy.mil