



# DID YOU KNOW?

## Relationships

- 1. Did you know that communication is an essential element of a strong and healthy relationship?** Do you know that your Family Advocacy Program offers a wealth of [information](#) and classes on couples' communication and conflict resolution?
- 2. Did you know stress can be extremely harmful to your physical health and general well-being?** Do you know that your Family Advocacy Program offers classes and/or [counseling](#) for stress and anger management?
- 3. Did you know that protective factors are strengths and resources that families draw on when life gets difficult?** Do you know that your Family Advocacy Program offers information on six important [factors](#) you can build on to ensure your family is safe, happy and healthy? Do you know that you can access more information on protective factors through the [Center for the Study of Social Policy](#)?
- 4. Did you know that your financial stress can negatively affect your children?** Do you know that your Family Advocacy Program can provide support and referrals on how to deal with [financial stress](#) and its effect on your relationships?
- 5. Did you know that angry outbursts can be a symptom of combat or operational stress?** Do you know that your Family Advocacy Program offers [strategies](#) and tools for managing anger and can assist the service member in getting additional assistance, if needed? Do you know that service members can receive additional support through the [Defense Centers of Excellence](#) and [National Center on Posttraumatic Stress Disorder](#) and through the [Military Crisis Line](#)?



For more information and resources, visit the [Relationship Health and Family Wellness](#) page on Military OneSource or call 800-342-9647.