

Building Resilience Apps

Covid-19 has shown the Military Health System and leaders across the DoD the importance of mental health and sharing mental health resources to our military communities.

Below you will find apps that are useful for building resilience:



Virtual Hope Box contains simple tools to help with coping, relaxing, distraction and positive thinking.



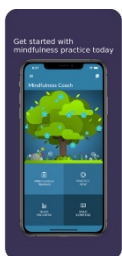
Breathe2Relax helps users learn diaphragmatic breathing techniques to help manage stress.



Tactical Breather helps you to gain control over physiological and psychological responses to stress.



Mood Tracker allows users to track anxiety, stress, depression, post-traumatic stress, and your general well-being, to share with your medical provider.



Mindfulness Coach provides gradual, self-guided trainings to help you notice and pay attention to what is going on in the present moment.



COVID Coach is designed to help build resilience, manage stress, and increase your well-being during a crisis.



PTSD Coach provides education, care, self-assessments and support for symptoms of post-traumatic stress disorder.



Positivity Activity Jackpot helps users find nearby enjoyable activities, and makes activity suggestions with local options, allowing the ability to invite friends.