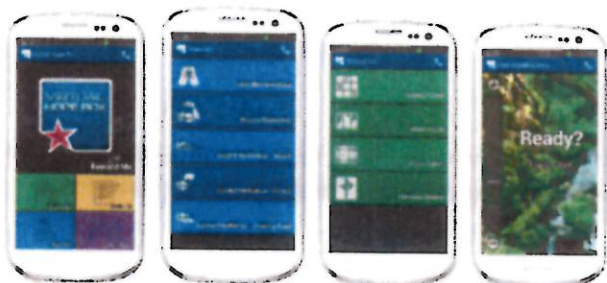


## Helpful Aps for your smartphone

### **Virtual Hope Box:**

- 1) Remind me section- store supportive photos, videos, recorded messages, and music
- 2) Distract me section- Sudoku puzzles, photo puzzles, word searches, Mahjong solitaire
- 3) Inspire me section- inspirational quotes partnered with quotes provided by the user
- 4) Relax me section- controlled breathing, muscle relaxation, and guided meditation exercises
- 5) Coping tools section- coping cards used to store coping skills to common problems and positive activity planner to make plans with anyone on contact list
- 6) Support contacts section- quick list of supportive people on contact list



### **Tactical Breather:**

Breathing techniques were provided with permission by Lt Col. Dave Grossman. Techniques initially developed for combat situations, they are also beneficial in regulating physical and emotional responses to stress.



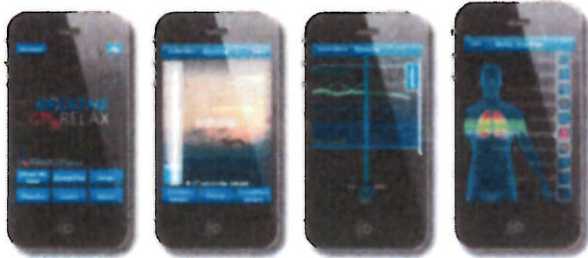
### **Life Armor:**

Information on 17 different topics including sleep, relationship issues, depression, etc. provided along with information about causes, characteristics, and some solutions to different problem areas. Also has brief assessment tool and symptom tracker regarding identified problems. Information and guidance on techniques to self-manage different areas of concern, as well as videos from military service members' struggles and overcoming concerns in different areas.



### **Breathe2Relax:**

Provides guides to different breathing exercise to assist with decreasing stress responses, including fight or flight response, mood stabilizing, increasing ability to control anger, and manage anxiety. Provides support with art graphics, animation, narration, and videos, as well as ability to track symptoms.



### **Mindfulness Coach:**

Mindfulness has been found to decrease levels of stress and anxiety, increase ability to cope with anger, assist with regulating emotions and tolerating distress. Provides support in walking through different forms of mindfulness meditation, and educational material.



### **Moving Forward:**

Ways to examine problem solving styles, education regarding problem solving and stress responses, and ways to decrease stress and increase ability to overcome life problems. Also provides worksheets walking users through the steps to problem solve, as well as incorporating own contacts into problem solving efforts.



### **Parenting2Go:**

Developed specifically for military families, includes ways to increase ability to positively engage with family/children, transition home following deployments/ATs, and tips for coping with feeling overwhelmed/stressed in managing parenting and working.

