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**RECOMMENDED WELLNESS APPS**

Your wellness is a top priority. Military OneSource provides resources so you can manage stress and access benefits and tools that will help you stay strong in body and mind. While Military OneSource does not provide health care services, it provides resources that can help you maintain a healthy lifestyle. This page provides access to self-care mobile applications developed within the Department of Defense, Veteran Affairs and other partners. ***All mobile applications are free and for iOS and/or Android devices.***

**Breathe2Relax**

Trains you on the “belly breathing” technique that has proven benefits for your overall mental health. Use the app’s breathing exercises to learn and practice on your own or as part of a stress management program supervised by your health care provider.

 **Positive Activity Jackpot**

Helps users who may be overwhelmed by depression find nearby enjoyable activities. Can't decide? Let the app’s jackpot function make the choice.



**LifeArmor**

Touch-screen technology allows the user to browse information on 17 topics, including sleep, depression, relationship issues and post-traumatic stress.

**Virtual Hope Box**

Contains simple tools to help users with coping, relaxation, distraction and positive thinking using personalized audio, video, pictures, games, mindfulness exercises, activity planning, inspirational quotes and coping statements.

 **Moving Forward**

Provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress. The app is designed for veterans and service members, but is useful for anyone with stressful problems. **Available on iOS Only**

**See next page for three parenting and children’s apps.**

 **Parenting2Go**

Helps veterans and service members reconnect with their children and provides convenient tools to strengthen parenting skills. The app addresses challenges that come with parenting children of all ages and backgrounds. **Available on iOS Only**

**Big Moving Adventure**

With Sesame’s Street’s Big Moving Adventure, your young child can create his own Muppet friend and help him or her through the moving process, including: packing, saying goodbye, expressing feelings, traveling, and making new friends

**Breathe, Think, Do**

Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This app helps your child learn Sesame’s Breathe, Think, Do strategy for problem solving.