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The COVID-19 pandemic may be around for quite some time, so finding ways now to manage your stress could be a better approach to well-being. The DHA's Connected Health branch offers free, accessible mobile health apps and websites that can help.

The T2 Mood Tracker, for instance, tracks a user's range of emotions and behaviors to show how their life is affected by thoughts, moods, changes at home or at work, and events. It can help you identify trends and triggers and is a useful check-in mechanism for coping with mental health and managing your well-being. The T2 Mood Tracker recommends resources that might be helpful to your unique circumstances. You can even choose to share the assessments with a health care provider. Find this tool and many others at: <https://health.mil/mhealth>

Provider Resilience



Gives health care providers tools to manage burnout, compassion fatigue, and secondary traumatic stress, keeping them productive and emotionally healthy as they help others.

T2 Mood Tracker



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Tactical Breather



Provides guided breathing instruction to gain control over heart rate, emotions, concentration, and other physiological and psychological responses during stressful situations.

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.



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