



# Puerto Rico Air National Guard

## Military OneSource Resiliency Tools

During this time that everyone has been asked to make changes in their everyday routine, we understand this can create added stress. Military OneSource resilience tools may interest you as a resource that may be able to help during this stressful moment. I have included the hyperlinks to our interactive tools and registration links to our weekly Mindfulness Meditation sessions.

**Love everyday-** Relationship tool that helps you love every day. <https://www.militaryonesource.mil/confidential-help/interactive-tools-services/resilience-tools/relationship-tool-helps-you-love-every-day?redirect=%2Fconfidential-help%2Finteractive-tools-services%2Fresilience-tools>

**Coach Hub-** Military OneSource interactive tool to help you have access to an online coach to assist you with your healthy goals. <https://www.militaryonesource.mil/confidential-help/interactive-tools-services/resilience-tools/coachhub-a-mobile-coach-for-your-life?redirect=%2Fconfidential-help%2Finteractive-tools-services%2Fresilience-tools>

**MoodHacker-** Military OneSource free interactive tool that help you track, understand and improve how you are feeling every day. <https://www.militaryonesource.mil/confidential-help/interactive-tools-services/resilience-tools/improve-your-mood-with-moodhacker?redirect=%2Fconfidential-help%2Finteractive-tools-services%2Fresilience-tools>

Recommended self-care mobile applications developed within the Department of Defense, Veteran Affairs and other partners to help you maintain a healthy lifestyle.

**Breathe2Relax-** Trains you on the “belly breathing” technique that has proven benefits for your overall mental health.

**Positive Activity Jackpot-**Helps users who may be overwhelmed by depression find nearby enjoyable activities.

**Mr. James Martinez**

**Airman & Family Readiness**

787-309-8679 / James.martinezferrer.civ@mail.mil

**Ms. Evelyn Navarro**

**Military One Source**

787-430-7587 / Evelyn.Navarro@Militaryonesource.com

156th Wing 200 Ave Antonio Tony Santana, Muniz ANGB Carolina PR, 00979

<https://www.156aw.ang.af.mil/Home/156th-Wing-Resiliency-Center/>

