



During this time that everyone has been asked to make changes in their everyday routine and 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.

LifeArmor-Touch screen technology allows users to browse information on topics such as depression, sleep relationship issues and post-traumatic stress.

Virtual Hope Box- Contains simple tools to help users with coping, relaxation, distraction and positive thinking.

Moving Forward-Provides on the go tools and teaches problem solving skills to overcome obstacles and deal with stress.

Parenting2Go-Helps veterans and service members reconnect with their children and provides convenient tools to strengthen parenting skills.

<https://www.militaryonesource.mil/health-wellness/recommended-wellness-apps>

Military OneSource Mindfulness Meditation sessions for April 21 and 23 2020:

Please register for Mindfulness Meditation Webinar on Apr 21, 2020 8:00 PM EDT at:

<https://attendee.gotowebinar.com/register/5991527338061260299>

Please register for Mindfulness Meditation Webinar on Apr 23, 2020 10:00 AM EDT at:

<https://attendee.gotowebinar.com/register/6583325178060666379>

Please feel free to share with our service members and their families. If you have any questions or would like more information please feel free to contact me 787-430-7587 or email me at evelyn.navarro@militaryonesource.com