

# FACT SHEET

# TACTICAL BREATHER APP

## CONTROL RESPONSES TO STRESS

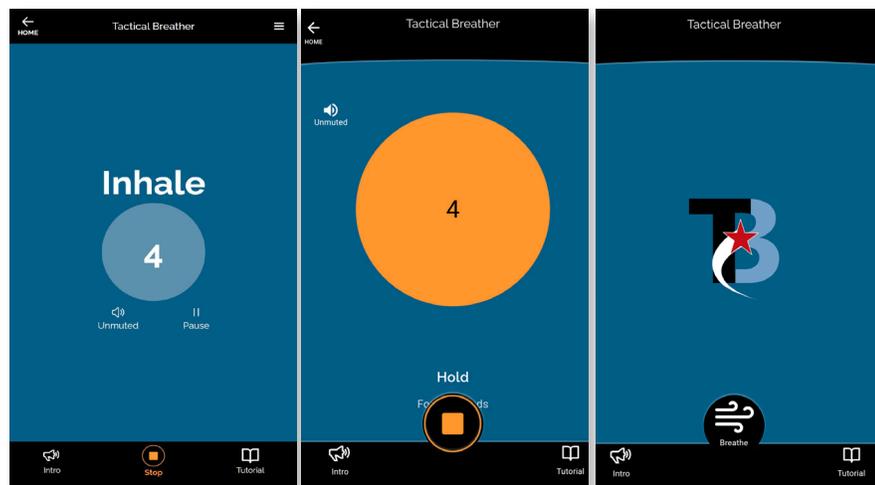


**The Tactical Breather app helps users control physiological and psychological responses to stress. Through repetitive practice and training, anyone can learn to gain control of their heart rate, emotions, concentration and other responses during stressful situations.**

Though the techniques featured in the app were developed primarily for the warfighter during intense combat situations, they are also helpful to anyone undergoing stressful conditions. Many of the methods taught in this application were provided with permission by U.S. Army Lt. Col. Dave Grossman from his book “On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace”.

Formerly known as “Tactical Breathing Trainer,” the app received second place in the “General Wellness” category during the 2010 Apps4Army competition.

WMT provides web and mobile solutions to the Defense Health Agency within the Department of Defense, and also the Department of Veterans Affairs.



### Key Features

- ▶ Simple layout
- ▶ Easy visual cues to assist with instructions
- ▶ Accessible on any device

### Key Benefits

- ▶ Exercises to practice controlled breathing and improve stress response
- ▶ Helps to control physical and mental reactions
- ▶ Proven techniques tested in combat situations



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