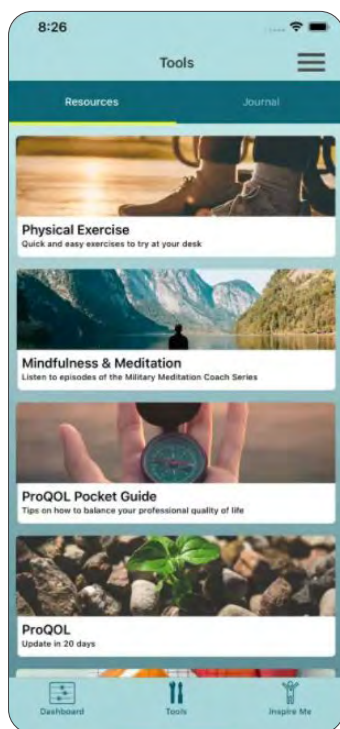
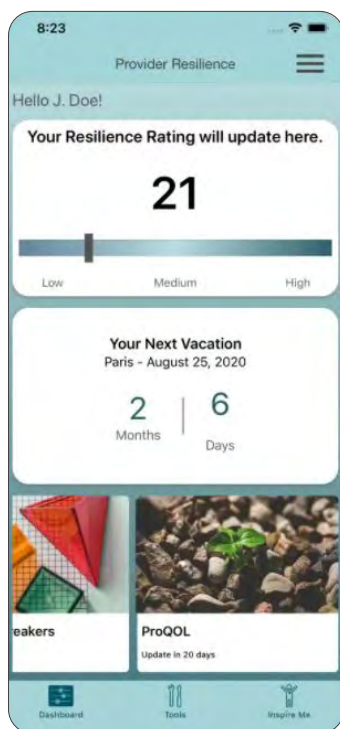


The Provider Resilience app gives health care providers tools to guard against their own burnout and compassion fatigue as they help service members, veterans, and their families.

This app helps providers to manage workloads, avoid burnout, and improve resilience. Users complete a short self-assessment and receive ratings on their risk for compassion fatigue, burnout, and secondary traumatic stress. They can view data on a graph and monitor changes over time. The app contains additional resources such as inspirational cards, stretches, and a vacation countdown clock. These and other tools encourage the user to take restful breaks and actions that are critical to avoiding burnout. The app was originally designed for health care providers, but can benefit anyone working with trauma.

This app is managed by the **Solution Delivery Division** Web & Mobile Technology Program Management Office.



Key Features

- Allows for self-assessment and monitoring of results
- Provides motivational resources that aid in relaxation and quality of life improvements
- Contains reminders and methods to track regular use of the tools
- Allows customization of security settings

Key Benefits

- Focuses on the provider and encourages self-care, while putting control in the user's hands
- User-friendly layout that is easy to read
- Available for free download on iOS and Android devices



To view more DHA mobile applications, visit <https://mobile.health.mil>