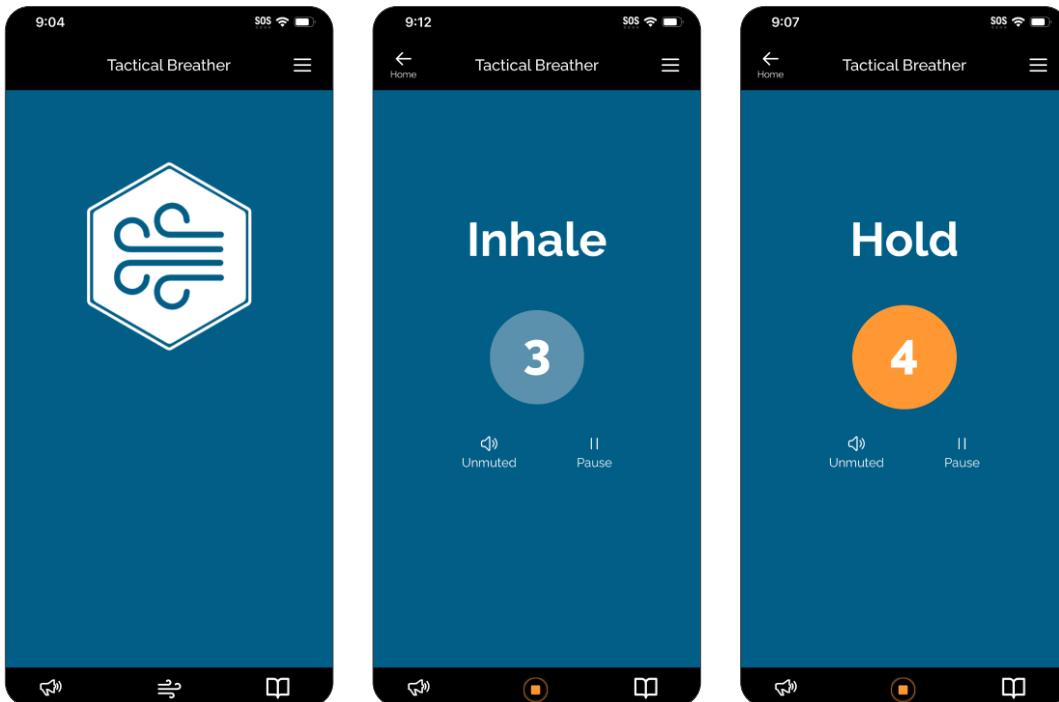


Tactical Breather FACT SHEET

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 shared in this application were taken from U.S. Army Lt. Col. Dave Grossman's book, *On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace*, and used with his permission.

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



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



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