

# TACTICAL BREATHER

## CONTROL RESPONSES TO STRESS



**Tactical Breather can be used to 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.**

Many of the techniques taught in this application were provided with permission by Lt Col Dave Grossman from his book *On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace*.

Although the techniques were developed primarily for the warfighter during intense combat situations, anyone can benefit from the ideas taught in this application to help with nearly any stressful situation in life.

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

This app was produced by the Web & Mobile Technology (WMT) Program Management Office, part of the Defense Health Agency (DHA) Solution Delivery Division. WMT provides web and mobile solutions to the DHA and other Department of Defense and Veterans Affairs organizations.

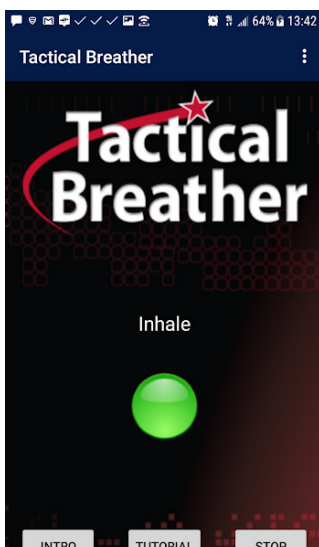


### Key Features

- ▶ Helps control physiological and psychological responses to stress
- ▶ Access several chapters of Lt Col Grossman's book *On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace*

### Key Benefits

- ▶ Although developed for the warfighter during combat situations, it can benefit anyone
- ▶ Learn breathing techniques to gain control over stressful situations
- ▶ Customizable graphics and audio
- ▶ Play interactive games and exercises
- ▶ Available for free download for iPhone and Android devices



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