FACT SHEET
BREATHE2RELAX
PORTABLE STRESS MANAGEMENT TOOL

Users can lower their stress and reduce their anxiety with Breathe2Relax by learning how to reduce stress in their daily lives.

Initially designed for the military community but beneficial for use by anyone, the relaxation app trains you on the "belly breathing" technique that has proven benefits for your overall mental health. Use the app's breathing exercises to learn and practice the breathing technique on your own or as part of a stress management program supervised by your health care provider.

This app is available for free download to iPhone and Android devices. It 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.
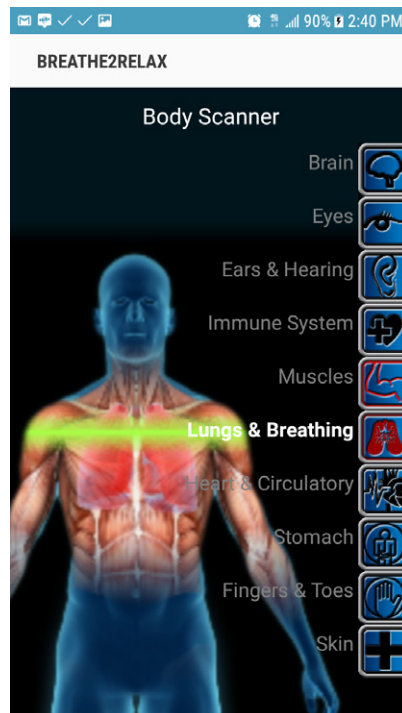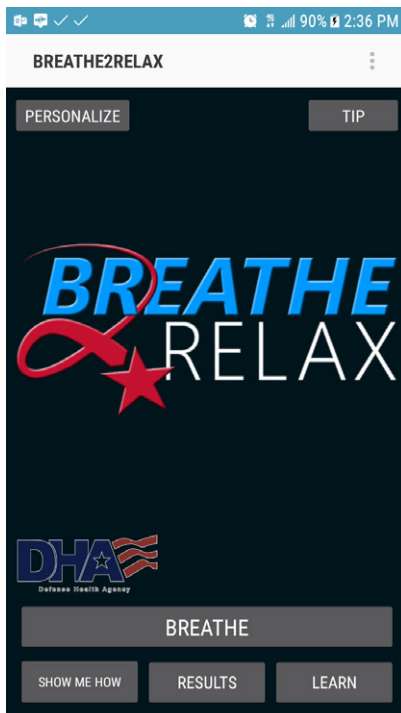
Key Features

‣ Learn how stress affects your body

‣ Helps reduce stress and anxiety

‣ Easy to follow breathing exercises

Key Benefits

‣ Tools for assessing your stress levels before and after a breathing exercise

‣ Trains users on the "belly breathing" technique that has proven benefits for users' overall mental health

‣ Users can adjust the exercise pace to fit their needs

‣ Can be used individually, or as part of a stress management program

‣ Available for free download for iPhone and Android devices