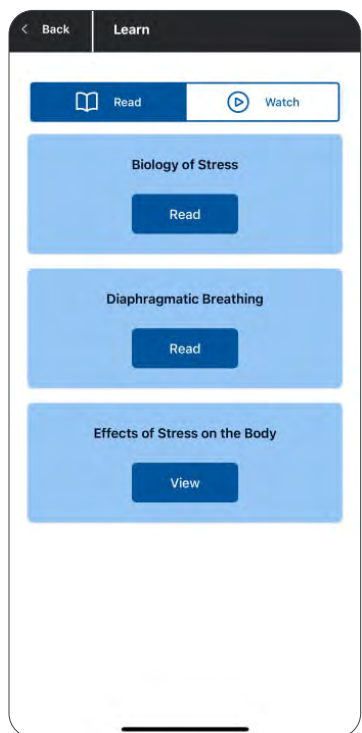
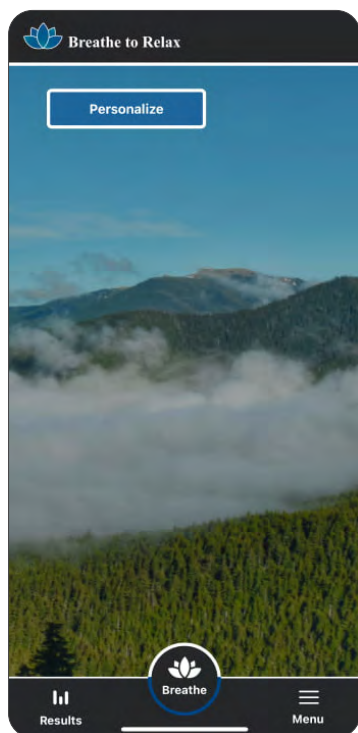


Breathe2Relax is a mobile app that helps users reduce stress and anxiety in their daily lives.

Though initially designed for the military community, the app is now available to the public. It trains users on the "belly breathing" technique and has proven benefits for overall mental health. Users can access the app's breathing exercises to learn and practice the breathing technique on their own or as part of a stress management program supervised by a health care provider.

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



Key Features

- Tools for assessing stress levels before and after a breathing exercise
- Trains users on the "belly breathing" technique
- Allows users to adjust the exercise pace to fit their needs and personalize breathing exercises with music and visuals
- Use individually or as part of a stress management program

Key Benefits

- Provides information about the impact of stress on the body
- Helps reduce stress and anxiety
- Available for free download on iOS and Android devices



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