**Here are a few apps that may be helpful during the holidays!!**

If apps aren’t your thing, the [**Mayo Clinic suggests some low-tech ways to cope with stress**](http://dcoe.mil/include/exitwarning.aspx?link=http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544): take a walk at night and stargaze, listen to soothing music, get a massage, and my personal favorite, read a book.

Check out these mobile apps, and consider downloading a few, for strategies to help you identify stress and plan for a peaceful, happy holiday.

* **Use**[**T2 MoodTracker**](http://t2health.dcoe.mil/apps/t2-mood-tracker)**to figure out when your stress levels are rising.** This free app from the National Center for Telehealth and Technology (T2) helps you identify the things in your life that contribute to feelings of stress and anxiety. By monitoring mood and behavior over a period of time, you can see how environmental influences and life stress may affect your psychological health. Unique features make it easy to keep a record of your emotional experience for your own awareness, or to share with your therapist or health care provider. MoodTracker is available for Apple and Android devices.
* **Release stress with**[**Breathe2Relax**](http://t2health.dcoe.mil/apps/breathe2relax)**.** Deep breathing helps activate the body’s relaxation response. This popular app guides you through breathing practices to help you physically calm yourself in stressful situations. Practice the exercises regularly on their own or in tandem with clinical care directed by your health care provider. The app is available for Apple and Android devices.
* **Manage stress with**[**Tactical Breather**](http://t2health.dcoe.mil/apps/tactical-breather)**.** T2’s customizable stress management tool introduces you to the benefits of controlled breathing through tutorial and guided exercises. Primarily created for service members during intense combat situations, the app teaches you how to gain control of your heart rate, emotions, concentration, and other psychological and physiological responses to your body during any challenging situation in life. Free downloads for Apple and Android devices.
* **Practice mindfulness.** Mindfulness is a term used to describe a set of strategies designed to change the way people think about everyday life. It is not necessarily the same thing as [**mindfulness meditation**](http://dcoe.mil/blog/15-02-25/Mindfulness_Meditation_Can_Help_Your_Brain_Handle_Stress.aspx), which is clinically demonstrated to help treat various psychological health concerns. (*Check out our*[***series on mindfulness meditation***](http://www.dcoe.mil/blog.aspx?BlogTagID=e434b036-9c02-436d-9f47-3be7a4820911)*to learn more about this practice.*) [**Mindfulness Coach**](http://t2health.dcoe.mil/apps/MindfulnessCoach), developed by T2 in partnership with the Department of Veterans Affairs, introduces the concept of focusing mindfully and can help you maintain a meditation practice during the holidays. Even if you can’t practice regularly, taking a moment to be mindful will help in times of stress. While the free app is currently only available from the iTunes store, there are plans to develop it for other devices.