

FOR IMMEDIATE RELEASE

June 14, 2011

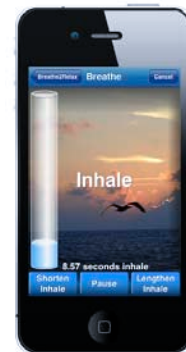
Contact: Joe Jimenez, 253-318-1177

joseph.s.jimenez@us.army.mil

Mobile App Reduces Stress from PTSD and Traumatic Brain Injury

Joint Base Lewis-McChord, Wash. – A new mobile application program for smart phone users released by the Department of Defense can help reduce the stress associated with post-traumatic stress disorder (PTSD) and traumatic brain injury.

Breathe2Relax, part of a growing collection of mobile apps developed by the National Center for Telehealth and Technology (T2), is available for iPhone® users now. An Android version will be available by the end of July. More information about Breathe2Relax is available at www.t2health.org/apps.



Breathe2Relax is the newest smart phone mobile app from the National Center for Telehealth and Technology.

The app teaches and encourages diaphragmatic breathing exercises. These deep-breathing exercises can help people refocus and relax when anxiety spikes easing tension by stimulating the “relaxation response.”

“Breathe2Relax helps with one of the most common effects of PTSD,” explains Dr. Perry Bosmajian, the T2 psychologist who led the application’s development. “It’s a tool that’s continually available to anyone who needs to reduce their stress.”

Breathing exercises have been documented to decrease the body’s “fight-or-flight” stress response and help stabilize moods, control anger and manage anxiety. Video-based instruction in Breathe2Relax explains the body’s reaction to stress and shows proper breathing exercises. Users can customize the application with their own music and images to further enhance the experience.

The National Center for Telehealth and Technology, located at Joint Base Lewis-McChord, WA, serves as the primary Department of Defense office for cutting-edge approaches in integrating technology with psychology.

###