

MINDFULNESS COACH



Mindfulness Coach is a **free, easy-to-use mobile application**. It was first released by the Department of Veterans Affairs (VA) in 2014. A redesigned and updated version was released in 2018. Mindfulness Coach helps you learn about and begin to practice mindfulness. Mindfulness may help you manage some of the symptoms of posttraumatic stress disorder, or PTSD.

WHAT IS MINDFULNESS?

Mindfulness means paying attention, on purpose, to the present moment without judgment. When you practice mindfulness, you bring focused awareness to a present moment, sensation, thought, or feeling without holding onto it, resisting it, or trying to change it.

BENEFITS

One of the goals of practicing mindfulness is to improve your overall well-being. Some of the benefits of mindfulness include:

- Decreased impact of stress
- Improved sleep and ability to relax
- Increased concentration and ability to focus
- Decreased symptoms of anxiety and depression
- Improved blood pressure, brain & immune functioning
- Increased sense of self-acceptance and self-knowledge
- Improved ability to cope with negative thoughts & emotions
- Improved ability to cope with chronic pain or chronic health problems

LEARN

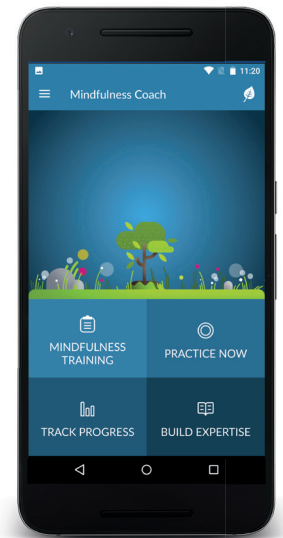
- Browse short articles on how to begin to practice mindfulness.
- Learn what to do when practicing mindfulness seems challenging.
- Take the Mindfulness Mastery assessment to see how you're doing with making mindfulness a part of your life.

PRACTICE

- Start with one minute of mindfulness practice and work your way up to 15 minutes per day.
- Try the app's exercises and learn how to develop awareness—of the body, the breath, and the senses.
- Learn how to build compassion for yourself and others.
- Record your experiences with the app's Practice Logs. Monitor how long you practiced, which exercises you used, and take notes about what worked well and what didn't.

TRACK YOUR PROGRESS

- Create your own goals to start using mindfulness in your daily life.
- Work through the 14 levels of the app to become a Mindfulness Master, and watch your progress grow on the mindfulness tree.



REFERENCE

Owen, J., Kuhn, E., Jaworski, B., McGee-Vincent, P., Juhasz, K., Hoffman, J., & Rosen, C. (2018). VA mobile apps for PTSD and related problems: Public health resources for veterans and those who care for them. *mHealth*. doi:10.21037/mhealth.2018.05.07