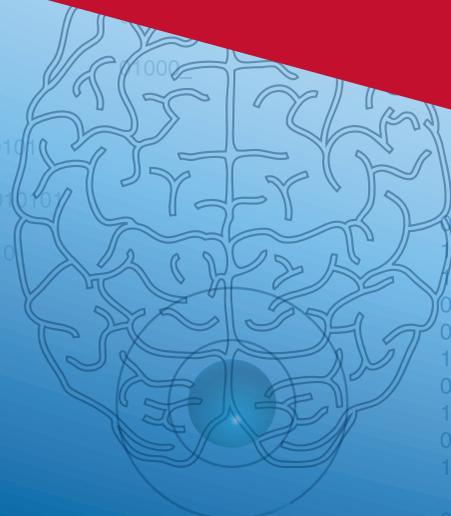
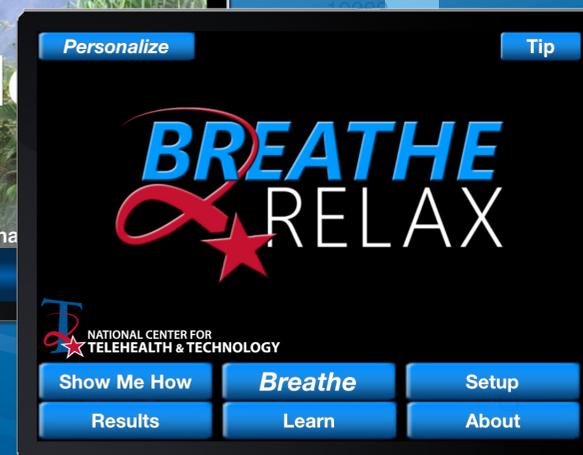




# Breathe2Relax

iPhone & iPad App



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The National Center for Telehealth & Technology designs, develops, and deploys state-of-the-art tools to aid in addressing the psychological health of service members, veterans, and their families.

T2 is dedicated to establishing best practices, promoting quality standards, and combating the stigma often associated with seeking psychological health services. The core team of psychologists, engineers, web designers, database developers, and project managers build applications for web and mobile platforms, and specialized domains such as clinical telehealth and virtual worlds. Mindful of the importance of demonstrating outcomes, T2 projects are subject to rigorous program evaluation protocols.



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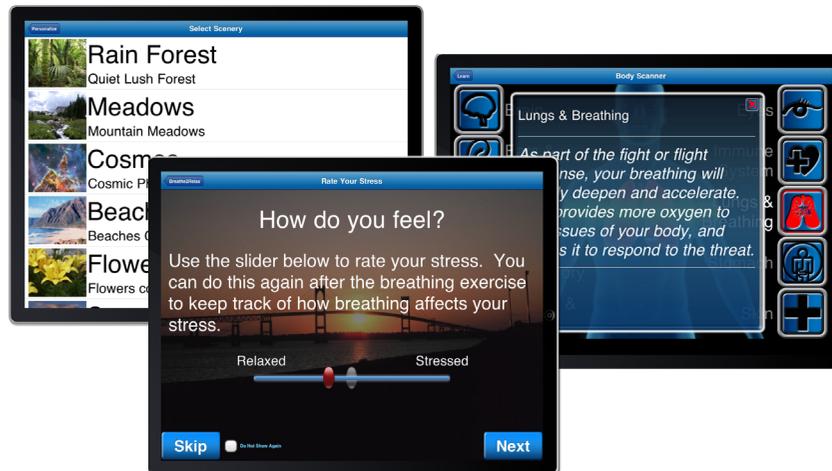
## NATIONAL CENTER FOR TELEHEALTH & TECHNOLOGY

## Breathe2Relax

The *Breathe2Relax* app for iPhone® and iPad® is a portable stress management tool that helps relieve anxiety through diaphragmatic (“belly”) breathing techniques.

Designed and developed by the National Center for Telehealth & Technology (T2), *Breathe2Relax* provides simple, step-by-step instructions for performing breathing exercises proven to decrease the body’s “fight-or-flight” stress response.

With its state-of-the-art graphics, animation, narration, and videos, *Breathe2Relax* delivers an immersive, interactive experience.

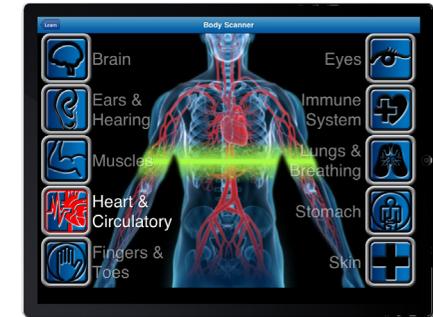


## Easy. Effective. Customized.

Audio instruction guides the user through set-up and performance of each *Breathe2Relax* session. Initial stress levels are benchmarked before each session on a ‘visual analogue scale’ by simply swiping a slider bar on the touch-screen. After the exercise, users indicate perceived stress levels and track the changes in stress levels over time.

Used as a stand-alone stress reduction tool, or as part of a treatment program, *Breathe2Relax* allows users to personalize the app by choosing imagery, music, and inhalation/exhalation lengths to suit their preferences.

With just a little practice, *Breathe2Relax* exercises will help you calm your body and your mind whenever you’re feeling stressed.



## Mobile Platforms Enhance Motivation.

For many therapeutic interventions, whether effective or not, “out of sight” means “out of mind.” Between sessions, patients lapse back into negative habits, or lack reminders to track their behaviors and engage in helpful change strategies. Now, with the use of smartphone technology, establishing a relaxation habit has been made easier. Whenever anxiety spikes, *Breathe2Relax* is close-at-hand, ready to provide a positive way to address negative stress.

## Relaxation Plus Information.

The *Breathe2Relax* app is packed with audio and video presentations detailing the physical and emotional effects of stress. Training modules provide additional instruction on the mechanics and mastery of the breathing techniques.

## Download *Breathe2Relax* Now!

You can experience the very real benefits of diaphragmatic breathing immediately by installing *Breathe2Relax* onto your iPhone. Log on to the iTunes App Store® for the free download, or use the Quick Read code shown here.

