**PTSD Coach 3.0 App Specification**

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**Change Log**

|  |  |
| --- | --- |
| 2015-11-20 | (p. 50) added missing reference to Inspiring Quotes in the Tools list |
| 2015-11-19 | (p. 50) removed incorrect reference to a Seek Support tool  (p. 51) added missing Thought Stopping button  (p. 53) added missing Thought Stopping help text  (p. 58) added missing references to Mindfulness: Observe Emotional Discomfort and Thought Stopping  (p. 129-130) added missing Thought Stopping tool |
| 2015-11-16 | (p. 51) corrected missing buttons in the topic list |

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# Major Differences Between 3.0 and 1.0

## First Launch

* The app no longer insists that the user set up their contacts, Soothing Photos, and Soothing Songs.

## Learn

* All text has been rewritten. New topics have been added.
* The “listen” audio has been removed from all topics.

## Track Symptoms

* The 17-item assessment has been replaced with a 20-item assessment.
* All feedback has been rewritten.
* Layout changes have been made to the graph.
* The assessment reminder has been made more usable.

## Manage Symptoms

* The Manage main screen now uses the Symptoms/Tools layout from Concussion Coach.
* Thumbs up / thumbs down now affects both the Tools list display and the by-symptom randomization.
* All previous tools have had UI adjustments and adjustments to their instructions.
* Tools have been removed:
  + Distract Yourself (split between Connect With Others and Leisure Activities)
  + Pleasant Activities (split between Connect With Others and Leisure Activities)
* Tools have been adapted from our other apps:
  + Mindfulness tools (all from Mindfulness Coach)
* New tools have been added:
  + Custom tool
  + Ambient Sounds
  + Connect With Others
  + Leisure Activities (3 tools)
  + Soothe the Senses

## Get Support

* All text has been rewritten.
* The set up support network functionality no longer has its own screen.
* Grow Your Support text has been added.

## Settings

* User can manage the app’s various reminders and photo/song customizations here.
* User can opt in to receive daily Inspiring Quotes as a local notification.
* An export data option allows the user to email their Assessment scores as a CSV file.
* An option has been added to allow the user to delete all user data.
* An option has been added to allow the user to manage their Flurry diagnostics setting.
* Text edits have been made to About.

# First Launch

## Launch Image

***title:*** PTSD Coach

***logos:***

* National Center for PTSD
* National Center for Telehealth and Technology

After displaying the launch image, go to End User License Agreement.

## End User License Agreement

Please see separate document for EULA. In VoiceOver, each paragraph must receive focus separately.

When user accepts the EULA, start at Welcome.

## Welcome

***title:*** Welcome to PTSD Coach!

Welcome to PTSD Coach! This app was developed for trauma survivors. This app won’t diagnose you with PTSD or offer you treatment – only a trained professional can do that. But it can help you learn about PTSD, and it will give you tools for managing the stresses that can come with life after a trauma.

You can customize the app by adding:

* Contact info for friends, loved ones, and/or professionals who can help when you’re feeling stressed
* Pictures on your phone that you find comforting or funny
* Songs on your device that you find relaxing or that put you in a good mood

You can change your selections at any time by visiting the Settings section from the home screen.

***buttons:***

* Personalize Now go to First Launch Personalize
* Go to Home go to Home

## First Launch Personalize

***title:*** Personalize

***title bar button:***

* Done go to Home

Note that this screen is identical to Settings > Personalize, except that when closed, the user goes directly to Home.

***buttons:***

* Choose Support Contacts
* Choose Soothing Pictures
* Choose Soothing Songs
* Choose Mindful Pictures
* Choose Mindful Songs

### Choose Support Contacts

***title:*** Support Contacts

Personal Contacts:

Note that the app has a single contacts list, which the user can edit in several locations.

Only if user has not entered any personal contacts yet, display the text:

Add personal contacts that you can contact for support.

***Contacts the user has entered are listed.***

Tapping a contact loads its screen from the Contacts app, so that the user can choose the method of communication. A contact can be removed from this list with an OS-standard gesture (e.g. in iOS, 2-step swipe to delete).

***button:***

* Add a Contact open Add Contact Action Sheet

#### Add Contact Action Sheet

* Pick from contact list choose from contacts that are in the Contacts app
* Create new contact create a new contact in the Contacts app; when saved it is added to this app’s contacts list
* Cancel

### Choose Soothing Pictures

***title:*** Soothing Pictures

***title bar button:*** + access the Photos framework to select photos that are on the device

***List thumbnails of the photos the user has selected for this tool.***

A photo can be removed from this app’s list by an OS-standard method.

### Choose Soothing Audio

***title:*** Soothing Songs

***title bar button:*** + access the Music framework to select songs that are on the device

***List the songs the user has selected for this tool.***

A song can be removed from this app’s list by an OS-standard method, e.g in iOS 2-step swipe to delete.

### Choose Mindful Pictures

***title:*** Mindful Pictures

***title bar button:*** + access the Photos framework to select photos that are on the device

***List thumbnails of the photos the user has selected for this tool.***

A photo can be removed from this app’s list by an OS-standard method.

### Choose Mindful Songs

***title:*** Mindful Songs

***title bar button:*** + access the Music framework to select songs that are on the device

***List the songs the user has selected for this tool.***

A song can be removed from this app’s list by an OS-standard method, e.g in iOS 2-step swipe to delete.

# Subsequent Launches

* Display the launch image
* Go to Home

# Home

***title:*** PTSD Coach

***large buttons with images:***

* Learn
* Track Symptoms
* Manage Symptoms
* Get Support

***title bar button:***

* Settings

# Learn

***large buttons with pictures:***

* Learn about PTSD
* Getting professional help
* PTSD and the family

All underlined phone numbers (e.g. 911) should be links to dial the number.

All underlined text message numbers (e.g. 838255) should be links to begin a text message to that number.

All underlined web sites (e.g. National Center for PTSD) should be [hyperlinks](http://www.va.gov).

It is preferable that text on these Learn screens follow the user’s Dynamic Type preference.

## Learn about PTSD

***list of topic buttons:***

* What is PTSD?
* How does PTSD develop?
* How common is PTSD?
* Who develops PTSD?
* How long does PTSD last?
* Problems related to PTSD
* PTSD treatment
* Do I have PTSD?
* I have PTSD…
* I’m embarrassed to have PTSD
* Social isolation
* Sleep problems: Nightmares
* Sleep problems: Insomnia
* What do I do if I get triggered?
* What is dissociation?
* I am avoiding things
* I don’t trust people
* I can’t control my temper
* I’m always on edge
* I feel sad all the time

The title of each of these screens is “About PTSD”.

The topic name (e.g. “What is PTSD?”) should be formatted as a heading so that it stands out.

### What is PTSD?

Posttraumatic Stress Disorder (PTSD) is caused by witnessing, experiencing, or learning about someone close to you who experienced traumatic events (such as actual or threatened death, serious injury, or sexual violence).

The good news: PTSD is treatable.

PTSD includes 4 types of symptoms:

1. Re-experiencing or reliving the trauma, such as:

* Disturbing memories or nightmares
* Feeling or acting like the trauma is happening again (flashbacks)
* Becoming very upset when reminded of the trauma

2. Persistent avoidance such as:

* Avoiding memories or thoughts about the trauma
* Avoiding places, people or conversations that remind you of the trauma

3. Negative thoughts and moods

* Feeling detached or isolating from others
* Negative beliefs (such as “I’m a bad person”, “I can’t trust anyone”, “The world is dangerous”)
* Self-blame for the trauma
* Persistent negative emotions such as fear, anger, guilt, or shame
* Trouble feeling positive emotions like happiness and love
* Lack of interest or participation in pleasurable/important activities

4. More on-edge and reactive, such as:

* Feeling on guard
* Being irritable or angry
* Trouble sleeping
* Startling easily
* Problems concentrating
* Being reckless or self-destructive

These symptoms last for a month or more and are bothersome, and/or lead to problems in social or family life, work, and school.

PTSD can also include “dissociation,” in which people feel like they are detached from themselves or as if the world around seems unreal, distant, or distorted.

### How does PTSD develop?

After trauma, it’s normal to be in shock, have painful memories, and be upset by reminders. Trauma can also change how people think about themselves, others, and the world to more extreme ideas like “nowhere is safe,” or “no one can be trusted.”

For most, these reactions will lessen over time. But for some, these reactions continue and can be severe enough to disturb everyday life.

### How common is PTSD?

Although most people feel much better within a month or two after a trauma, some people develop PTSD or other problems like depression or substance use problems.

Did you know?:

* About 20% of women and 8% of men will develop PTSD after a trauma.
* Certain types of trauma, such as rape and combat, can cause even higher rates of PTSD.
* About 7% of the US population will have PTSD in their lifetime.
* Women are more than 2x as likely as men to develop PTSD.

### Who develops PTSD?

Virtually anyone can develop PTSD; it is not a sign of weakness. However, there are some factors that make it more likely.

Risk factors before a trauma:

* being female
* having experienced a prior trauma
* having been abused as a child
* having a pre-existing mental health problem
* having a family history of mental illness

Risk factors during a trauma:

* believing you will die
* feeling detached from yourself or your surroundings
* feeling completely helpless
* having a panic attack
* being seriously injured

Risk factors after a trauma:

* lack of social support
* additional life stresses (such as job loss, divorce)

### How long does PTSD last?

PTSD symptoms usually appear soon after trauma. For most people, these symptoms go away on their own in the first few weeks and months after that. For some people, the symptoms can last for many years, especially if they do not seek help.

PTSD symptoms can worsen during times of stress or when people are reminded of what happened by trauma triggers (such as reminders, anniversary of trauma). How long PTSD lasts also depends on whether effective treatment is received.

### Problems related to PTSD

Some other problems are more common for people with PTSD. These include:

* depression
* panic attacks
* alcohol and substance use problems
* problems in relationships, work, school, or other important activities
* physical symptoms (pain, headaches, digestive problems)
* increased risk of medical problems

Did you know?:

* More than half of men with PTSD have alcohol problems.
* Nearly half of women with PTSD have depression.

### PTSD treatment

PTSD is treated with talk therapy or medication, or a combination of these. The most effective treatments for PTSD are exposure-based cognitive-behavioral therapies (CBT). These treatments involve exploring how the trauma has negatively affected one’s thinking and helping survivors think in more balanced ways about what happened and what it might mean.

Treatment may also include having the trauma survivor spend time safely, and with support, with the painful trauma memories and reminders that they’ve been avoiding, seeing that they can survive them and be ok. Individuals are also taught coping skills to more effectively deal with stress and manage PTSD symptoms, much like the skills available on this app.

For more information about treatment, including where to find it, read the “Getting professional help” Learn topics in this app or visit the [National Center for PTSD website](http://www.ptsd.va.gov/public/).

### Do I have PTSD?

Only a trained mental health professional can determine if you have PTSD. However, self-tests like the one in this app can help you decide if you should seek more evaluation. If you think you have PTSD, talk with your doctor or schedule an evaluation with a mental health professional. Also, remember that some people may develop other problems like depression or substance abuse after a trauma.

If your trauma was less than a month or two ago and you are not in too much distress or having problems functioning in everyday life, then you may want to see if your symptoms get better on their own. Using tools in this app can help you cope when you feel distressed.

If you still don’t feel well after one or two months, seek professional help.

### I have PTSD…

If you’ve been diagnosed with PTSD, the tools in this app may help you manage your symptoms. However, this app is not meant to be a replacement for professional care. If you are currently in treatment for PTSD, you should talk with your provider about using this app as part of your work together.

Remember: effective treatment for PTSD is available! You don’t have to live with your symptoms forever.

### I’m embarrassed to have PTSD

If people with PTSD see it as a sign of weakness or damage, they may feel ashamed or secretive about it. This may be especially true if the person has angry outbursts, flashbacks or other symptoms of PTSD when in public.

Embarrassment and shame can lead trauma survivors to withdraw or keep quiet about their problems. But this can backfire and leave them isolated and unsupported.

Remember: PTSD is a normal response to abnormal circumstances.

### Social isolation

It’s common for people with PTSD to isolate themselves. You may feel overwhelmed or unsafe in groups, quick to anger, misunderstood, or just uninterested in being around people. However, isolation can lead to loneliness, depression, and anxiety.

This app offers some suggestions and strategies to help you cope with feeling disconnected from people, and start to reconnect with loved ones and friends.

### Sleep problems: Nightmares

If you have upsetting nightmares that interrupt your sleep, here are some tips:

* On waking up, turn the light on, take a few deep breaths, and notice the sights, sounds and smells around you.
* Pay attention to the differences between the nightmare and the current moment, and let those differences calm and reassure you.
* Distract yourself for 5 to 10 minutes after you wake up with a book or some music; try getting up and spending time in a different room.
* When you try falling asleep again, think about pleasant things and avoid thoughts of the nightmare.
* Avoid sleep deprivation. Keep a consistent sleep schedule and exercise regularly to help reduce your nightmare frequency.
* Be cautious about your use of alcohol, caffeine, and nicotine, which can disrupt sleep.

### Sleep problems: Insomnia

If you lie awake in bed for more than 15-20 minutes without falling asleep, try the following:

* Get up and do something boring, like reading an instruction manual.
* Only return to bed when you become sleepy
* Keep the lights low and do not use your computer or watch TV.
* Have some water, warm milk, or decaf tea.
* Have a light, low-sugar snack if you are hungry.
* Read something soothing or listen to relaxing music.
* When you return to bed, take slow, deep breaths for about 10 minutes.
* Calm your thoughts with prayer, meditation, or “counting sheep”.
* If it’s hard to share a bed with your partner, consider sleeping separately sometimes.

### What do I do if I get triggered?

Try the RID tool:

* Relax
* Identify
* Decide

First, do something to help yourself Relax (such as take some deep breaths, get a drink of water, or remind yourself “I can handle this.”)

Second, Identify what the trigger is (such as a car backfiring, being in a crowd). Then identify how now is different from then (such as you are not in a war zone, you have more control now).

Third, Decide what to do. For example, if being in a crowd upset you, recognize that this crowd is not hostile: maybe you’re celebrating. You can decide to stay in the crowd and see that you are safe now.

### What is dissociation?

Dissociation is the sense of detachment from physical and emotional experiences, sensations, memories or one’s immediate surroundings. Dissociation can range from mild to intense. It often happens without the person’s intent, so it can be confusing and upsetting.

Examples: observing yourself/your body from an outside perspective (such as above, across the room), sounds or sights seeming far away or distorted, losing time, or physical or emotional numbing.

### I am avoiding things

People with PTSD often find themselves avoiding things that remind them of the trauma they experienced. While it may feel like a relief in the short run to avoid painful reminders, when you end up avoiding things that you need to deal with, isolating yourself, or noticing that your life has gotten a lot smaller, it can mean that avoiding isn’t really working.

You can find tools and strategies for calming yourself in the face of reminders, and for surviving and even thriving when you do things you’ve been avoiding in the Manage Symptoms section of this app.

### I don’t trust people

Many people who have been through a trauma feel mistrustful, but it’s not helpful to make that assumption about everyone all the time.

Practice asking yourself questions like:

* Is that true all the time? What percent of the time are people untrustworthy?
* Can I think of a time when someone came through for me?
* Who are 3 people I know who I can trust at least a little?
* What can I trust them with?

### I can’t control my temper

This can be really scary and frustrating for many trauma survivors, especially Veterans and Active Duty military personnel who have been in places where being angry or aggressive was seen as beneficial. You can learn to control your behavior when you are upset with the help of this app and/or with in-person therapy. Check out some of the coping tools for anger in this app by going to the Manage Symptoms section.

### I’m always on edge

Feeling edgy, vigilant, or constantly alert to danger is a common experience for many people with PTSD. Relaxation exercises and mindfulness practices can help soothe your nervous system. These exercises are available in this app in the Manage Symptoms section.

### I feel sad all the time

Feeling sad, down, heavy or blue most of the time for more than 2 weeks can be a sign of depression. If you are concerned that you may be depressed, talk with your health care provider or reach out to a counselor for support. You can also call the Veterans Crisis Line at 1-800-273-8255.

## Getting professional help

***list of topic buttons:***

* I’m in crisis
* What is counseling (therapy)?
* How do I find a counselor/therapist?
* Do I need professional help?
* Why do people seek counseling?
* How can a therapist help me?
* Is counseling confidential?
* Will therapy really work?
* PTSD treatments that work
* How do I find a counselor/therapist?
* How much does counseling cost?
* I want counseling, but I work all day
* Transportation to appointments
* I’m embarrassed to go for counseling
* Who can help me?
* What does a primary care physician do?
* What does a social worker do?
* What does a psychologist do?
* What does a psychiatrist do?
* What does a pastoral counselor or chaplain do?

The title of each of these screens is “Getting Help”.

The topic name (e.g. “I’m in crisis”) should be formatted as a heading so that it stands out.

### I’m in crisis

For any crisis, including medical emergencies, go to your nearest emergency room or:

• Call 911

National Suicide Prevention Lifeline:

• Call 1-800-273-8255 (press 1 for Veterans Crisis Line)

• Veterans Text 838255

• [Confidential Veterans Chat](http://www.veteranscrisisline.net)

National Domestic Violence Hotline:

• Call 1-800-799-7233

National Sexual Assault Hotline:

• Call 1-800-656-4673

### What is counseling (therapy)?

Counseling, or therapy (also called psychotherapy or talk therapy), involves meeting with a trained professional who can help you:

* Identify and understand emotional and relationship problems
* Learn about the situations, thoughts, feelings and behaviors that may be contributing to your problems
* Learn more effective ways to manage stress and solve your problems

Counseling is available in individual, couple, group, and family formats.

### Do I need professional help?

It’s normal for people who have experienced trauma to have some challenges adjusting afterwards—this is no cause for shame. Sometimes these challenges are severe, or last more than a few months.

Whether you need help can only be determined by you and a trained healthcare professional. However, you can take the PTSD self-assessment in this app to get a sense of how you are doing.

If you are having thoughts about hurting or killing yourself or someone else, please call 911 or go immediately to the nearest hospital emergency room. You may also call the Veterans Crisis Line at 1-800-273-8255.

Remember, you don’t have to wait for an emergency to speak to someone.

Also, these problems are common after a trauma and can signal a need for more support:

* Depression—feeling sad, down, or blue most of the time
* Anxiety—nervousness, worry, tension, being very alert to potential danger most of the time
* Overly watchful, or startling easily in response to loud or unexpected noises
* Intrusive thoughts and memories of traumatic experiences that are very upsetting
* Increased use of alcohol, street drugs, or prescription medications, or using them to cope with problems
* Easily angered, aggressive/violent behavior
* Reckless or aggressive driving
* Sleep problems such as insomnia, nightmares
* Isolating oneself, withdrawing from friends and family
* Changes in appetite, or gaining/losing a lot of weight without trying
* Having trouble working or meeting daily responsibilities
* Having problems in relationships or trouble taking care of family
* Having thoughts about suicide, or of hurting or killing someone else

If you have any of these concerns, you might benefit from talking with a counselor.

### Why do people seek counseling?

Some trauma survivors seek counseling because they:

* have trouble with work and relationships
* avoid reminders but find memories around every corner
* feel very nervous or angry, and
* have trouble sleeping

While these symptoms are common in the first month or two after a trauma, if you don’t feel better soon, then you should think about talking to a counselor.

Also, some people find that

* loved ones mean well but can’t help the way they need them to
* loved ones are far away and unavailable, or
* the things they want to talk about feel too sensitive or private

In these circumstances, talking to an expert can really help.

### How can a therapist help me?

Professionals who specialize in working with PTSD can

* help you learn skills to cope better
* offer new perspectives, and
* help you feel more relaxed about talking to people in your daily life, pursuing your goals, and focusing on your future.

Remember: seeking counseling is a sign of strength, not weakness. Talking to a counselor is a brave step toward recovery, and can strengthen your ability to help yourself.

### Is counseling confidential?

Therapy is almost always confidential.

Exceptions to this important rule are made if:

* you disclose that you are planning to kill or harm yourself or someone else
* the therapist learns about a child or elder being abused
* you are Active Duty military (there may be limits to confidentiality)
* in a few other rare situations

Please discuss any concerns you have about confidentiality with your therapist or health care provider.

### Will therapy really work?

Research on different kinds of therapy shows that many types of counseling and medications really do work. Plus, some kinds of therapy only take a few months to complete.

Many Service Members and Veterans find that they get used to talking to a counselor quickly and come to trust them. Counselors are well-trained professionals, and many are specialists who have helped large numbers of trauma survivors.

Remember: you can always see how it goes – you don’t have to commit to anything right away. And if you have a few sessions and don’t think it’s going well, you can talk to the counselor about what you want changed, or ask for a different counselor. Counselors are interested in your recovery and will help you get the support you need.

### PTSD treatments that work

The good news is that there are several effective treatments for PTSD, including:

Short-term (several months) psychotherapies:

* Cognitive Processing Therapy (CPT) and other cognitive therapies that address negative beliefs related to the trauma
* Prolonged Exposure (PE) Therapy and other exposure therapies that focus on emotionally processing trauma memories and reminders
* Eye Movement Desensitization and Reprocessing (EMDR), which focuses on reducing the intensity of thoughts and feelings about the trauma, allowing for more effective coping
* Stress Inoculation Training (SIT) and other forms of stress management training that teach effective ways to cope with trauma-related symptoms

Medications:

* Selective Serotonin Reuptake Inhibitors (SSRIs): antidepressants such as Prozac or Zoloft that help with symptoms of PTSD and depression
* Prazosin: specifically for trauma-related nightmares

Treatment may include either or both of these approaches. If you have PTSD, you can look for a therapist who uses one of these approaches. In the VA, you should have no problem finding someone to provide one of these kinds of treatment.

For more information about treatment, including where to find it, visit the [National Center for PTSD website](http://www.ptsd.va.gov/public/).

### How do I find a counselor/therapist?

To find a therapist or counselor, you can:

* Ask a doctor, physician’s assistant, or nurse for a referral
* Call your insurance company for referrals
* Ask friends and family you trust for names
* Visit the [National Center for PTSD website](http://www.ptsd.va.gov/public/)

If you are a Service Member or a Veteran you can also:

* Contact Military OneSource: call 1-800-342-9647 or visit the [website](http://www.militaryonesource.com)
* Contact the VA health care system: call 1-877-222-8387 or visit the [Returning Service Members website](http://www.oefoif.va.gov) to ask for a referral.
* Women Veterans can call the Women Veterans Call Center at 1-855-829-6636
* Visit (or make an appointment with) your command or installation chaplain to start your search
* Some personnel may also be eligible for services at local [Vet Centers](http://www.vetcenter.va.gov)

### How much does counseling cost?

Don’t let your worries about how much counseling might cost get in the way of doing some research and seeing what your options are. Depending on your insurance or VA benefits, counseling may be free or low cost.

To learn more:

* Call your insurance company and find out about your benefits.
* For Veterans, call the VA to determine your benefits at 800-827-1000.
* For Service Members, call Military OneSource for more information at 800-342-9647.

### I want counseling, but I work all day

If you need flexible appointments so you don’t miss work, look for a counselor who can work with your schedule. Also, most employers will understand and help you take care of your health, whether it’s physical or emotional.

Often, people can work out a flexible schedule with their boss to free up time for appointments during the day.

### Transportation to appointments

Some people have problems getting to and from appointments. If this is an issue for you, consider these options:

* Public transportation
* Ask for a ride from a friend, family member, or neighbor
* Borrow a vehicle from a friend, family member, or neighbor
* Some counseling centers offer transportation services for Veterans; ask your center if they offer this.

### I’m embarrassed to go for counseling

Some people feel ashamed to need help or ask for help. But think about this:

* We are not alone in this world. People are here to help you now, just as you’ve helped others in the past.
* Did you know that people who accept help after a stressful time do better than those who don’t get support?
* You may think that asking for help means that you’re not normal, but it’s normal, and common, to have difficulties after a trauma, including sleep problems, increased anger, depression, anxiety, and substance use problems.
* Seeking counseling doesn’t mean you are non-functional. In fact, most people experiencing PTSD can continue their usual routines while recovering.
* If you feel guilty about taking the time and money for counseling, remember: you will be better able to be there for your family and your work once you are feeling better.
* If you don’t feel better and it’s been months, or years, since your trauma, talking to a counselor may help so that problems don’t become chronic or more severe.
* Counseling is not for weak or broken people. It takes courage to ask for help. You are actively taking charge of your life and improving your ability to help yourself.

### Who can help me?

There are many experts who can help you if you seek care.

You can read more here about the roles and duties of primary care physicians, social workers, psychologists, psychiatrists, and pastoral counselors/chaplains.

### What does a primary care physician do?

A primary care physician is a medical doctor (MD). They can treat common medical problems, and may also be trained to recognize and help with common psychological problems, such as depression and anxiety.

A primary care physician can help you with:

* Medical attention
* A prescription to help with depression or sleep problems
* A referral to a psychologist, social worker, or psychiatrist

You can find a primary care physician:

* Through a referral from a doctor, nurse, or your insurance company
* Through people you know
* In the military and VA health care systems

### What does a social worker do?

Social workers usually have a Master’s degree in social work, or in some cases a Ph.D., and often work as counselors. They work with individuals, couples, families, and groups.

A social worker can help you with:

* Practical challenges like finding employment, housing, and government benefits
* Problems like depression, anxiety, PTSD, and substance misuse
* Family and relationship difficulties

Social workers cannot prescribe medications.

You can find a social worker:

* Through a referral from a doctor, nurse, or your insurance company
* Through people you know
* In the military and VA health care systems

### What does a psychologist do?

Psychologists have a Ph.D. or Psy.D. in psychology. They can provide assessment and therapy, but only a few are licensed to prescribe medications. They work with individuals, couples, families and groups.

A psychologist can help you with:

* Problems like depression, anxiety, PTSD, and substance use problems
* Family and relationship difficulties
* Psychological assessment
* In some cases, a prescription for medication for a mental health concern

Most psychologists cannot prescribe medications.

You can find a psychologist:

* Through a referral from a doctor, nurse, or your insurance company
* Through people you know
* In the military and VA health care systems

### What does a psychiatrist do?

A psychiatrist is a medical doctor (MD) with specialized training in psychiatry. They mostly treat patients with medications that can ease symptoms of depression, anxiety, or PTSD, or help with sleep or other problems associated with mental health issues.

A psychiatrist can help you with:

* Medications for mental health problems like depression, anxiety, PTSD and severe mental illnesses
* In some cases, counseling

You can find a psychiatrist:

* Through a referral from a doctor, nurse, or your insurance company
* Through people you know
* In the military and VA health care systems

### What does a pastoral counselor or chaplain do?

A pastoral counselor or chaplain is a member of the clergy who:

* Provides spiritual support and guidance
* Conducts religious services in the field
* Offers support in emergency situations

Chaplains help people regardless of their faith and religious beliefs, and offer spiritual counseling and support. They are not trained to provide mental health counseling, but can refer you to a specialist like a psychologist, psychiatrist, or social worker.

If you are looking for spiritual guidance, a pastoral counselor or chaplain is a good place to start.

## PTSD and the family

***list of topic buttons:***

* What is couples counseling?
* What is family therapy?
* Reconnecting with your partner
* Fighting fair
* Impact of PTSD on children
* Children’s responses to PTSD symptoms
* Can children get PTSD from their parents?
* Helping children cope
* Parenting tips
* Are my kids ok? When to seek outside help
* Should my child have individual counseling?

The title of all of these screens is “PTSD & Family”.

The topic name (e.g. “What is couples counseling?”) should be formatted as a heading so that it stands out.

### What is couples counseling?

If you and your partner are having trouble getting along or feeling close, couples therapy may be helpful.

In this type of counseling, a therapist can help the two of you

* understand where your difficulties are coming from
* learn ways to cope with relationship stress
* develop skills to communicate and solve problems better
* build trust and feel closer

A health care provider, chaplain, or social services organization can help you find a couples therapist.

### What is family therapy?

If your family is having trouble communicating or getting along, consider family therapy.

In this type of counseling, a therapist helps you and your family

* communicate better
* develop and maintain good relationships
* cope with upsetting emotions, and
* understand and cope with PTSD

A health care provider, chaplain, or social services organization can help you find a family therapist.

### Reconnecting with your partner

Relationships may feel strained if one partner is struggling with PTSD. Here are some tips to help you become closer again.

* Feeling emotionally numb can make it hard to express love and care. You can start with appreciating concrete things your partner does (such as "thank you for doing the dishes," or "I appreciate you changing the oil in the car.")
* Talk to your partner about how PTSD has affected you and what you need. They can support you better if they know what’s going on.
* Ask questions and listen to your loved one’s feelings and needs. Do your best to stay open and put yourself in their shoes when they speak.
* If you tend to withdraw under stress, make an effort to move toward your loved one instead with small favors, little touches, or a few kind words.
* Avoid saying hurtful things or becoming physically violent. Instead, take a Time Out to calm yourself. You can find this tool in the Manage Symptoms section of this app.
* With the stress of PTSD, sexual intimacy may be off the table for a while. If so, try to focus on other ways of being close, like spending fun time together, holding hands, hugging, and kissing.
* Understand that PTSD may lead you to feel more distant or irritable. Try to keep your expectations and self-criticism in check—you’re only human, and healing takes time!
* Seek help from a couples counselor if needed.

### Fighting fair

Conflict will always exist in relationships. If you are irritable or have a “short fuse” it can make it even more challenging. Here are some tips for “fighting fair”:

* Think before you speak. Keeping a cool head goes a long way toward resolving problems.
* When you speak, use statements starting with "I," such as "I think" or "I feel." Using "you" statements can sound accusing.
* Take "small bites." Focus on one issue at a time.
* Be positive- Clearly request what you want or need. Blame and negativity won't help resolve things.
* Put your feelings into words. Your loved one may not know you are sad or frustrated unless you say so.
* During a confrontation, allow the other person equal time to speak his/her mind.
* When the other person is talking, listen to what he/she has to say without interrupting. Ask questions and repeat back what they said to be sure you understand.
* Don't give advice unless you are asked.
* Don’t hit “below the belt” with comments about sensitive topics. Stick to the issues at hand.
* Never argue in bed. Use a neutral room, and affirm your love often.
* Work as a team to solve problems. You can get a lot more done this way than you can as rivals.
* Avoid saying "I told you so." Remember that a problem solved is a win for you both.
* If things are getting too heated, take a time out, but agree to continue the discussion when things cool off.

### Impact of PTSD on children

Adjusting to living with a parent with PTSD can be challenging for children and teens. While many children adjust well, others may respond in problematic ways, including:

* Acting like their parent, perhaps as a way of trying to establish a closer connection with them. These children might show some of the same symptoms as the parent with PTSD, such as being irritable or complaining of sleep problems.
* Taking on adult roles and responsibilities to “fill in” for the parent with PTSD. This child may act too grown-up for his or her age. This can be overwhelming for the child, and can keep them from living like the kid they are.
* Acting younger than they are (such as bed wetting, temper tantrums).
* Thinking that they are the problem, or that they are responsible for the behavior of the parent with PTSD (such as “he wouldn’t get so mad if I could be quieter.”).
* Needing emotional help for their worries, fears or depression
* Showing problems at school or in relationships with friends.

Research shows that children of Veterans with PTSD may have:

* More violent behaviors (aggression)
* More behavior problems (hyperactivity, attention problems)
* More school problems
* More relationship problems with friends and family
* Higher risk for depression and anxiety
* “Secondary traumatization”: symptoms like their parent’s, and emotional upset about their parent’s trauma/PTSD

### Children’s responses to PTSD symptoms

A parent’s reactions to a past trauma can affect children in different ways:

If: Parent has upsetting nightmares or overwhelming memories/ flashbacks

Children might:

* Feel confused about what is happening and why
* Feel scared if they see or hear the parent in a very upset or frightened state
* Worry about their parent's well-being
* Worry that their parent cannot properly care for them

If: Parent avoids going out or isolates him/herself

Children might:

* Take it personally and worry that their parent does not care about them, about spending time with them, or about being involved in their lives (such as school sports games, family outings)
* Feel neglected
* Have hurt feelings, or feel frustrated

If: Parent is withdrawn, numb, or uninterested

Children might:

* Think that the parent is not interested in them or doesn’t love them, even if the parent’s words say otherwise
* Feel worried that their parent will leave them or the family.

If: Parent is irritable, angry, or easily frustrated

Children might:

* Question their parent's love
* Walk on eggshells around their parent, or feel tense and anxious
* Lose respect for their parent

If: Parent is vigilant, sensitive to danger, or startles easily

Children might:

* Develop levels of vigilance similar to their parent and feel very stressed
* Feel more on edge and wary of danger

### Can children get PTSD from their parents?

While it is not common, it is possible for children of people with PTSD to show signs of PTSD, too. This is called “secondary traumatization.”

Here’s how it can happen:

* When a family teaches a child never to talk about disturbing events, thoughts, or feelings, the child's anxiety may get worse. He may worry about causing the parent's symptoms, make up his own story about what happened.
* Sometimes parents share too many details about the events. Children may start to have their own stress and PTSD symptoms in response.
* A child may begin to share in her parent's symptoms as a way to connect with the parent.
* Children may also re-enact or re-do some aspect of the trauma their parent experienced. It is difficult at times for children to separate the past trauma from the present moment.

### Helping children cope

When PTSD impacts the family:

* Explain the reasons for the difficulties. Knowing what is happening, and why, helps children feel safer.
* However, be careful not to share too many details of the event(s) with the child. How much you say depends on your child's age and maturity level.
* Help them see that PTSD symptoms and trauma reactions are not their fault.
* Talk about related events and experiences together. Listen to their concerns and accept their feelings.
* Recognize that change is stressful for children just as it is for adults, and be patient.
* Remember that they may have mixed feelings about you and your PTSD. They may feel loving, concerned, and protective, and also resentful, anxious, or angry at times.
* Help them learn tools to better manage stress. Examples include:
  + Running or exercising to blow off steam
  + Drawing or writing for self-expression
  + Taking deep breaths to relax
* Give them a journal to keep about these events and their feelings and experiences.
* Involve them in decisions that affect them whenever possible.

### Parenting tips

Here are some tips for parenting children who are adjusting to living with someone with PTSD.

Educate Yourselves

* Both parents should learn about how PTSD can impact children, and about children’s common responses to having a parent with PTSD.
* Be aware that children may need extra care, attention, and closeness during this time.

Provide Support

* Make time to do activities and talk together. Both parents should listen to their children’s feelings and concerns, and take them seriously.
* Provide reassurance and support for their questions and worries.
* Give kids information at a level they can understand about PTSD and about the experiences and changes of their parent with PTSD to ease the confusion and fear of the unknown.
* Encourage and organize activities (moving around to blow off steam, drawing and writing to express themselves, etc.) that help kids to express themselves and manage stress.

Be Loving and Have Clear Limits

* Be loving, patient and attentive, while also holding clear, consistent limits.
* Understand kids may act out and misbehave at times, and give them some slack for this. Acting out is a normal response to stress, as long as it doesn’t become frequent or cause bigger problems.
* Praise their positive behavior and healthy ways of coping. Always keep your focus on what you appreciate about them.
* If you are the parent with PTSD, focus on quality and fun time with kids and delay getting involved in disciplining, especially if you have been moody or irritable lately.

Keep Things Ordinary

* Maintain basic family routines like dinnertime and bedtime rituals.
* Make sure children keep attending school and other regular activities.

Include Them

* Involve kids in family activities. Keep weekends fun with kid-friendly activities.
* Stay involved in your kids’ school and social activities.
* Ask about their interests and listen without judging or teasing.

### Are my kids ok? When to seek outside help

If your child or teenager seems to have trouble adjusting to your PTSD, don't hesitate to contact your doctor or a mental health professional for support. Here are some things to watch out for:

* Trouble concentrating or engaging in school assignments and activities
* Intense emotional responses, such as continued crying, intense sadness or moodiness
* Depression, or acting withdrawn and uncommunicative
* Expressing violent or depressed feelings in "dark" drawings or writings
* Significant weight loss or gain, or lack of attention to hygiene
* Big changes in social activity or friendships
* Drug or alcohol use

Please seek help immediately if your child intentionally hurts or cuts themself, seems at risk of hurting others, or expresses suicidal thoughts.

### Should my child have individual counseling?

Children may benefit from individual counseling or family therapy.

Family therapy helps family members learn how to cope, communicate, and get along when they are under stress.

Individual therapy offers a private place for kids to talk about and learn to cope with their experiences.

# Track Symptoms

***title:*** Track Symptoms

***large buttons:***

* Take Assessment
* Assessment History
* Schedule Assessment

***title bar button, top right:***

* Help go to Track Symptoms Help

## Track Symptoms Help

***title: Help***

The self-assessment in this app is called the PTSD Checklist or “PCL-5” for short. This scale has been used with people with PTSD for screening, diagnosis, and monitoring for many years and has been scientifically validated. It was originally developed in 1993 by the National Center for PTSD.

The PCL-5 includes 20 questions, each of which has 5 possible answers. This assessment cannot tell you if you have PTSD; only a trained mental health provider can do that. However, it can give you some valuable information about how severe your symptoms are, and if you are getting better or worse over time.

If you are worried that you might have PTSD but you have never been diagnosed, it’s important to talk with your doctor to get a referral to a mental health provider.

## Take Assessment

1. Are there any prior saved assessments?

If no, go to Assessment Introduction

If yes, continue:

1. Was the last saved assessment less than 7 days ago?

If no, go to Assessment Introduction

If yes, go to Too Early

### Too Early

***title***: Too Early

It has been less than a week since you last took the self-assessment. The questions are designed to assess your symptoms since the last time you answered, so it is not helpful to take it more than once a week.

***buttons:***

* Set a reminder go to Schedule Assessments
* Take it now go to Assessment Introduction

### Assessment Introduction

***title:*** Assessment

On the following screens are some issues that Veterans and military service members sometimes have in response to stressful military experiences. Please read each problem carefully, then select the option that best describes how much you have been bothered by each problem in the past month. Please select only one answer for each question.

***button:***

* Next go to Question 1

***title bar button, top right:***

* Help go to Track Symptoms Help

### Questions 1-20

***title:*** [number] of 20

This is a sequence of 20 screens. Each screen displays the question text, then 5 response options.

The question text and the response options must fit on the screen without scrolling.

***Question text – see table below***

***Response options for each question – user can select only one / no response is selected by default***

* Not at all
* A little bit
* Moderately
* Quite a bit
* Extremely

***title bar top right button for questions 1-19:***

* Next disabled until question is answered; go to next question

***title bar top right button for question 20:***

* Submit disabled until question is answered; go to Feedback

|  |  |
| --- | --- |
| ***#*** | ***Question text*** |
| 1 | In the past month, how much were you bothered by:  Repeated, disturbing, and unwanted memories of the stressful experience? |
| 2 | In the past month, how much were you bothered by:  Repeated, disturbing dreams of the stressful experience? |
| 3 | In the past month, how much were you bothered by:  Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)? |
| 4 | In the past month, how much were you bothered by:  Feeling very upset when something reminded you of the stressful experience? |
| 5 | In the past month, how much were you bothered by:  Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)? |
| 6 | In the past month, how much were you bothered by:  Avoiding memories, thoughts, or feelings related to the stressful experience? |
| 7 | In the past month, how much were you bothered by:  Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)? |
| 8 | In the past month, how much were you bothered by:  Trouble remembering important parts of the stressful experience? |
| 9 | In the past month, how much were you bothered by:  Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)? |
| 10 | In the past month, how much were you bothered by:  Blaming yourself or someone else for the stressful experience or what happened after it? |
| 11 | In the past month, how much were you bothered by:  Having strong negative feelings such as fear, horror, anger, guilt, or shame? |
| 12 | In the past month, how much were you bothered by:  Loss of interest in activities that you used to enjoy? |
| 13 | In the past month, how much were you bothered by:  Feeling distant or cut off from other people? |
| 14 | In the past month, how much were you bothered by:  Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)? |
| 15 | In the past month, how much were you bothered by:  Irritable behavior, angry outbursts, or acting aggressively? |
| 16 | In the past month, how much were you bothered by:  Taking too many risks or doing things that could cause you harm? |
| 17 | In the past month, how much were you bothered by:  Being “superalert” or watchful or on guard? |
| 18 | In the past month, how much were you bothered by:  Feeling jumpy or easily startled? |
| 19 | In the past month, how much were you bothered by:  Having difficulty concentrating? |
| 20 | In the past month, how much were you bothered by:  Trouble falling or staying asleep? |

### Feedback

***title:*** Feedback

***title bar button, top right:***

* Done return to Track Symptoms

Once the user taps “Submit” on Question 20, the app calculates a total score and saves it for the current date.

The answer to each question is assigned a numeric value:

Not at all 0

A little bit 1

Moderately 2

Quite a bit 3

Extremely 4

The 20 values are then summed to produce a total score between 0 and 80.

Total score: ***this assessment’s total score***

Below the total score, display feedback text. There are 15 possible versions, based on two factors:

1. Total score range (4 categories):

0

1-15

16-32

33-80

2. How the current total score compares to the total score from the last time the user took the assessment (4 categories):

This is the first time

Decreased

No change

Increased

| **Score Range** | **Score Change Since Last Assessment** | **Feedback Text** |
| --- | --- | --- |
| 0 | This is the first time | You do not have any symptoms of Posttraumatic Stress Disorder at this time.   However, this assessment will not pick up other problems that can be related to trauma such as depression, substance abuse, and anxiety.  If you are stressed, go see a healthcare professional, regardless of the outcome of this assessment. A professional will be able to help you understand what is going on and how you can fix it.  Even if you do not have PTSD, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care. |
| 0 | Decreased | Good news: Your score has improved since the last time you took the self-assessment. This means that you are having fewer problems than you were before.  You do not have any symptoms of Posttraumatic Stress Disorder at this time.   However, this assessment will not pick up other problems that can be related to trauma such as depression, substance abuse, and anxiety.  If you are stressed, go see a healthcare professional, regardless of the outcome of this assessment. A professional will be able to help you understand what is going on and how you can fix it.  Even if you do not have PTSD, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care. |
| 0 | No change | Your score has not changed since the last time you took this assessment. You still do not have any symptoms of Posttraumatic Stress Disorder.   However, this assessment will not pick up other problems that can be related to trauma such as depression, substance abuse, and anxiety.  If you are stressed, go see a healthcare professional, regardless of the outcome of this assessment. A professional will be able to help you understand what is going on and how you can fix it.  Even if you do not have PTSD, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care. |
| 0 | Increased | *(This category is impossible / cannot increase the total score to 0)* |
| 1-15 | This is the first time | You are having some difficulties related to your traumatic experience, but these problems most likely would not be given a diagnosis of Posttraumatic Stress Disorder.   However, you may still be struggling. Even mild posttraumatic stress can be distressing enough to interrupt your life. Plus, problems like depression, substance abuse, and anxiety can also happen after a trauma and may not register on a PTSD scale.   While there is no replacement for professional face-to-face care, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care.  If you ever feel like hurting yourself or someone else, touch the Find Support button below to get help right away. Otherwise, you can take this assessment once per month to see how your symptoms are changing – and hopefully getting better – over time. |
| 1-15 | Decreased | Good news: Your score has improved since the last time you took the self-assessment. This means that you are having fewer problems than you were before.  You are having some difficulties related to your traumatic experience, but these problems most likely would not be given a diagnosis of Posttraumatic Stress Disorder.  However, you may still be struggling. Even mild posttraumatic stress can be distressing enough to interrupt your life. Plus, problems like depression, substance abuse, and anxiety can also happen after a trauma and may not register on a PTSD scale.   While there is no replacement for professional face-to-face care, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care.  If you ever feel like hurting yourself or someone else, touch the Find Support button below to get help right away. Otherwise, you can take this assessment once per month to see how your symptoms are changing – and hopefully getting better – over time. |
| 1-15 | No change | Your score has not changed since the last time you took the assessment. This is not a big surprise. Symptoms like these may not change much without fully engaging in an active treatment with a healthcare provider. Even if you are in treatment, it can take a while for problems to decrease.  You are having some difficulties related to your traumatic experience, but these problems most likely would not be given a diagnosis of Posttraumatic Stress Disorder.  However, you may still be struggling. Even mild posttraumatic stress can be distressing enough to interrupt your life. Plus, problems like depression, substance abuse, and anxiety can also happen after a trauma and may not register on a PTSD scale.   While there is no replacement for professional face-to-face care, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care.  If you ever feel like hurting yourself or someone else, touch the Find Support button below to get help right away. Otherwise, you can take this assessment once per month to see how your symptoms are changing – and hopefully getting better – over time. |
| 1-15 | Increased | Your score went up since the last time you took the assessment, which means that some things are bothering you more than they were before.  You are having some difficulties related to your traumatic experience, but these problems most likely still would not be given a diagnosis of Posttraumatic Stress Disorder.  However, you may still be struggling. Even mild posttraumatic stress can be distressing enough to interrupt your life. Plus, problems like depression, substance abuse, and anxiety can also happen after a trauma and may not register on a PTSD scale.   While there is no replacement for professional face-to-face care, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care.  If you ever feel like hurting yourself or someone else, touch the Find Support button below to get help right away. Otherwise, you can take this assessment once per month to see how your symptoms are changing – and hopefully getting better – over time. |
| 16-32 | This is the first time | Reactions like yours are normal. Many people who experience a trauma have this kind of reaction, at least for the first few weeks or months after the trauma.  People who have symptoms like yours can often benefit from talking to a healthcare provider. For information on where to find one, check out the Find Support section of this app. Seeking help will be especially important if you think that you may have other trauma-related problems that this assessment would not identify, such as depression, substance abuse, or anxiety.  While there is no replacement for professional face-to-face care, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care.  If you ever feel like hurting yourself or someone else, touch the Find Support button below to get help right away. Otherwise, you can take this assessment once per month to see how your symptoms are changing – and hopefully getting better – over time. |
| 16-32 | Decreased | Good news: Your score has improved since the last time you took the self-assessment. This means that you are having fewer problems than you were before.  Reactions like yours are normal. Many people who experience a trauma have this kind of reaction, at least for the first few weeks or months after the trauma.  People who have symptoms like yours can often benefit from talking to a healthcare provider. For information on where to find one, check out the Find Support section of this app. Seeking help will be especially important if you think that you may have other trauma-related problems that this assessment would not identify, such as depression, substance abuse, or anxiety.  While there is no replacement for professional face-to-face care, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care.  If you ever feel like hurting yourself or someone else, touch the Find Support button below to get help right away. Otherwise, you can take this assessment once per month to see how your symptoms are changing – and hopefully getting better – over time. |
| 16-32 | No change | Your score has not changed since the last time you took the assessment. This is not a big surprise. Symptoms like these may not change much without fully engaging in an active treatment with a healthcare provider. Even if you are in treatment, it can take a while for problems to decrease.  Reactions like yours are normal. Many people who experience a trauma have this kind of reaction, at least for the first few weeks or months after the trauma.  People who have symptoms like yours can often benefit from talking to a healthcare provider. For information on where to find one, check out the Find Support section of this app. Seeking help will be especially important if you think that you may have other trauma-related problems that this assessment would not identify, such as depression, substance abuse, or anxiety.  While there is no replacement for professional face-to-face care, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care.  If you ever feel like hurting yourself or someone else, touch the Find Support button below to get help right away. Otherwise, you can take this assessment once per month to see how your symptoms are changing – and hopefully getting better – over time. |
| 16-32 | Increased | Your score went up since the last time you took the assessment, which means that some things are bothering you more than they were before.  Reactions like yours are normal. Many people who experience a trauma have this kind of reaction, at least for the first few weeks or months after the trauma.  People who have symptoms like yours can often benefit from talking to a healthcare provider. For information on where to find one, check out the Find Support section of this app. Seeking help will be especially important if you think that you may have other trauma-related problems that this assessment would not identify, such as depression, substance abuse, or anxiety.  While there is no replacement for professional face-to-face care, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care.  If you ever feel like hurting yourself or someone else, touch the Find Support button below to get help right away. Otherwise, you can take this assessment once per month to see how your symptoms are changing – and hopefully getting better – over time. |
| 33-80 | This is the first time | Your score puts you in the high range, which means that you have a lot of PTSD symptoms. If you already have spoken with a healthcare provider and have a diagnosis of PTSD, then this might not be new information. If you have never spoken with a provider before, now is probably the time to start.   Reactions like yours are normal. Many people who experience a trauma have this kind of reaction, at least for the first few weeks or months after the trauma. But once the problems have gone on for a while or they start to make it hard to function at home, school, or work, it’s time to ask for some help.  Seeking help will be especially important if you think that you may have other trauma-related problems that this assessment would not identify, such as depression, substance abuse, or anxiety.  There are scientifically proven treatments that really work for PTSD. Don’t suffer for any longer than you have to. For information on where to find a healthcare provider, check out the Find Support section of this app. You can also learn more about professional care in the Learn About PTSD section.  While there is no replacement for professional face-to-face care, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care.  If you ever feel like hurting yourself or someone else, touch the Find Support button below to get help right away. Otherwise, you can take this assessment once per month to see how your symptoms are changing – and hopefully getting better – over time. |
| 33-80 | Decreased | Good news: Your score has improved since the last time you took the self-assessment. This means that you are having fewer problems than you were before.  Still, your score puts you in the high range, which means that you have a lot of PTSD symptoms. If you already have spoken with a healthcare provider and have a diagnosis of PTSD, then this might not be new information. If you have never spoken with a provider before, now is probably the time to start.   Reactions like yours are normal. Many people who experience a trauma have this kind of reaction, at least for the first few weeks or months after the trauma. But once the problems have gone on for a while or they start to make it hard to function at home, school, or work, it’s time to ask for some help.  Seeking help will be especially important if you think that you may have other trauma-related problems that this assessment would not identify, such as depression, substance abuse, or anxiety.  There are scientifically proven treatments that really work for PTSD. Don’t suffer for any longer than you have to. For information on where to find a healthcare provider, check out the Find Support section of this app. You can also learn more about professional care in the Learn About PTSD section.  While there is no replacement for professional face-to-face care, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care.  If you ever feel like hurting yourself or someone else, touch the Find Support button below to get help right away. Otherwise, you can take this assessment once per month to see how your symptoms are changing – and hopefully getting better – over time. |
| 33-80 | No change | Your score has not changed since the last time you took the assessment. This is not a big surprise. Symptoms like these may not change much without fully engaging in an active treatment with a healthcare provider. Even if you are in treatment, it can take a while for problems to decrease.  Your score still puts you in the high range, which means that you have a lot of PTSD symptoms. If you already have spoken with a healthcare provider and have a diagnosis of PTSD, then this might not be new information. If you have never spoken with a provider before, now is probably the time to start.   Reactions like yours are normal. Many people who experience a trauma have this kind of reaction, at least for the first few weeks or months after the trauma. But once the problems have gone on for a while or they start to make it hard to function at home, school, or work, it’s time to ask for some help.  Seeking help will be especially important if you think that you may have other trauma-related problems that this assessment would not identify, such as depression, substance abuse, or anxiety.  There are scientifically proven treatments that really work for PTSD. Don’t suffer for any longer than you have to. For information on where to find a healthcare provider, check out the Find Support section of this app. You can also learn more about professional care in the Learn About PTSD section.  While there is no replacement for professional face-to-face care, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care.  If you ever feel like hurting yourself or someone else, touch the Find Support button below to get help right away. Otherwise, you can take this assessment once per month to see how your symptoms are changing – and hopefully getting better – over time. |
| 33-80 | Increased | Your score went up since the last time you took the assessment, which means that some things are bothering you more than they were before.  Your score puts you in the high range, which means that you have a lot of PTSD symptoms. If you already have spoken with a healthcare provider and have a diagnosis of PTSD, then this might not be new information. If you have never spoken with a provider before, now is probably the time to start.   Reactions like yours are normal. Many people who experience a trauma have this kind of reaction, at least for the first few weeks or months after the trauma. But once the problems have gone on for a while or they start to make it hard to function at home, school, or work, it’s time to ask for some help.  Seeking help will be especially important if you think that you may have other trauma-related problems that this assessment would not identify, such as depression, substance abuse, or anxiety.  There are scientifically proven treatments that really work for PTSD. Don’t suffer for any longer than you have to. For information on where to find a healthcare provider, check out the Find Support section of this app. You can also learn more about professional care in the Learn About PTSD section.  While there is no replacement for professional face-to-face care, this app can help you learn tools for managing your stress as it comes up. If you are in treatment, this app can be a helpful add-on to care.  If you ever feel like hurting yourself or someone else, touch the Find Support button below to get help right away. Otherwise, you can take this assessment once per month to see how your symptoms are changing – and hopefully getting better – over time. |

## Assessment History

If the user has no saved assessment total score, go to No History.

If the user has at least one saved assessment total score, go to Display History

### No History

***title:*** No History

Once you take the self-assessment your results will show up here as a graph. You can watch your scores change over time. Remember, no one will see your results other than you. This is an opportunity to get feedback on how severe your symptoms are, and if you are getting better or worse over time. To take the self-assessment now, tap “Back” and then tap “Take Assessment” on the main Assess screen.

### Display History

***title:*** History

***Segmented control:***

* Graph
* Details

Below the segmented control, the screen has two states depending on whether “Graph” or “Details” is selected.

#### Graph

***When the segmented control is set to “Graph”, display a graph of assessment total scores over time. The graph must fit on the screen without any scrolling.***

The format is a line graph. Points depict actual scores, and straight lines (NOT a smoothed curve) are drawn sequentially to connect them.

The Y-axis is the assessment total score from 0 to 80. Do not label this axis with numbers. Label instead with three categories: “Low” (0-15), “Medium” (16-32), and “High” (33-80).

The X-axis is the dates of assessments the user has taken from oldest to newest. Begin the graph with the date the user first took the assessment. Label the X-axis with month MMM abbreviations (Jan, Feb, etc.). It is preferable that at least 4 months fit on the X-axis.

If the user has more assessments than will fit on the screen, offer some means for the user to view the graph of past assessments such as left and right arrows to move the X-axis date range back or forward (e.g. back to display the previous 4 months / next to display the following 4 months).

When the device is in VoiceOver mode, each data point must be able to receive focus and must announce its date and score.

#### Details

***When the segmented control is set to “Details”, display a table of total scores over time.***

Columns are “Date” and “Assessment Score”.

Rows are in order of newest date (top) to oldest date (bottom).

When the device is in VoiceOver mode, each row must be able to receive focus and must announce its contents (date and score).

## Schedule Assessments

This reminder can also be edited at Settings.

***title:*** Schedule

Select a schedule to retake the self-assessment and monitor your progress. Taking the assessment monthly is best.

***Switch:*** Assessment reminder defaults to off until user changes it

When the switch is off, all of the below are dimmed.

***Date and time picker***

If the user has never set this, the defaults are today/now.

If the last user-set date/time has passed, and one of the repeat options below is selected, this is the next scheduled date/time. (e.g. user set Oct 1 9:00AM + repeat monthly 🡪 after Oct 1 9:00AM this changes to Nov 1 9:00 AM)

Repeat:

* Never default until user changes it
* Weekly
* Every two weeks
* Monthly
* Every three months

### Assessment Notification

You are due for a PTSD Coach assessment. Would you like to take it now?

***buttons:***

* No close notification
* Yes go to Assessment Introduction

# Manage Symptoms

***title:*** Manage Symptoms

***title bar button:***

* Help ***(go to Manage Symptoms Help)***

***segmented control:***

* Symptoms
* Tools

Below the segmented control, the screen has two states depending on whether “Symptoms” or “Tools” is selected. See Concussion Coach (iOS) for an example of this layout.

## Symptoms

***When the segmented control is set to “Symptoms”, display the 8 large symptoms buttons with pictures. All 8 buttons must fit on the screen without scrolling.***

* Reminded of Trauma
* Avoiding Triggers
* Disconnected from People
* Disconnected from Reality
* Sad / Hopeless
* Worried / Anxious
* Angry
* Unable to Sleep

When a symptom button is tapped, save the selected symptom and go to Distress Meter.

## Tools

***When the segmented control is set to “Tools”, display the list of tool buttons:***

Favorite tools

If the user has given a “thumbs up” to any tools, they are listed under this header and removed from “Other tools”.

The order shown below under “Other tools” is preserved. For example, if the user favorited “Deep Breathing”, then “RID”, then “Ambient Sounds”, their order under this header would be “Ambient Sounds” then “Deep Breathing” then “RID”.

Other tools

* Create a custom tool
* ***Any custom tool(s) the user has created, in alphabetical order of title***
* Ambient Sounds
* Change Your Perspective
* Connect With Others
* Deep Breathing
* Grounding
* Help Falling Asleep
* Inspiring Quotes
* Leisure: Time Alone
* Leisure: In Town
* Leisure: In Nature
* Mindfulness: Breathing
* Mindfulness: Eating
* Mindfulness: Listening
* Mindfulness: Looking
* Mindfulness: Walking
* Mindfulness: Emotions
* Mindfulness: Body Scan
* Mindfulness: Clouds in the Sky
* Mindfulness: Leaves on a Stream
* Muscle Relaxation
* Positive Imagery: Beach
* Positive Imagery: Country Road
* Positive Imagery: Forest
* Soothing Audio
* Soothing Images
* RID
* Soothe the Senses
* Thought Stopping
* Time Out

Rejected tools

If the user has given a “thumbs down” to any tools, they are listed under this header and removed from “Other tools”.

The order shown above under “Other tools” is preserved. For example, if the user rejected “Deep Breathing”, then “RID”, then “Ambient Sounds”, their order under this header would be “Ambient Sounds” then “Deep Breathing” then “RID”.

The user can delete any of the custom tools they created by an OS-standard method, such as iOS 2-step swipe to delete.

When a tool button is tapped, save the selected tool and go to Distress Meter.

## Manage Sequence

## Manage Symptoms Help

***list of topic buttons:***

* PTSD symptoms
* Change Your Perspective
* Connect with Others
* Deep Breathing
* Grounding
* Help Falling Asleep
* Inspiring Quotes
* Leisure Activities
* Muscle Relaxation
* Positive Imagery
* RID
* Thought Stopping
* Time Out

### PTSD symptoms

People who have experienced traumatic events have different experiences as they heal, but the problems below are common following a trauma. You may experience some, all, or none of the following problems.

* **Reminders of trauma:** Frequently having upsetting thoughts or memories about the trauma, feeling as if it’s happening again, and/or feeling very distressed when reminded of it.
* **Avoiding reminders:** Making an effort to avoid thoughts, feelings, conversations, places or people because they remind you of the trauma.
* **Disconnected from people:** Feeling distant from others, trouble feeling love, and/or feeling alienated and alone.
* **Disconnected from reality:** Feeling disconnected from the world, other people, one’s body, or oneself—detached, “foggy,” “in a dream,” “out of body,” or as if things feel unreal.
* **Sad / Hopeless:** Feeling sad, down, blue or depressed, not having interest in activities that used to be enjoyed, or in life in general, feeling a sense of meaninglessness and/or hopelessness.
* **Anxious / Worried**: Being jumpy and easily startled, being tense and “on guard” most of the time.
* **Angry:** Easily irritated, having angry outbursts, feeling on edge or mistrustful.
* **Trouble Sleeping:** Trouble falling and/or staying asleep, having nightmares, waking in a cold sweat.

### Change Your Perspective

The Change Your Perspective tool provides reminders that can help give you hope and confidence.

We all have a constant stream of thoughts running through our minds—this is called self-talk. *Negative* self-talk, like believing that things are terrible or that the worst is about to happen can stress your body and keep you on alert all the time.

These *positive* self-talk reminders give you something you can hold on to; they can help you think more realistically, and may even help you manage situations more effectively.

### Connect with Others

When faced with life challenges, it can help to get support from people you know and trust, or just relax around others. People who have support from friends and relatives experience fewer physical and emotional symptoms of stress than those who don’t.

Select people from your life that you can contact when you need support. Friends, family, coworkers, and even healthcare providers can all be added to your personal contacts list.

### Deep Breathing

This activity will guide you through a brief exercise in which you take slower, deeper breaths to help you relax. Taking slow, deep breaths helps you balance the carbon dioxide and oxygen in your blood. This calms your nervous system, creating a "relaxation response." Deep breathing exercises can help manage stress and insomnia, focus the mind, and improve health.

### Grounding

These exercises are simple strategies to help distract and detach from intense emotional pain, or, on the other hand, to help you reconnect to your body or self if you feel disconnected, numb, ‘foggy’ or detached.

### Help Falling Asleep

These strategies include tips for falling asleep right now, as well as advice for managing insomnia so that you can fall asleep more easily on a regular basis. People who have experienced a trauma often have a hard time falling or staying asleep, or struggle with nightmares. These strategies, along with some of the relaxation exercises in this app, can help you relax and sleep better.

### Inspiring Quotes

These quotes may offer inspiration and new perspectives for trauma survivors.

### Leisure Activities

If you can do something to actively change the situation that is affecting your mood, and do it safely, now is a good time to start. Especially if you’re feeling down, it can be hard to get motivated to do the things that would usually be fun or give you a feeling of accomplishment. However, research shows that making an effort to do these things even when you don’t feel like it can improve your mood.

### Muscle Relaxation

This exercise will guide you, either sitting comfortably or lying down, through tensing and relaxing a sequence of muscle groups. This allows muscles to relax more deeply than usual. This exercise can help decrease heart rate and blood pressure, slow breathing, decrease muscle tension, and clear thinking.

This exercise is also great because over time you can train yourself to really know what tense muscles feel like and what relaxed muscles feel like. Then, when you recognize that your muscles are tense or becoming tense you can immediately switch your muscles to the more relaxed state because you have trained yourself to know how relaxed muscles feel.

### Positive Imagery

These exercises will guide you in imagining a pleasant scene in order to reduce stress and help you relax. With guided imagery, you can relax your muscles and breathe more deeply while you focus on the relaxing scene in order to relax more deeply.

### RID

When you’re triggered or reminded of terrible things that have happened, your mind not only believes that you’re in danger, your mind and your body act like you're right back in the traumatic situation. These lightning fast, automatic reactions are helpful at the time of the actual event because they keep you safe in dangerous situations. But now your automatic reactions to triggers are no longer helpful because back home, you're not in any actual danger.

You use the RID tool to stay focused and cope with your triggers. Remember, triggers confuse your brain and your body into thinking that you’re back in the original situation. You must clear away that confusion in order to manage your responses.

RID has three steps: The first step, the R in RID, is to Relax or calm yourself. The second step, the I in RID, is to identify what’s triggering you and how it’s different from your original trauma. And the third step, the D in RID, is to decide how to respond to the trigger. Doing these three things when you’re triggered can be very helpful.

### Thought Stopping

You can learn to interrupt the unhelpful thoughts that make you angry before you do or say something you’ll regret. The key is to interrupt your thinking and say a phrase to yourself in the heat of the moment to counteract those angry thoughts before you get into trouble. You can also use thought stopping to prepare yourself before you go into a risky situation.

Sometimes it is helpful to think of a visual at the same time or repeat the phrase several times to yourself.

There is no one right thing to say to yourself when you interrupt unhelpful angry thoughts. Thought Stopping is most helpful if what you say is meaningful to you. Through practice, you can find phrases that work well for you.

### Time Out

This exercise allows you to take a break from a situation that is heating up before you (or someone else) do something you’ll regret. A time out is a time-limited break from a conflict (often 10-15 minutes) that helps people manage their anger so that they can resolve their conflicts more effectively. The time out exercise offers more instructions and guidance on how and when to take a time out, and what to do to help you cool down during your time out.

## Distress Meter

***title:*** Distress Meter

***title bar button:***

* Help ***(go to Distress Meter Help)***

You can rate your distress level on a scale of 0 to 10. Distress includes everything negative you are feeling, including anger, sadness, fear, physical pain, and so on, all in one score. Zero means no distress at all and ten means the worst distress you could imagine.

This will help you monitor your distress levels and figure out which tools in this app work best for you.

***User can rate distress on a thermometer with a number rating from 0 (coldest) to 10 (hottest). The marker starts at the 5 position but displays “ ? “ instead of a number until the user taps or slides it.***

***buttons:***

* Skip do not save distress level; go to Tools Matrix
* Next save distress level; go to Check for High Distress

### Distress Meter Help

You can rate your distress level – including negative feelings such as stress, anger, physical tension, and more, all rolled into one – on a scale of 0 to 10. This will help you monitor your distress levels and figure out which tools work best for you. You can also use it in your daily life to check in and see how you’re doing.

It may seem strange at first, but sometimes we can get caught up in an all-or-nothing way of thinking– either I’m totally uncomfortable or I’m totally fine. The distress score can help you learn to see the shades of gray, and help you see that even when things aren’t perfect, they may be improving. It can also help you learn to recognize what triggers distress for you.

### Check for High Distress

If distress level was 9 or 10, go to High Distress

If distress level was 8 or less, go to Tools Matrix

### High Distress

***title:*** Crisis

That’s a very high distress level. It may be best for you to get some immediate support. Would you like to talk to someone now?

***buttons:***

* No, give me a tool go to Tools Matrix
* Yes, talk to someone now go to Crisis Resources

### Crisis Resources

***title:*** Crisis

***title bar button, top right:***

* Done return to Manage Symptoms

For any crisis, including medical emergencies, go to your nearest emergency room or:

• Call 911

National Suicide Prevention Lifeline:

• Call 1-800-273-8255 (press 1 for Veterans Crisis Line)

• Veterans Text 838255

• [Confidential Veterans Chat](http://www.veteranscrisisline.net)

National Domestic Violence Hotline:

• Call 1-800-799-7233

National Sexual Assault Hotline:

• Call 1-800-656-4673

Your support contacts:

Note that the app has a single contacts list, which the user can edit here, and from the Connect With Others tool, and from the Get Support section, and from Settings.

Only if user has not entered any personal contacts yet, display the text:

Add personal contacts that you can contact for support.

***Contacts the user has entered are listed.***

Tapping a contact loads its screen from the Contacts app, so that the user can choose the method of communication. A contact can be removed from this list with an OS-standard gesture (e.g. in iOS, 2-step swipe to delete).

***button:***

* Add a Contact open Add Contact Action Sheet

#### Add Contact Action Sheet

* Pick from contact list choose from contacts that are in the Contacts app
* Create new contact create a new contact in the Contacts app; when saved it is added to this app’s contacts list
* Cancel

### Re-Rate Distress

***title:*** Distress Meter

Rate your distress again on a scale of 0 to 10. Tracking your distress will allow you to learn which tools help you the most.

***User can rate distress on a thermometer (same functionality as Distress Meter)***

***button:***

* Next go to Evaluate Distress Change

### Evaluate Distress Change

If distress rating increased after using the tool(s), go to Distress Increased

If distress rating stayed the same after using the tool(s), go to Distress Unchanged

If distress rating decreased after using the tool(s), go to Distress Decreased

### Distress Increased

Okay, it looks like after [name of tool] you are actually more distressed. This might be good to remember for the future, since you shouldn’t do things that don’t work for you. But remember, some of these tools take time or practice to really work, or may only relieve certain types of problems, so don’t write this one off just yet.

If a tool continues to not work for you, you may want to “give it a thumbs down" by tapping the thumbs down button the next time you're given this tool. That way, it will be less likely to come up again.

Since you are still stressed, maybe you should try another tool.

***if user entered from Symptoms, display these buttons:***

* Try Another Tool go to Tools Matrix
* Done return to Manage Symptoms

***if user entered from Tools, display these buttons:***

* Use This Tool Again restart the user-selected tool
* Done return to Manage Symptoms

### Distress Decreased

Great! It looks like [name of tool] may have brought down your distress level. Try to remember this tool. Anything that works for you once can work for you again!

If a tool continues to work for you, you may want to give it a “thumbs up" by tapping the thumbs up button the next time you're given this tool. That way, it will be more likely to come up again. The tool will also be saved in “Favorites.”

***if user entered from Symptoms, display these buttons:***

* Try Another Tool go to Tools Matrix
* Done return to Manage Symptoms

***if user entered from Tools, display these buttons:***

* Use This Tool Again restart the user-selected tool
* Done return to Manage Symptoms

### Distress Unchanged

Okay, it looks like after [name of tool] you have the same amount of distress. It’s possible that this is good enough for you – after all, nothing got worse! – or maybe you were hoping for a bigger improvement. But remember, some of these tools take time or practice to really work, or may only relieve certain types of problems, so don’t write this one off just yet.

If you feel like it, you could certainly try another tool now.

***if user entered from Symptoms, display these buttons:***

* Try Another Tool go to Tools Matrix
* Done return to Manage Symptoms

***if user entered from Tools, display these buttons:***

* Use This Tool Again restart the user-selected tool
* Done return to Manage Symptoms

## Tools Matrix

Go to a random tool for the selected symptom, based on the decision matrix below.

If the user has given a tool a thumbs-down (i.e., put it on the Rejected list), do not serve it at random for a symptom.

If the user has given a tool a thumbs-up (i.e., put it on the Favorites list), make it more likely to be served at random for a symptom.

|  | **Reminded of Trauma** | **Avoiding Triggers** | **Disconnected from People** | **Disconnected from Reality** | **Sad / Hopeless** | **Worried / Anxious** | **Angry** | **Unable to Sleep** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Change Your Perspective | X | X | X | X | X | X | X |  |
| Connect With Others |  |  | X |  | X | X |  |  |
| Grounding | X |  |  | X |  | X |  | X |
| Help Falling Asleep |  |  |  |  |  |  |  | X |
| Inspiring Quotes | X | X | X | X | X | X |  | X |
| Leisure: randomly serve one of the following   * Enjoy Time Alone * Get Out of the House * Recharge in Nature | X |  |  |  | X | X | X |  |
| Mindfulness: randomly serve one of the following   * Mindful Breathing * Mindful Eating * Mindful Listening * Mindful Looking * Mindful Walking * Observe Sensations: Body Scan * Observe Thoughts: Clouds in the Sky * Observe Thoughts: Leaves on a Stream * Observe Emotional Discomfort | X | X |  |  | X | X | X |  |
| Relaxation: randomly serve one of the following   * Ambient Sounds * Deep Breathing * Muscle Relaxation * Positive Imagery: Beach * Positive Imagery: Country Road * Positive Imagery: Forest * Soothing Audio * Soothing Images | X | X |  | X |  | X | X | X |
| RID | X |  |  |  |  |  |  |  |
| Soothe the Senses | X |  |  |  | X | X | X |  |
| Thought Stopping |  |  |  |  |  |  | X |  |
| Time Out |  |  |  |  |  |  | X |  |

### No Tools Warning

If the user has rejected all possible tools for a symptom, display this notification when the user selects that symptom:

***alert title:*** No Tool

You have rejected all of the tools for this symptom! Remove the thumbs-down from some of your “Rejected” tools.

## Create A Custom Tool

***title:*** Create Tool

***title bar button:***

* Save disabled until Name, Icon, Type, and Tool Type content are filled in; captions/notes are optional

The user can create any number of simple custom tools. Each custom tool consists of 3 components:

* Tool name (for display in the tools list and the Choose Favorites tools list)
* Content (user can select one of the following content types):

Text (user enters text)

Memo (user records an audio memo, and optionally types a note)

Music (user selects a song from the device’s Music, and optionally types a note)

Photo (user selects a photo from the device’s Photos, and optionally types a caption)

Video (user selects a video from the device’s Videos, and optionally types a caption)

***Heading***: Tool Name

***Text field – user can type in a short name for use in the title bar and display at Manage Symptoms > Tools***

***Heading:*** Tool Type

***picker:***

* Text
* Memo
* Photo
* Music
* Video

***Heading:*** Tool Content

***if the user has not yet entered any content for the tool type, display the corresponding button:***

* Type text go to Edit Text
* Record memo go to Edit Memo and Type note go to Edit Note
* Choose music go to Edit Music and Type note go to Edit Note
* Choose photo go to Edit Photo and Type caption go to Edit Caption
* Choose video go to Edit Video and Type caption go to Edit Caption

***If the user has entered content, instead display a preview of the current content; when the preview is tapped, go to the corresponding Edit screen.***

* [the user-entered text]
* [the memo duration, a play/pause button, and the user-entered note]
* [Artist Name – Song Name, a play/pause button, and the user-entered note]
* [a thumbnail of the photo and the user-entered caption]
* [a thumbnail of the video and the user-entered caption]

If the user changes their mind and enters content for multiple tool types, the app retains all of the user’s selections (entered text, recorded memo, entered photo caption, entered video caption, which music/photo/video) until they tap either “Save” or the back button. When the new custom tool is saved, only the currently-active tool type’s content becomes part of it.

### Edit Text

***title:*** Edit Text

***A large text field allows the user to type in text.***

### Edit Memo

***title:*** Edit Memo

***button:***

* [microphone icon or red circle recording symbol] / [pause recording bars symbol]

When paused, the button is the recording symbol. When recording, the button is the pause symbol. Recording starts paused: the user must tap the recording symbol to begin recording.

***button:***

* ***Done*** stops recording

***after the user taps “Done”, there is an additional button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

***after the user taps “Done”, there is also a slider:***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

### Edit Note

***A text field allows the user to type in a small amount of text that will display beneath the play/pause button.***

### Edit Music

The user selects one song from their device.

### Edit Photo

The user selects one photo from their device.

### Edit Video

The user selects one video from their device.

### Edit Caption

***A text field allows the user to type in a small amount of text that will display beneath the photo or video.***

## Custom Tool

***title:*** [user-entered short name]

***title bar button:*** Done

***Depending on the type of tool, display one of the following kinds of content:***

### Custom Text Tool

***The user-entered text is displayed in the middle of the screen, large and prominent like a quote or mantra.***

### Custom Memo Tool

***button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***Under the play/pause button and slider, display the user’s typed note text (if any).***

### Custom Music Tool

[Artist Name – Song Name]

***button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***Under the play/pause button and slider, display the user’s typed note text (if any).***

### Custom Photo Tool

***The user-selected photo is displayed in the middle of the screen.***

***Under the photo, display the user’s typed caption text (if any).***

### Custom Video Tool

***A thumbnail for the user-selected video is displayed in the middle of the screen.***

***button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. Video starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

A video scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***Under the video, display the user’s typed caption text (if any).***

## Ambient Sounds

***title:*** Ambient

***title bar button:*** Done

***A picker allows the user to select the audio track. All tracks can be found at Freesound.org:***

Beach <http://www.freesound.org/people/ermine/sounds/23724/>

Country Road <http://www.freesound.org/people/Akoustikos/sounds/137111/>

Crickets <http://www.freesound.org/people/dobroide/sounds/36599/>

Dripping Water <http://www.freesound.org/people/pulseczar42/sounds/170025/>

Forest <http://www.freesound.org/people/dobroide/sounds/43661/>

Frogs <http://www.freesound.org/people/omjn/sounds/24139/>

Marsh <http://www.freesound.org/people/dobroide/sounds/31579/>

Public Pool <http://www.freesound.org/people/belthaczar/sounds/56740/>

Rain <http://www.freesound.org/people/reinsamba/sounds/17084/>

Stream <http://www.freesound.org/people/shewbox/sounds/30688/>

We need to keep the app size under 100MB, so if we have to omit tracks to do so, the order of preference is:

1. Rain

2. Dripping Water

3. Stream

4. Crickets

5. Marsh

6. Frogs

7. Public Pool

8. Beach

9. Forest

10. Country Road

***button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Change Your Perspective

***title:*** Perspective

***title bar button:*** Done

Changing the way you think can change the way you feel. Concentrate on this more helpful thought:

***Large and prominent at the center of the screen, not obscured by the background image, display one of the below text tips at random. If the user entered from Symptoms, randomly select from only those tips that correspond with the user’s chosen symptom.***

| **Text Tip** | **Reminded of Trauma** | **Avoiding Triggers** | **Disconnected from People** | **Disconnected from Reality** | **Sad / Hopeless** | **Worried / Anxious** | **Angry** | **Unable to Sleep** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| This is a hassle, not a horror. |  |  |  |  | X | X | X | X |
| I have been through many hard things in my life and survived. | X | X | X |  | X | X | X |  |
| I can tolerate this. | X | X | X |  | X | X | X | X |
| I will survive even if I don't sleep at all tonight. |  |  |  |  |  |  |  | X |
| This situation is different than what happened to me and I'm going to be fine. | X |  |  |  |  |  |  |  |
| I am right here, right now. |  |  |  | X |  |  |  |  |
| This may seem hard now, but it will get easier and easier over time. | X | X |  |  | X | X | X |  |
| When this is over, I’ll be glad I did it. |  | X | X |  |  | X |  |  |
| I’ve done this before, so I know I can do it again. |  | X | X |  | X | X |  |  |
| I know I’m in a safe place, even though my mind is telling me something else. | X | X |  |  |  | X |  |  |
| I can feel my heart beating and my feet on the floor. I am alive and okay. | X |  |  | X | X | X |  |  |
| I’ve been through worse before and made it through safely. | X | X |  |  | X | X | X |  |
| My body is reacting to a memory. Right now I am safe. | X |  |  |  |  |  |  |  |
| I don't have to feel comfortable all the time. That just proves I am human. | X | X | X |  | X | X | X |  |
| This emotion will come and go. I will feel differently in twenty minutes. | X | X | X |  | X | X | X |  |
| I am able to respond effectively. I have skills to handle this situation. |  |  |  | X | X | X | X |  |
| I have been through this before and been just fine. | X | X | X |  | X | X | X |  |
| This is another challenge that I will figure out and face. | X | X | X |  | X | X | X |  |
| These emotions are telling me something. They won't hurt me. | X | X | X |  | X | X | X |  |
| I am human. I can make mistakes. No one is perfect. |  | X | X |  | X | X | X |  |
| I am able to protect myself. | X | X | X |  |  | X | X |  |
| Slow down. I know there is more than one choice I can make. | X | X |  |  |  | X |  |  |
| I can ask others for help. | X | X | X |  | X | X |  |  |
| I have made the right decision before. | X | X |  |  |  | X |  |  |
| My thoughts are just thoughts; they’re not always right. Don’t believe everything you think. | X | X | X | X | X | X | X |  |
| I am strong. I am safe now. | X | X | X | X |  | X | X |  |
| This feeling will pass. | X | X |  | X | X | X | X |  |
| I will not feel this way forever. I have felt differently before and will feel differently soon. | X | X |  | X | X | X | X |  |
| I am in a safe place. | X | X | X | X |  | X | X |  |
| The emotions I feel right now are giving me information about how I feel but they’re not necessarily based on facts. | X | X |  |  | X | X | X |  |
| If I don't fight my emotions, they will go down on their own. | X | X |  |  | X | X | X |  |
| I am a decent person. |  |  | X |  | X | X |  |  |
| It is okay if it takes me time to figure this out. | X | X | X |  | X | X | X |  |
| There is always time to learn. |  | X | X |  | X | X |  |  |
| Learning will give me more options in the future. |  | X | X |  |  | X |  |  |
| There are times when I will fall back into old patterns. I just need to catch myself and get back on track with what's effective. | X | X | X |  | X | X | X |  |
| It’s not always like this. There are times I have felt pretty amazing, too. |  | X |  |  | X | X |  |  |
| I know that I deserve love. |  |  |  |  | X | X |  |  |
| I am my own unique person: special, talented, and worthwhile. |  | X |  |  | X | X |  |  |
| One night of poor sleep is not the end of the world. |  |  |  |  | X | X | X | X |
| This tossing and turning at night will pass. |  |  |  |  |  |  |  | X |
| Nightmares are disturbing, but they're not real. I am safe. | X |  |  |  |  |  |  | X |
| Although it feels like I will never get a good night’s sleep, I have in the past and I will in the future. |  |  |  |  |  |  |  | X |
| Although I am anticipating a poor night's sleep, it could be fine…I have slept well before. |  |  |  |  |  |  |  | X |

***button:***

* Refresh randomly serve another tip

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Connect with Others

***title:*** Connect

***title bar button:*** Done

It can help to get support from trusted people or to just relax around others. People who have social support experience fewer physical and emotional symptoms of stress than those who don’t. Try this:

***Large and prominent at the center of the screen, not obscured by the background image, display one of the below text tips at random.***

|  |
| --- |
| Call a family member  Talking to another person about your problems, or listening to someone else’s problems for a while, can help improve your mood or change the way you think. |
| Call a friend  Talking to another person about your problems, or listening to someone else’s problems for a while, can help improve your mood or change the way you think. |
| Cook dinner for someone |
| Go to a party |
| Join a book club or reading group |
| Join a sports club  Join a club to play a sport, such as bowling, basketball, or soccer. |
| Make a small gift for someone |
| Visit a family member  Talking to another person about your problems, or listening to someone else’s problems for a while, can help improve your mood or change the way you think. |
| Visit a friend  Talking to another person about your problems, or listening to someone else’s problems for a while, can help improve your mood or change the way you think. |
| Write a letter |

Personal Contacts:

Note that the app has a single contacts list, which the user can edit here, and from the tools Crisis screen, and from the Get Support section, and from Settings.

Only if user has not entered any personal contacts yet, display the text:

Add personal contacts that you can contact for support.

***Contacts the user has entered are listed.***

Tapping a contact loads its screen from the Contacts app, so that the user can choose the method of communication. A contact can be removed from this list with an OS-standard gesture (e.g. in iOS, 2-step swipe to delete).

***button:***

* Add a Contact open Add Contact Action Sheet

### Add Contact Action Sheet

* Pick from contact list choose from contacts that are in the Contacts app
* Create new contact create a new contact in the Contacts app; when saved it is added to this app’s contacts list
* Cancel

***button:***

* Refresh randomly serve another tip

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Deep Breathing

***title:*** Deep Breathing

***title bar button:*** Done

Slowing down and deepening your breathing can help you calm down when you feel distress. Put on your headphones or go somewhere private and quiet to be led through the exercise.

Most of the screen is reserved for the graphic. When the user taps “Play”, the above text is replaced with a synchronized graphic accompaniment (an expanding and contracting dot) to the audio playback. Images and code for the dot are in the PTSD Coach 1.0 repo, but the timing will need to be adjusted to match a new audio recording.

***button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***switch:***

* Captions

*When enabled, captions display in time with the audio.* Timestamps are available from the project manager. (Alternately, instead of this control, captions could automatically display if the user turned them on in the Settings app at General > Accessibility > Subtitles & Captioning)

An area below the play/pause, scrubber, and caption controls is reserved for the captions display.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

audio transcript:

To prepare, get in a comfortable position – sitting would be best for now – so that you can practice along as you listen to and watch the demonstration  Later, when you practice, you can do this exercise sitting, standing up, or lying down- whatever works for you.

Although this exercise should be safe for almost anyone, if you do have difficulty breathing or feel out of breath, or begin to feel dizzy, nervous or out of control, you can adjust your breathing pace, or go back to breathing normally. The goal is just to slow down a bit to allow your system to relax.

Place one hand on your belly and one on your chest. Breathe in by taking air deep into your belly. Allow your belly to expand out while your shoulders and chest stay relaxed.

Now breathe out slowly, allowing the air you exhale to deflate your belly. Pause naturally. You may find it easier to breathe through your nose, but do what is comfortable for you.

Breathe in by taking air deep into your belly. Allow your belly to expand while your shoulders and chest stay relaxed. Breathe out slowly, allowing the air you exhale to deflate your belly. Breathe slowly but naturally.

Breathe in by taking air deep into your belly; say the number “one” to yourself. Allow your belly to expand while your shoulders and chest stay relaxed. Breathe out slowly, allowing the air you exhale to deflate your belly, saying the word “relax” to yourself. Keep your breathing smooth and easy.

Breathe in by taking air deep into your belly; think the number “two.” Again, allow your belly to expand while your shoulders and chest stay relaxed… Breathe out slowly, saying the word “relax.”

Breathe in deeply; think the number “three.” Breathe out slowly, allowing the air you exhale to deflate your belly, “relax.” Focus only on your breathing and the words.

Breathe in deeply; think the number “four.” Breathe out slowly, “relax.” Focus only on your breathing; focus on relaxing.

Breathe in deeply; think the number “five.” Breathe out slowly, “relax.” Focus only on your breathing. Try to keep your breathing rhythmic.

Breathe in deeply, “six.” Breathe out ”relax.”

Continue to breathe “seven.” Breathe out ”relax.”

Focus on your breath and breathe in “eight.” Now breathe out ”relax.”

Breathe in. now counting your breaths backward from eight. Breathe out ”relax.”

Breathe in deeply using your diaphragm ”seven.” Breathe out ”relax.”

Breathe in deeply “six.” Breathe out ”relax.”

Breathe in deeply “five.” Breathe out ”relax.”

Breathe in deeply “four.” Breathe out ”relax.”

Breathe in deeply “three.” Breathe out ”relax.”

Breathe in deeply “two.” Breathe out ”relax.”

Breathe in deeply “one.” Breathe out ”relax.”

Good job. Even as you end this exercise, you can continue to allow your breathing to be deeper and slower. Take your time as you open your eyes and bring your attention back to your surroundings.

## Grounding

***title:*** Grounding

***title bar button:*** Done

***Large and prominent at the center of the screen, not obscured by the background image, display one of the below tips at random. Each tip has a title and some text.***

| **Tip Title** | **Tip Text** |
| --- | --- |
| Feel feet on floor | Focus all of your attention on your feet. Feel the floor under them. |
| Texture of a Pebble | Focus all of your attention on the feel of a pebble or coin in your hand. |
| Breathing | Sit quietly and focus all of your attention on your in-breath and then your out-breath. |
| The space around you – Colors | Look around and focus your attention on the colors around you, noticing as many colors as you can. |
| The space around you – Smells | Focus all of your attention on the smells in your environment. |
| The space around you – Sounds | Focus on and listen carefully to the many sounds in your environment. |
| The space around you – Temperature | Focus all of your attention of the temperature of the air on your skin. |
| Eating | While you are eating, focus all of your attention on the sensations of the food in your mouth while you chew very slowly. |
| Brushing your teeth | Brush your teeth and focus your attention on all of the sensations, tastes, and smells of this activity. |
| Walking | Walk slowly, focusing your attention on what it feels like to take each step. |
| Object | Pick up any small object off the ground and focus all of your attention on the texture of the object and the feel of it in your hand. |
| Pet an animal | Pet an animal that is quiet and calm. Focus all of your attention on the sensations on your hand. |
| Attach yourself to the earth | With your feet shoulder width apart, close your eyes and imagine that you are growing roots into the earth, making you strong and stable. |
| Ice cube | Grab an ice cube and focus all of your attention on the sensations that go with it, cold, wet, and tingling. |
| Name what you see | Look around you and name what you see. Start with large objects, then move to smaller and smaller objects. |
| Focus on touch | Rub your hands together, clap your hands. Focus all of your attention on the feelings and sounds that you experience. |
| Reorientation | Remind yourself where you are, what today's date is, when were you born, and what you did yesterday. |
| Call a friend | Call a friend and discuss some activity you did together recently. |
| Past success | Remember what you did to successfully get past a previous painful experience. |
| Baby steps | Ask yourself and answer: What would be a small sign that things are getting a little better? |
| Suck on a peppermint | Slowly suck on a mint and describe the taste and your reaction in detail to yourself. |
| Stamp your feet on the ground | Stamp your feet on the ground. Feel the force. Hear the sounds. Notice. |
| Feel your clothes on your skin | Pay attention to the sensation of your clothes touching your skin. |
| Feel your hands | Put your hands together and notice the sensations of the skin-on-skin contact. |
| Hear Others | Tune into the voices of others around you. Only pay attention to the sounds of others’ voices. |

***button:***

* Refresh randomly serve another tip

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Help Falling Asleep

***title:*** Falling Asleep

***title bar button:*** Done

***Large and prominent at the center of the screen, not obscured by the background image, display one of the below text tips at random.***

| **Text tip** |
| --- |
| Only go to bed when you are sleepy. |
| If you are in bed for 20 minutes and are still not asleep, get up and do something else (without exposing yourself to bright light or a computer/phone/TV screen). |
| Listen to relaxing music. |
| Read something soothing. |
| Have a cup of decaffeinated tea. |
| Have a cup of warm milk. |
| Take some slow, deep breaths through your nose-- do this for 10 minutes. You can use the breathing tool on this app if you would like. |
| Have a light snack if you are hungry- try something low in sugar and alcohol-free. |
| Make sure the room is cool. |
| Try wearing earplugs if there is noise in your environment. |
| If there is light in your environment, try an eyeshade. |
| Make sure the room is dark. |
| Try taking a warm bath an hour or 2 before bed. |
| Make sure you are comfortable and clothing is not constraining. |
| Avoid watching the clock. |
| Let your mind wander. Don't focus too much on the process of falling asleep. |
| If you find yourself worrying, get up and write your worries down, then let them go. |
| Picture a calming safe place: picture yourself by a river, a lake, or in a meadow. Imagine the scene, the sights and sounds and smells, as you drift off. You can use the positive imagery tool on this app if you would like. |
| Feel all the muscles of your body relax, as if sinking into the mattress. You can use the progressive muscle relaxation tool on this app if you would like. |
| Avoid nicotine, caffeine, and alcohol in the evenings. |
| Avoid too much salt in your food. This can cause you to wake-up thirsty throughout the night. |
| Turn off the TV and computer 30 minutes before bedtime. |
| Develop a relaxing bedtime routine. |
| Get up and have a glass of water. |
| Ensure that your sheets are clean and that your pillow and mattress are comfortable and supportive. |
| Try not to worry about falling asleep; just allow it to happen. |

***button:***

* Refresh randomly serve another tip

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Inspiring Quotes

***title:*** Quotes

***title bar button:*** Done

***Large and prominent at the center of the screen, not obscured by the background image, display one of the below text tips at random. Each tip has some text and an attribution, such as “It’s not easy being green.” – Kermit the Frog***

| **Tip Text** | **Tip Attribution** |
| --- | --- |
| Although the world is full of suffering, it is full also of the overcoming of it. | Helen Keller |
| You are not responsible for being down, but you are responsible for getting up. | Jesse Jackson |
| No feeling is final. | Ranier Maria Rilke |
| Not to laugh, not to lament, not to judge, but to understand. | Baruch Spinoza |
| And the trouble is, if you don’t risk anything, you risk even more. | Erica Jong |
| Don’t compromise yourself. You are all you you’ve got. | Janis Joplin |
| You yourself, as much as anybody in the entire universe, deserve your love and affection. | Buddha |
| …be attentive to what is arising within you, and place that above everything else…What is happening in your innermost self is worthy of your entire love; somehow you must find a way to work at it. | Ranier Maria Rilke |
| Never, never, never, never, never give up. | Winston Churchill |
| Watch your thoughts; they become your words. Watch your words; they become your actions. Watch your actions; they become your habits. Watch your habits; they become your character. Watch your character; it becomes your destiny. | Frank Outlaw |
| Do what you can, with what you have, where you are. | Theodore Roosevelt |
| Let your heart guide you. It whispers, so listen closely. | Molly Goode |
| Life is never what one dreams. It is seldom what one desires, but for the vital spirit and the eager mind, the future will always hold the search for buried treasure and the possibility of high adventure. | Ellen Glasgow |
| It takes two to speak the truth—one to speak, the other to hear. | Henry David Thoreau |
| When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object. | Ralph Waldo Emerson |
| The future depends on what we do in the present. | Mohandas K. Gandhi |
| If we change within, our outer life will change also. | Jean Shinoda Bolen |
| Perhaps the truth depends on a walk around the lake. | Wallace Stevens |
| A loving heart is the truest wisdom. | Charles Dickens |
| Each of us is two selves, and the great challenge of life is to try to keep that higher self in command. | Martin Luther King Jr. |
| In the time of your life, live. | William Saroyan |
| Life is not what it’s supposed to be. It’s what it is. The way you cope with it is what makes the difference. | Virginia Satir |
| The difference between the impossible and the possible lies in a person's determination. | Tommy Lasorda |
| Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end. | Scott Adams |
| The fact is, that to do anything in the world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in and scramble through as well as we can. | Robert Cushing |
| Follow your honest convictions, and stay strong. | William Thackeray |
| Knowing yourself is the beginning of all wisdom. | Aristotle |
| Your real influence is measured by your treatment of yourself. | A. Bronson Alcott |
| Energy and persistence conquer all things. | Benjamin Franklin |
| Fear less, hope more, eat less, chew more, whine less, breathe more, talk less, say more, hate less, love more, and good things will be yours. | Swedish Proverb |
| I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition. | Martha Washington |
| The only journey is the journey within. | Ranier Rilke |
| Every day do something that will inch you closer to a better tomorrow. | Doug Firebaugh |
| The happiest life is that which constantly exercises and educates what is best in us. | Hamerton |
| If we all did the things we are capable of, we would astound ourselves. | Thomas Edison |
| Go back a little to leap further. | John Clarke |
| I failed my way to success. | Thomas Edison |
| Don't waste your life in doubts and fears: spend yourself on the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours or ages that follow it. | Ralph Waldo Emerson |
| It is the trouble that never comes that causes the loss of sleep. | Chas. Austin Bates |
| When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us. | Helen Keller |
| The more difficulties one has to encounter, within and without, the more significant and the higher in inspiration his life will be. | Horace Bushnell |
| Years teach us more than books. | Berthold Auerbach |
| Life is either a daring adventure or nothing. | Helen Keller |
| If you do not hope, you will not find what is beyond your hopes. | St. Clement of Alexandra |
| Men's best successes come after their disappointments. | Henry Ward Beecher |
| The best way out is always through. | Robert Frost |

***button:***

* Refresh randomly serve another tip

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Leisure: Recharge in Nature

***title:*** In Nature

***title bar button:*** Done

***Large and prominent at the center of the screen, not obscured by the background image, display one of the below text tips at random.***

|  |
| --- |
| **Text Tip** |
| Buy some flowers and enjoy their beauty. |
| Do some gardening. |
| Go bird watching. |
| Go camping. |
| Go fishing. |
| Go for a drive or motorcycle ride in the countryside. |
| Go for a hike or bike ride on a nature trail. |
| Go for a picnic. |
| Go to a lake, river, or beach. |
| Take a stroll at a botanical garden or flower show. |
| Take a trip to a nature reserve or national park. |
| Take a walk in the park. |
| Spend time with animals in a safe way. |

***button:***

* Refresh randomly serve another tip

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Leisure: Enjoy Time Alone

***title:*** Time Alone

***title bar button:*** Done

***Large and prominent at the center of the screen, not obscured by the background image, display one of the below text tips at random.***

|  |
| --- |
| **Text Tip** |
| Bake something. |
| Cook a meal for yourself. |
| Dance. |
| Do a crossword or Sudoku puzzle. |
| Do a jigsaw puzzle. |
| Do arts and crafts. |
| Eat something delicious. |
| Have coffee or tea. |
| Knit or do needlepoint. |
| Light some candles. |
| List 5 things you like about yourself. |
| Listen to the radio. |
| Paint or draw. |
| Plan a trip. |
| Play a musical instrument. |
| Play cards. |
| Play with animals. |
| Practice a martial art. |
| Pray, meditate, or practice yoga. |
| Put on an outfit that makes you feel good. |
| Read a relaxing magazine or book. |
| Remember a fun vacation. |
| Remember someone being kind to you. |
| Sew, knit or crochet. |
| Sing around the house. |
| Take a relaxing bath. |
| Take a warm bath or hot tub. |
| Take photographs. |
| Think about someone you love. |
| Watch a movie or TV show. |
| Watch funny videos. |
| Watch sports on TV. |
| Write a poem or story. |

***button:***

* Refresh randomly serve another tip

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Leisure: In Town

***title:*** In Town

***title bar button:*** Done

***Large and prominent at the center of the screen, not obscured by the background image, display one of the below text tips at random.***

|  |
| --- |
| **Text Tip** |
| Go clothes shopping. |
| Go window shopping |
| Buy yourself a small gift. |
| Buy yourself flowers. |
| Buy yourself music. |
| Get a manicure and/or pedicure. |
| Get a massage. |
| Go bowling. |
| Go listen to music. |
| Go out for ice cream. |
| Go out to dinner. |
| Go sightseeing. |
| Go to a bookstore and read. |
| Go to a coffee shop to read and have coffee/tea. |
| Go to a live performance or play. |
| Go to a museum. |
| Go to church/temple/mosque. |
| Go to the movies. |
| Go watch horse racing or auto racing. |
| Play a sport. |
| Play pool. |
| Take a class in a craft, a language, or a dance. |
| Volunteer at a soup kitchen or animal shelter. |

***button:***

* Refresh randomly serve another tip

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Mindful Breathing[[1]](#footnote-2)

***title:*** Mindful Breathing

***title bar button:*** Done

For this exercise, find a comfortable and quiet place to sit, where you are unlikely to be disturbed.

Please note that there will be pauses in the audio so you can practice without distraction.

Time: About 9 minutes.

***buttons:***

* Play [triangle symbol] / Pause [bars symbol]
* Self Guided go to Mindful Breathing Self Guided

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***switch:***

* Captions

*When enabled, captions display in time with the audio.* Timestamps are available from the project manager. (Alternately, instead of this control, captions could automatically display if the user turned them on in the Settings app at General > Accessibility > Subtitles & Captioning)

An area below the play/pause, scrubber, and caption controls is reserved for the captions display.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

audio transcript:

Start this exercise by sitting comfortably in a chair with your feet squarely on the floor.

Sit with your posture firm, but not rigid.

Make sure your head feels centered over your shoulders and place your arms in a comfortable position at your sides or on your lap.

This posture helps you stay alert and focused.

Begin by noticing that your body is sensing the environment around you.

Notice that you can feel yourself sitting in your chair.

Feel your feet on the ground

and feel your clothes on your skin.

You might feel the bend of your knees or elbows.

Now, gently close your eyes, or locate a place in front of you where you can let your eyes rest, like the floor or a wall.

Notice that as you close, or soften, your eyes, your ears tend to open and sound is more available to you.

Take a few moments to pay attention to all of the sounds that you hear. (pause 15 sec)

Now gently release your attention from the sounds around you.

Place your attention on the tip of your nose, and then begin to pay attention to the sensation of air moving in and out of your nostrils.

Notice the change in temperature between the in breath and the out breath.

Allow yourself to gently follow your breathing, paying attention to the air passing in and out of your body. (pause 10 sec)

You may also notice the rise and fall of your chest and belly as you breathe.

Feel that expansion and contraction.

Relax into your breathing, and allow it to be natural and unforced.

If you become distracted by your thoughts, just take a moment to notice where the thoughts took you.

Then, without judgment, let go and return your attention to your breathing.

If you get distracted 100 times, that’s ok — just bring yourself back to your breath 100 times.

Now, take the next few minutes to attend completely to your breathing.

You won’t hear my voice for the next 5 minutes.

\* Breathe. \* (pause 5 min)

Now gently release your attention from your breathing and bring your focus back to hearing.

Take a moment to be aware of the sounds around you. (pause 10 sec)

Now, releasing your attention from sound, gently focus on the sensations in your body.

Notice the placement of your feet, arms, and head. (pause 10 sec)

When you are ready, open and refocus your eyes. Gently begin to move and go on with your day.

### Mindful Breathing Self Guided

***title:*** Mindful Breathing

***title bar button:*** Done

***heading:*** Self-Guided Exercise

Please read the following script through until you feel familiar with it, then follow the instructions on your own.

Sit comfortably in a chair with your feet on the floor and your body upright.

Notice your body’s contact with the environment. Feel yourself sitting in your chair, your feet on the ground, the bend of your joints, the clothes on your skin. Then let your gaze soften, and take a moment to pay attention to all of the sounds that you hear.

Release your attention from the sounds around you – place your attention on the tip of your nose, and begin to notice your breath moving in and out of your nostrils. Notice the change in air temperature between the in breath and out breath. Gently follow your breathing, also noticing the rise and fall of your chest and belly. Relax into your breathing, and allow it to be natural and unforced.

If you become distracted by your thoughts, just notice this and return your attention to your breathing. If you get distracted 100 times, that’s ok – just keep coming back to your breath. Now take the next few minutes to attend completely to your breathing.

When you are ready, bring your attention away from your breath and notice the sounds around you for a few moments. Then, focus on the sensations in your body again. When you are ready, focus your eyes on the room around you, stretch if you like, and go on with your day.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Mindful Walking[[2]](#footnote-3)

***title:*** Mindful Walking

***title bar button:*** Done

For this exercise, you can walk at home, in your yard, in your neighborhood, at a park, or wherever else feels comfortable and safe to you. Try to remain silent during your walk so that you can more easily attend to your sensations and to your mind.

Please note that there will be pauses in the audio so you can practice without distraction.

Time: about 6 minutes.

***buttons:***

* Play [triangle symbol] / Pause [bars symbol]
* Self Guided go to Mindful Walking Self Guided

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***switch:***

* Captions

*When enabled, captions display in time with the audio.* Timestamps are available from the project manager. (Alternately, instead of this control, captions could automatically display if the user turned them on in the Settings app at General > Accessibility > Subtitles & Captioning)

An area below the play/pause, scrubber, and caption controls is reserved for the captions display.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

audio transcript:

Start with just standing still and noticing the sensations in your body:

your feet on the ground, your balance, and where you are. (pause 12 sec)

Notice your breathing – the natural flow of your breath, in and out, in and out. (pause 15 sec)

Now, slowly begin to walk, noticing the sensations experienced by your feet as they touch the ground, sensing each part of your foot as it bends and moves as you take each step. (pause 12 sec)

Continue to walk slowly and as you walk, bring your full awareness to the sensations of walking, letting each foot land gently and purposefully.

Notice the rhythm of your steps and how your body feels as it moves. (pause 30 sec)

As you walk, if your attention wanders to other things, just notice that.

Then, gently bring your attention back to the experience of walking. (pause 30 sec)

As you walk, notice each step, feeling your feet as they meet the ground. (pause 10 sec)

You can also bring your attention to your legs and knees, noticing the sensations that you experience there.

If you like, move your awareness to your hip area. Take time to notice the sensations you experience as you focus your attention on your hips. (pause 10 sec)

Remember to take your time walking, so that you can fully notice your experience and sensations.

Now feel free to move your attention further up to your midsection, and allow yourself to feel all the sensations there. (pause 10 sec)

You can also bring your attention to your shoulders, arms, and hands.

Here again, notice any sensation, movement, or rhythm in your stride. (pause 10 sec)

You may notice the feel of your neck and head as your feet meet the ground with each step.

Now focus your attention on your head and neck. Notice any sensations that you experience in this area of your body as you move.

Do you feel any difference in sensations there as you walk? (pause 10 sec)

Now bring your attention back to the sensations and movement of your feet as you continue to walk. (pause 1.5 min)

If you notice that you are starting to walk more quickly, slow your pace to become more aware of every aspect of the experience of taking a step. (pause 2 min)

Continue to walk for as long as you like.

When you are finished, stand for a moment and bring your attention to your breath, noticing how your chest and belly naturally rise and fall as you breathe.

### Mindful Walking Self Guided

***title:*** Mindful Walking

***title bar button:*** Done

***heading:*** Self-Guided Exercise

Please read the following script through until you feel familiar with it, then follow the instructions on your own.

Stand still and notice your feet on the ground, your balance, and where you are. Notice the flow of your breathing. Now slowly begin to walk, noticing the sensations experienced by your feet as they touch the ground, sensing each part of your foot as it bends and moves. As you walk, bring your full awareness to the sensations of walking, letting each foot land gently and purposefully. Notice the rhythm of your steps and how your body feels as it moves.

As you walk, notice each step, feeling your feet as they meet the ground. Then bring your attention to your legs and knees, and notice the sensations there. After a bit, bring your attention to movements and feelings in your hip area. Then move your attention to your midsection, and feel all the sensations there. As you continue walking slowly, bring your attention to your shoulders, arms, and hands. Again, notice any sensation, movement, or rhythm in your stride. Then notice the feel of your neck and head as you move. Now bring your attention back to the sensations and movement of your feet as you continue to walk.

As you walk, if your attention wanders to other things, just notice that. Then, gently bring your attention back to walking.

Continue to walk for as long as you like, remembering to keep your pace slow and your attention focused. When you are finished, stand for a moment and bring your attention to your breath before you continue on with your day.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Mindful Eating[[3]](#footnote-4)

***title:*** Mindful Eating

***title bar button:*** Done

For this exercise, you will need three raisins or other small fruits, such as berries or cherries. Then, find a comfortable and quiet place to sit, where you will be able to focus on this mindfulness exercise.

Please note that there will be pauses in the audio so you can practice without distraction.

Time: about 6 minutes.

***buttons:***

* Play [triangle symbol] / Pause [bars symbol]
* Self Guided go to Mindful Eating Self Guided

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***switch:***

* Captions

*When enabled, captions display in time with the audio.* Timestamps are available from the project manager. (Alternately, instead of this control, captions could automatically display if the user turned them on in the Settings app at General > Accessibility > Subtitles & Captioning)

An area below the play/pause, scrubber, and caption controls is reserved for the captions display.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

audio transcript:

Start this exercise by sitting comfortably in a chair with your feet squarely on the floor.

Sit with your posture firm, but not rigid.

Make sure your head feels centered over your shoulders, and place your arms in a comfortable position.

This posture helps you stay alert and focused. (pause 10 sec)

When we eat, we tend to put food into our mouths without much thought.

You might be amazed to discover how much deeper your experience of eating a small piece of fruit can be if you treat it mindfully.

First, take a raisin or another small piece of fruit, and eat it the way you normally do,

that is, just pop it into your mouth, chew, and swallow. (pause 8 sec)

Now, get another one of that same kind of fruit.

Place it in front of you and examine it.

Notice any wrinkles, and the texture of its skin. Notice where it is smooth, rough, or furry, and the various shapes any wrinkles or bumps may form.

Now take out another piece of fruit and place it next to the first, and notice how unalike they are.

No two pieces of fruit are identical.

Are these two fruits the same size?

Think about the fruits in term of the space they take up in the room, in the world, and in the universe.

Think about their size in relation to each other, as well.

Now pick up one of the fruits and roll it around between your fingers.

Feel the texture on the outside of the fruit.

Feel any sticky or moist traces it leaves on your fingers. (pause 10 sec)

Then place the fruit in your mouth.

Roll it around inside your mouth, over and under your tongue.

Hide it in the crevices between your jaws and your cheeks. Don’t chew it for at least 30 seconds or so. (pause 20 sec)

When you are ready, slowly eat the fruit and notice the way it tastes.

Note the way it feels on your teeth as you chew,

and how it feels as you swallow. (pause 20 sec)

When you are ready, eat the second piece of fruit, but this time, eat it really slowly.

Chew the fruit as many times as you can, until it turns into mush in your mouth, and then swallow.

Is the flavor different when it is eaten this way than it was last time?

How is it different?

What does it feel like in your mouth as it falls apart?

How does it feel as you finally swallow it?

How does it compare with the first piece of fruit?

What’s different when you eat the fruit mindfully rather than simply popping it in your mouth and slurping it down? (pause 10 sec)

When you are finished, sit or stand for a moment and bring your attention to your breath, noticing how your chest and belly naturally rise and fall as you breathe, before you go on with your day.

### Mindful Eating Self Guided

***title:*** Mindful Eating

***title bar button:*** Done

***heading:*** Self-Guided Exercise

Please read the following script through until you feel familiar with it, then follow the instructions on your own.

This exercise is meant to help you have a more mindful experience of eating.

Sit comfortably in a chair with your feet on the floor and your body upright.

First, take a raisin or other small fruit, and eat it the way you normally do: just pop it into your mouth, chew, and swallow. Then, get another one of that fruit. Place it in front of you and examine its texture, form, shape, and size. Now take out another piece of fruit and place it next to the first, and notice all their differences — in size, shape, and texture.

Pick up one fruit and roll it between your fingers. Feel the texture on the outside of the fruit, and any stickiness or moisture. Then place it in your mouth. Roll it around inside your mouth, over and under your tongue, and between your jaws and cheeks. Don’t chew it for at least 30 seconds. When you are ready, eat the fruit. Notice its taste, the feel on your teeth as you chew, and how it feels as you swallow.

Next, eat the second piece of fruit, but this time, eat it *really slowly*. Chew the fruit as many times as you can, until it turns into mush in your mouth, and then swallow. Notice the flavor(s), how it feels in your mouth, and how it feels to swallow. How does this experience compare to the first piece of fruit?

When you are finished, focus on your breathing for a moment before you go on with your day.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Mindful Listening

***title:*** Mindful Listening

For this exercise, find a comfortable and quiet place to sit, where you are unlikely to be disturbed. You may either pay attention entirely to the world around you or you may put all of your attention onto a song from your library. In either case, attend entirely to the sounds rather than the meanings of the sounds.

***buttons:***

* My Environment
* My Songs

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

### My Environment

***title:*** My Environment

***title bar button:*** Done

Pay attention entirely to the sounds of the world around you. Do not label the sounds or think about their meanings. If your mind wanders, return to listening as soon as you realize it.

***Display a countdown timer.***

The default time is 5 minutes. When the timer is tapped, open a picker to change the time to any time between 1 minute and 60 minutes.

Upon reaching the end, a calm-sounding chime rings and the timer resets.

***button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. The timer starts paused: the user must tap the play triangle to begin countdown.

If the timer is counting down in accessibility mode, VoiceOver must periodically announce the time.

***button:***

* Reset reset the timer

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

### My Songs

***title:*** My Songs

***title bar button:*** Done

Pay attention entirely to the sounds of the song. Do not label the sounds or think about their meanings. If your mind wanders, return to listening as soon as you realize it.

***Display the currently-selected song as:***

Artist Name

Song Name

This tool maintains a list of songs from the Music on the device. Note that this is a different list than the Soothing Audio songs.

If the user has never added any songs to this tool’s list, display instead “no songs are on your list”.

This artist name – song name display is a button. When tapped, change the song to the next song on the list.

***button:***

* Edit Song List

***button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. The playback starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

#### Edit Song List

***title:*** Mindful Songs

***title bar button:*** + access the Music framework to select songs that are on the device

***List the songs the user has selected for this tool.***

A song can be removed from this app’s list by an OS-standard method, e.g in iOS 2-step swipe to delete.

## Mindful Looking

***title:*** Mindful Looking

For this exercise, find a comfortable and quiet place to sit, where you are unlikely to be disturbed. You will be putting all of your attention onto a picture from your library.

Select pictures from your photo albums that will allow you to focus your entire attention on the colors, the textures, and the features of the image.

***buttons:***

* Begin Activity disabled if the user has no pictures selected yet
* Select Pictures

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

### Begin Activity

***title:*** Mindful Looking

***title bar button:*** Done

Focus your entire attention on the colors, the textures, and the features of the image. Try not to get wrapped up in the meaning of the person, place, or thing in the image.

***Display a thumbnail of the currently-selected photo.***

This tool maintains a list of pictures from the Photos on the device. Note that this is a different list than the Soothing Images pictures.

The photo thumbnail is a button. When tapped, change the picture to the next picture on the list.

***Display a countdown timer.***

The default time is 5 minutes. When the timer is tapped, open a picker to change the time to any time between 1 minute and 60 minutes.

Upon reaching the end, a calm-sounding chime rings and the timer resets.

***button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. The timer starts paused: the user must tap the play triangle to begin countdown.

If the timer is counting down in accessibility mode, VoiceOver must periodically announce the time.

***button:***

* Reset reset the timer

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

### Select Pictures

***title:*** Mindful Pictures

***title bar button:*** + access the Photos framework to select photos that are on the device

***List thumbnails of the photos the user has selected for this tool.***

A photo can be removed from this app’s list by an OS-standard method.

## Observe Thoughts: Leaves on a Stream[[4]](#footnote-5)

***title:*** Leaves on a Stream

***title bar button:*** Done

For this exercise, find a comfortable and quiet place to sit, where you are unlikely to be disturbed.

Please note that there will be pauses in the audio so you can practice without distraction.

Time: About 7 minutes.

***buttons:***

* Play [triangle symbol] / Pause [bars symbol]
* Self Guided go to Leaves on a Stream Self Guided

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***switch:***

* Captions

*When enabled, captions display in time with the audio.* Timestamps are available from the project manager. (Alternately, instead of this control, captions could automatically display if the user turned them on in the Settings app at General > Accessibility > Subtitles & Captioning)

An area below the play/pause, scrubber, and caption controls is reserved for the captions display.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

audio transcript:

Start this exercise by sitting comfortably in a chair with your feet squarely on the floor.

Sit with your posture firm, but not rigid.

Make sure your head feels centered over your shoulders and place your arms in a comfortable position at your sides or on your lap.

This posture helps you stay alert and focused.

Now, gently close your eyes, or locate a place in front of you where you can let your eyes rest, like the floor or a wall.

Gently bring your attention to the natural rhythm of your breathing.

Simply notice your breath as you inhale and exhale.

You may notice the breath coming in and out through your nostrils, or you may focus on the sensations in your chest and belly rising and falling as you breathe.

There is no need to make the breath faster or slower, deeper or shallower.

Just allow breathing to happen. (pause 15 sec)

Simply allow the natural pace of your breathing as you continue to pay attention. (pause 30 sec)

Now imagine that you are sitting next to a small stream on warm autumn day.

As you gaze at the stream, you notice a number of large leaves of varying colors and shapes drifting along,

each at its own pace, one by one, in the slowly moving current.

Allow yourself to simply be with this scene for a moment, observing. (pause 30 sec)

Now, gradually bring your awareness to what’s going on inside you — thoughts, sensations, feelings, desires, impulses. (pause 20 sec)

Now, bring your attention particularly to what’s happening in your mind.

As you do, gently notice the thoughts that show up.

You may notice judgments, plans, and memories,

fantasies, resentments, worries, and other thoughts.

Notice all your thoughts with an attitude of compassionate allowing. (pause 10 sec)

Bring the stream back to your awareness.

As thoughts come into your mind, notice them, and gently place them one by one on each large leaf passing by in the stream.

Observe each leaf as it comes closer to you.

Then watch as it moves away, drifting along and carrying that thought out of sight downstream.

Return to gazing at the stream, waiting for the next leaf to float by.

Continue placing each thought on its own large leaf.

Observe each one as you let it float away downstream. (pause 5 min)

When you are ready to end this exercise, shift your attention to the sounds around you. (pause 10 sec)

Then shift your attention to your breath, and the rise and fall of your chest and belly as you inhale and exhale. (pause 10 sec)

Now picture what the room you are in looks like, and when you are ready, open, or refocus, your eyes and look around. (pause 10 sec)

Take your time before you go on with your day.

### Leaves on a Stream Self Guided

***Title:*** Leaves on a Stream

***title bar button:*** Done

***heading:*** Self-Guided Exercise

Please read the following script through until you feel familiar with it, then follow the instructions on your own.

Start this exercise by sitting comfortably in a chair with your feet on the floor and your body upright. Let your eyes soften and bring your attention to your breath. Notice the air coming in and out through your nostrils, and your chest and belly rising and falling as you breathe. Simply allow the natural pace of your breathing as you continue to pay attention.

Now imagine you are sitting next to a small stream on warm day. In the stream, you notice a number of large leaves of varying colors and shapes drifting along, one by one, in the slowly moving current. Spend a moment observing this scene in your mind’s eye.

Now notice what’s going on inside you—thoughts, sensations, feelings, and impulses. Focus especially on what’s happening in your mind, and gently notice the thoughts that show up. They may be judgments, plans, memories, worries, etc. Try to notice them all with compassion.

Bring the stream back to your awareness. As you notice your thoughts, gently place them one by one on each large leaf passing by in the stream. Observe each leaf as it comes closer, then watch as it moves away, drifting along and carrying that thought out of sight downstream. Continue placing each thought on its own large leaf, and allow it to float away. Do this for *at least* 5 minutes.

When you are ready to end this exercise, shift your attention to your breath for a few moments before you go on with your day.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Observe Thoughts: Clouds in the Sky

***title:*** Clouds in the Sky

***title bar button:*** Done

For this exercise, find a comfortable and quiet place to sit, where you are unlikely to be disturbed.

Please note that there will be pauses in the audio so you can practice without distraction.

Time: About 7 minutes.

***buttons:***

* Play [triangle symbol] / Pause [bars symbol]
* Self Guided go to Clouds in the Sky Self Guided

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***switch:***

* Captions

*When enabled, captions display in time with the audio.* Timestamps are available from the project manager. (Alternately, instead of this control, captions could automatically display if the user turned them on in the Settings app at General > Accessibility > Subtitles & Captioning)

An area below the play/pause, scrubber, and caption controls is reserved for the captions display.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

audio transcript:

Now we’ll practice a mindfulness exercise using some visualization to help watch what happens with our thoughts.

I’d like you to start by taking a few deep breaths, (pause) watching the flow of your breath as you breathe in and out. One more time, in and out and notice the feeling of your body in the chair. Notice exactly the position that your body is in. And if you notice any sensations of tension see if you can imagine your breath as it flows in and swirls around in those areas of tension and then you breathe it out.

And now that you’re grounded and centered here in the moment, let’s see if we can practice becoming mindful of the range of thoughts that might go through your mind at any given time. So if you’re willing, I’d like you to try to imagine that you’re looking up into the sky and it’s a bright blue sky. And maybe you even feel the sensation of the air, maybe a light wind passing by, and you can feel that air move across your skin. And as you look up into that bright blue sky you start to notice that there are large white puffy clouds that move from one side of the sky to the other. One after another, there’s a large white cloud and it appears in one edge of your vision, moves across the sky and then passes out of your vision on the other side. And after one cloud make its movement across the sky then another cloud comes and does the same. And they keep coming, one after another, moving across the sky.

So I’d like you to watch that sequence of events for a moment and as you see the clouds moving across, I’d like you to now begin becoming aware of the thoughts that might be going through your mind. Just go ahead and take whatever the first thought is that comes to your mind and see if you can take that thought and place it on one of the clouds and just let the cloud flow by. And then do the same thing with the next thought that comes to your mind. And it doesn’t have to be thoughts, it could be sensations or feelings that you’re having, just whatever the next thing is that you experience. Take it and place it on a cloud and let it flow by. You might choose to represent those thoughts or experiences as one word that you put on the cloud or it might be an image or some other way of representing whatever it is that you are experiencing. There’s no right or wrong way to do it. Simply practice noticing whatever is there for you, in turn placing each one on a cloud and letting it move past (pause).

The form of the practice isn’t what’s important; it’s the process, so if you find yourself becoming distracted or thinking that you can’t do this then as soon as you notice that thought go ahead and take that thought and place it on a cloud, watch it go by and return to the process. You might even have to do that over and over again. And that’s OK. There’s no end point. It’s just an opportunity to practice being mindful of your thoughts and to detach from them rather than becoming hooked on them or buying into them. And now I’ll be quiet for a moment while you continue to practice (pause).

Go ahead and notice one last thought or experience, place it on a cloud and let the cloud trail by while you bring your awareness back here to this moment. Notice any sensations in your body. Notice the sensation of breathing and I’d like you to take two more deep breaths (pause) and whenever you’re ready you can open your eyes.

### Clouds in the Sky Self Guided

***Title:*** Clouds in the Sky

***title bar button:*** Done

***heading:*** Self-Guided Exercise

Start this exercise by finding a comfortable position sitting or lying down. Take a few deep breaths—relax.

Imagine that you’re looking up into the bright blue sky. Feel the sensation of the air - maybe a light wind passing by - and you can feel that air move across your skin. Notice that there are large white puffy clouds that move from one side of the sky to the other. Follow the large white clouds as they appear on one edge of your vision, move across the sky and then pass out of your vision on the other side. And after one cloud make its movement across the sky then another cloud comes and does the same. And they keep coming, one after another, moving across the sky.

Begin becoming aware of the thoughts that are going through your mind. Take whatever the first thought is that comes to your mind and see if you can take that thought and place it on one of the clouds and just let the cloud flow by. Then do the same thing with the next thought that comes to your mind. You can also put sensations, feelings, or urges on clouds and let them flow by. You might choose to represent those thoughts or experiences as one word that you put on the cloud or it might be an image or some other way of representing whatever it is that you are experiencing. There is no right or wrong way to do it. Simply practice noticing whatever is there for you, in turn placing each one on a cloud and letting it move past*.*

If you get distracted or think that you can’t do this, put that thought on a cloud, watch it go by, and return to the process. You might even have to do that over and over again.

Notice one last thought or experience, place it on a cloud and let the cloud trail by while you bring your awareness back here to this moment. Notice any sensations in your body. Notice the sensation of breathing. Take two more deep breaths and whenever you are ready you can open your eyes and return your awareness to your surroundings.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Observe Sensations: Body Scan

***title:*** Body Scan

***title bar button:*** Done

For this exercise, find a comfortable and quiet place to sit, where you are unlikely to be disturbed. This mindfulness exercise will help you practice mindfulness of physical sensations.

Please note that there will be pauses in the audio so you can practice without distraction.

Time: About 9 minutes.

***buttons:***

* Play [triangle symbol] / Pause [bars symbol]
* Self Guided go to Body Scan Self Guided

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***switch:***

* Captions

*When enabled, captions display in time with the audio.* Timestamps are available from the project manager. (Alternately, instead of this control, captions could automatically display if the user turned them on in the Settings app at General > Accessibility > Subtitles & Captioning)

An area below the play/pause, scrubber, and caption controls is reserved for the captions display.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

audio transcript:

Start this exercise by finding a comfortable position sitting in a chair, or lying on a bed or the floor.

Close your eyes and take a few deep breaths.

Relax. (pause 10 sec)

Don’t let yourself drift off to sleep during this exercise, but allow yourself to rest. (pause 10 sec)

Now slowly bring your awareness to the tips of your fingers.

Feel your fingers.

Now, rub your fingertips together.

How do they feel?

Can you feel the small indentations on that are your fingerprints?

Take your time and try to feel them.

What do they feel like?

Are your fingertips raw from lots of work or are they smooth?

How does it feel to rub them together?

Notice the sensations. (pause 10 sec)

Now rest your fingers where they were before.

What are they touching?

Are they resting on a blanket, on the arms of your chair, on your legs or stomach, or something else?

What does that feel like?

Is it soft or hard?

Does it have any other distinguishing features or textures?

Take the time to completely absorb the way these objects feel to your fingertips. (pause 10 sec)

Now bring attention to your hands and arms. What do they feel like?

Perhaps they are relaxed and heavy.

Perhaps they are tense from work or stress.

Either way is okay.

There is no need to judge; simply observe the feelings in your arms and hands.

Are there any aches or pains?

Take note of these, but don’t fixate on them. Simply notice the pain and move on. (pause 10 sec)

Move your attention down to your toes now.

Wiggle them around a little. Are they in shoes or socks?

Are they free to move about?

Wiggle them and notice whatever is around or under them.

Do you notice air, or the feeling of blankets or socks?

Be aware of the experience.

Just notice the sensations as you bring your awareness to your feet. (pause 10 sec)

Now shift your attention, and notice how your head is positioned.

Is it upright or tilted?

Is your head turned in a particular direction?

Simply notice your head’s positioning without trying to change it.

Also notice any sensations that you are experiencing in your head or neck, such as tension or relaxation.

Take your time noticing. (pause 10 sec)

What about your face? How does your face feel?

There are all kinds of sensations to explore here.

Think about your brow. Is it smooth and flat or is it wrinkled up with stress?

Again, don’t try to change it, just notice it. (pause 5 sec)

Now bring awareness to your nose. Can you breathe freely?

Take a few breaths in and out through your nose.

Can you feel air flowing into your nose?

Is the air warm or cool?

Pay attention to these feelings for a moment. (pause 5 sec)

Then think about your mouth.

How is it positioned?

Is it pursed? Open? Closed?

What about the inside of your mouth? Is it wet or dry? (pause 5 sec)

Explore all of the sensations throughout your face.

Perhaps your skin feels dry, or you notice other sensations of itching, tingling, heaviness, heat, or coolness.

Perhaps there is no feeling at all. Just notice. (pause 10 sec)

Now bring your attention to your chest and belly.

Place one hand on your chest and one hand on your belly.

Can you feel your body breathing? What is that like?

Are you breathing fast or slow?

Is your breath going more into your belly or your chest?

Now breathe in through your nose and out through your mouth.

How does that feel? (pause 8 sec)

Now invert that pattern, breathing in through your mouth and out through your nose, and notice how that feels. (pause 10 sec)

Now breathe naturally, just noticing the sensations. (pause 10 sec)

Next place your hands wherever they were before and expand your attention to include your whole body.

Where are you sitting or lying?

Can you feel the back side of your body touching the chair or bed in various places?

Be mindful of the way your body is positioned.

There is no need to move, just observe. (pause 10 sec)

Now, with your eyes still closed, imagine the room you’re in.

Where are you positioned in the room?

Do you have a sense of where the door is?

What about the ceiling?

Can you feel your body in the larger space? (pause 10 sec)

When you are ready, open your eyes and look around the room.

You can move if you wish.

Notice where the various pieces of furniture and decoration are.

What do they look like?

You can spend as much time as you like investigating different aspects of the room.

Remember not to judge, just to notice. (pause 10 sec)

Whenever you are ready, you can stop this exercise and continue with your day.

### Body Scan Self Guided

***Title:*** Body Scan

***title bar button:*** Done

***heading:*** Self-Guided Exercise

Please read the following script through until you feel familiar with it, then follow the instructions on your own.

Start this exercise by finding a comfortable position sitting or lying down. Take a few deep breaths—relax.

Now bring your awareness to your fingers. Rub them together and notice their texture, temperature, and the sensations as they move. Can you feel the indentations of your fingerprints? Take your time noticing all of this.

Now rest your fingers where they were before. What are they touching? What does that feel like? Is it soft? hard? What are its features and textures? Really notice what you feel.

Now bring attention to your hands and arms. What do they feel like? Relaxed? Heavy? Tense? Painful? Try to observe these sensations, including uncomfortable ones, without judgment.

Notice your toes now. Wiggle them and feel whatever is around and under them. How does it feel? Can you tell what it is just by feeling?

Next, notice how your head is positioned. Is it upright? drooping? Is your neck turned in a particular direction? Simply notice this without trying to change it. Also note the sensations in your head and neck, including temperature, pain, and relaxation. Take your time noticing.

What about your face? Is your brow smooth or wrinkled up? How does it feel? Now notice your nose. Can you breathe freely? As you breathe, notice the sensations in your nose and lungs—expansion, tickling, warmth, or coolness. Then notice how your mouth is positioned? Is it pursed? Open? Closed? Is the inside of your mouth wet or dry? Just notice. Also, notice how your skin feels. Is it dry? Itchy, tingling, hot or cool? Is there no sensation?

Now notice your chest and belly. Place one hand on your chest and one on your belly. Can you feel your body breathing? What is that like? Are you breathing fast or slow? Is your breath going more into your belly or your chest? Just notice all these sensations.

Next expand your attention to include your whole body. Where are you sitting or lying? Can you feel the back side of your body touching the chair or bed in places? Without moving, just observe your body’s position.

When you are ready, look around the room and notice your surroundings, without judgment. When you are ready, stop this exercise and continue with your day.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Observe Emotional Discomfort[[5]](#footnote-6)

***title:*** Observe Emotions

***title bar button:*** Done

For this exercise, find a comfortable and quiet place to sit, where you are unlikely to be disturbed.

Please note that there will be pauses in the audio so you can practice without distraction.

Time: About 7 minutes.

***buttons:***

* Play [triangle symbol] / Pause [bars symbol]
* Self Guided go to Emotional Discomfort Self Guided

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***switch:***

* Captions

*When enabled, captions display in time with the audio.* Timestamps are available from the project manager. (Alternately, instead of this control, captions could automatically display if the user turned them on in the Settings app at General > Accessibility > Subtitles & Captioning)

An area below the play/pause, scrubber, and caption controls is reserved for the captions display.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

audio transcript:

Start this exercise by sitting comfortably in a chair with your feet squarely on the floor and your posture firm, but not rigid.

Make sure your head feels centered over your shoulders and place your arms in a comfortable position at your sides or on your lap.

Now, gently close your eyes, or locate a place in front of you where you can let your eyes rest, like the floor or a wall. **(pause 10 sec)**

Take a few moments to get in touch with the physical sensations in your body, especially the sensations of touch or pressure where your body makes contact with the chair or floor.

Notice the rising and falling of your breath in your chest and belly.

There is no need to control your breathing in any way, simply allow yourself to breathe naturally.

As best you can, bring this gentle attitude of allowing to all of your experience.

There is nothing to be fixed.

Simply let your experience to be your experience, without needing it to be anything other than what it is. **(pause 10 sec)**

Now allow yourself to become aware of what you are afraid of or uncomfortable about. Notice any doubts, frustrations, fears, upsets and worries.

Just notice them and acknowledge their presence.

Don’t try to work on, resolve, or address them.

As you simply notice your concerns, pause, andalso allow yourself to be present to your values and commitments.

Ask yourself, “What matters to me?” “What is important to me?” **(pause 20 sec)**

When you’re ready, gently shift your focus to a single thought or situation that has been difficult for you.

It could be a troubling thought, worry, image, or body sensation.

Gently and firmly shift your attention toward that discomfort, no matter how bad it seems.

Notice any desire or urge to avoid it.

Notice any strong feelings that arise in your body.

Allow those feelings to be as they are.

Simply hold them in awareness, as you stay with your discomfort and breathe with it.

See if you can gently open up to it and make space for it.

Accept and allow it to be as it is, while bringing compassionate and focused attention to the discomfort. **(pause 1 min)**

If you notice yourself tensing up and resisting, pushing away from the experience, just acknowledge that and see if you can make some space for whatever you’re experiencing.

Must this feeling or thought be your enemy?

Or can you have it, notice it, and let it be?

Can you make room for the discomfort, for the tension?

What does it really feel like, moment to moment, to have all of this experience?

Is this something you must struggle with, or can you invite the discomfort in,

saying to yourself, “let me feel what there is to be felt because it is my experience right now.”? **(pause 1 min)**

If the sensations or discomfort grow stronger, acknowledge that and stay with them, breathing with them and accepting them.

Can you bring openness to it, make space for it?

Is there room inside you to feel that, with compassion and kindness towards yourself and your experience? **(pause 45 sec)**

As you open up and embrace your experience you may notice your thoughts.

When that happens, invite them in too, opening to them as you become aware of them.

You may also notice your mind coming up with judgmental labels such as “dangerous” or “getting worse.”

If that happens, you can simply thank your mind for the label and return to the present experience as it actually is, not as your minds says it is,

noticing thoughts as thoughts, physical sensations as physical sensations, feelings as feelings – nothing more, nothing less. **(pause 1 min)**

Stay with your discomfort for as long as it pulls on your attention.

If and when you sense that the discomfort is no longer pulling for your attention, let it go. **(pause 30 sec)**

As you feel the time for practice coming to a close, you can gradually widen your attention to take in the sounds around you.

Then slowly open, or refocus, your eyes.

Take your time before you go on with your day.

### Emotional Discomfort Self Guided

***Title:*** Observe Emotions

***title bar button:*** Done

***heading:*** Self-Guided Exercise

Please read the following script through until you feel familiar with it, then follow the instructions on your own.

Start by sitting comfortably in a chair with your feet on the floor and your body upright. Take a few moments to notice the physical sensations in your body, including sensation where your body touches the chair or floor. Notice the rising and falling of your breath in your chest and belly. Allow yourself to breathe naturally. As best you can, bring this gentle attitude of allowing to all of your experience in this exercise, letting go of needing things to be anything other than what they are.

Now allow yourself to become aware of any doubts, frustrations, fears and worries. Just notice and acknowledge them. Don’t try to work on or resolve them. As you observe your concerns, pause, and also allow yourself to be present to your values and commitments. Ask yourself, “What matters to me?” “What is important to me?”

When you’re ready, bring your focus to a single thought or situation that has been difficult for you. It could be a troubling thought, worry, image, or body sensation. Gently, firmly shift your attention toward that discomfort. Notice any urge to avoid it. Notice any strong feelings in your body. Simply allow those feelings, hold them in awareness, as you stay with your discomfort and breathe with it. See if you can gently open up to it, accept and allow it to be as it is.

If you notice yourself tensing up and resisting the experience, just acknowledge that. See if you can bring compassionate and focused attention to the discomfort. Can you make room for the discomfort? What does it really feel like, moment to moment, to have *all* of this experience?

If the sensations or discomfort grow stronger, acknowledge that and stay with them. Keep breathing. See if you can make room to feel it all, with kindness towards yourself and your experience.

You may also notice other thoughts, or judgmental labels like “dangerous” or “getting worse.” Simply thank your mind for the label and return to the present experience as it actually is—noticing thoughts as thoughts, sensations as sensations, feelings as feelings—nothing more or nothing less.

When the discomfort is no longer pulling for your attention, let it go. When you are ready, bring your attention to the sounds and sights around you, and to your breathing, before you go on with your day.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

## Muscle Relaxation

***title:*** Muscle Relaxation

***title bar button:*** Done

You are about to be led through a progressive muscle relaxation exercise. You will progress through each of your major muscle groups, tensing and relaxing as you go. This exercise takes about 9 minutes. It has accompanying audio, so you will need to find a quiet place or put on your headphones now.

Sit down in a comfortable chair or lay down. Do not do this exercise while driving.

Most of the screen is reserved for the graphic. When the user taps “Play”, the above text is replaced with a synchronized graphic accompaniment (zooming in and out of an X-ray person) to the audio playback. Images and code for the person are in the PTSD Coach 1.0 repo, but the timing will need to be adjusted to match a new audio recording.

***button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***switch:***

* Captions

*When enabled, captions display in time with the audio.* Timestamps are available from the project manager. (Alternately, instead of this control, captions could automatically display if the user turned them on in the Settings app at General > Accessibility > Subtitles & Captioning)

An area below the play/pause, scrubber, and caption controls is reserved for the captions display.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

***button:***

* Begin ***(go to Progressive Muscle Relaxation Audio)***

audio transcript:

Please note that if you have injuries. such as back pain, or a knee injury, you should avoid tensing muscles that might affect that injury.

To begin, close your eyes and take a deep breath into your belly… then exhale with a sigh… Again, take a deep breath, and imagine clean air going down your throat and filling your lungs… and then exhale with a sigh. Take another deep breath, and as you release it, think the word “relax” silently to yourself. Allow your breath to be smooth and rhythmic, inhaling and exhaling at a pace that is comfortable for you. As you continue to breathe, continue to say the word “relax” to yourself, slowly and calmly, each time you breathe out. As you do this, imagine that the tension throughout your body begins to melt away.

To begin, clench both your fists and bend your elbows, drawing your forearms and hands up toward your shoulder, tightening your biceps to do so. Hold the muscles in your hands and arms tight, and notice the sensations of pulling, discomfort, and tightness. Hold the tension while you take a deep breath into your belly…. And then slowly exhale as you release the muscles of your hands and arms. Let your hands and fingers relax completely, and let your arms become limp at your side or in your lap. Feel the sensation of relaxation as the tension drains away from your arms and hands, and allow the muscles to become looser and looser. You may notice that they feel heavier, and warmer. Breathing slowly in and out, thinking the word “relax” each time you breathe out.

Now bring your attention to your face, and tighten your forehead, the muscles around your eyes, and your jaw by squeezing your eyes tight, clenching your jaw, and wrinkling your forehead and nose. Feel the wrinkling and pulling sensations across your forehead and the top of your head, feel the tightness around your eyes and cheeks, and the tension in your jaw…hold that tension and take a deep breath into your belly… And then slowly exhale as let your face relax completely. Feel the muscles in your forehead becoming smooth and limp, the muscles of your cheeks and eyes softening, and your jaw relaxing. Let your lips part slightly and let your jaw hang loose. Notice the tension melting away, feel your muscles becoming softer, more relaxed, and feel the warmth and lightness that replaces the tension that was there before. Continue to breathe slowly and gently, thinking the word “relax” each time you exhale.

Tighten your shoulders by raising them up as if you were going to touch them to your ears. Tensing without straining, feel the tension in your shoulders radiating down into your back and up into your neck and the top of your back. Hold that, notice those sensations and take a deep breath into your belly… And then slowly exhale as you relax your shoulders. Let your shoulders droop down and let your neck relax completely, feeling very relaxed. Notice the contrast between the tightness you felt, and the relaxation you feel now. Let your head relax as if there is nothing holding it except the support behind it. Feel the sense of relaxation around your neck and shoulders as you let the tension drain away, continuing to breathe slowly and deeply.

Now bring your attention to your stomach. Tighten the muscles of your stomach by pulling your belly and toward your spine tightly. Hold that pose, feel the sensation of the tension, hold it while you take a deep breath… And then slowly exhale as you relax your muscles. Imagine a wave of relaxation spreading through your belly. Allow the muscles of your stomach to be soft and relaxed, letting go more and more. Notice the difference between the tension you felt, and the relaxation you feel now. Let any remaining tension melt away, continuing to breathe gently in and out, feeling yourself become calmer and more relaxed.

Now tighten your buttocks by squeezing them together, and at the same time squeeze the muscles of your thighs. You can lift your feet up to help tense your leg muscles. Notice the sensations of pulling, tightness, and constriction. Hold of that tension and focus on it, and take a deep breath… And then slowly exhale as you relax your buttocks and thighs. Allow your muscles to relax completely, and to let any tension drain away… Melting away. Feel how the muscles of your hips and legs feel different now than they did when you were clenching them. Really notice the difference. Continue to let go further and further, experiencing an even deeper relaxation. Breathing in and out slowly and gently…in and out.

Now tighten the muscles of your calves and your feet as you flex your feet, pulling your toes toward you. Flex these muscles carefully to avoid a cramp. Continue to flex your feet, feeling the muscles of your calves, feet and toes tighten and pull. Hold the tension for another second and take a deep breath… And now slowly exhale. Release. As your muscles relax, notice how the sensations in your calves and feet change, perhaps feeling softer, or warmer, or lighter. Really noticed how the sensations of tension are different from the sensations of relaxation you are now experiencing. With each breath allow more tension to drain from your calves, relaxing more and more deeply. Continue to breathe slowly, thinking the word relax every time you exhale. Continuing to let any remaining tension drain away. Breathing in and out… In and out.

Relax…Relax. Now your whole body is feeling relaxed and comfortable. Feel that sense of warmth and calmness spread over your whole body, continuing to breathe naturally, smoothly and steadily, letting the breath in and out…slowly and regularly, thinking the word relax every time you breathe out….breathing in and out…in and out.

As you continue to breathe, imagine a wave of relaxation slowly spreading throughout your body, starting at your head and gradually penetrating all your muscles, all the cells of your body, all the way down to your toes. Allow yourself to relax completely, continuing to breathe slowly and smoothly, sinking into that feeling of relaxation and noticing how it feels, so that you will be able to access it and recreate it again later, on your own.

In a moment, I’m going to count backwards from five to one. As I do you will gradually feel more and more alert. When I get to three, open your eyes, and when I get to one you will feel alert and refreshed and ready for the rest of your day. Five…four…beginning to shift your body, feeling a bit more awake now…three…opening up your eyes…two…a bit more awake now…one…now you are feeling refreshed…and alert… relaxed and ready for whatever is next.

## Positive Imagery – Beach

***title:*** Positive Imagery

***title bar button:*** Done

You are about to be led through a relaxation exercise focused on visualizing something pleasant. This exercise takes about 4 minutes. It has accompanying audio, so you will have to find a quiet place or put on your headphones now.

Most of the screen is reserved for the graphic. When the user taps “Play”, the above text is replaced with an image of a beach.

***button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***switch:***

* Captions

*When enabled, captions display in time with the audio.* Timestamps are available from the project manager. (Alternately, instead of this control, captions could automatically display if the user turned them on in the Settings app at General > Accessibility > Subtitles & Captioning)

An area below the play/pause, scrubber, and caption controls is reserved for the captions display.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

audio transcript:

First, remove distractions. Turn off the telephone. Let others know not to bother you.

Make yourself comfortable so that your thoughts are on the image and nothing else.

Sit or lie down in a quiet, comfortable place.

Then, mentally scan your body for tense muscles. If you find a muscle is tense or clenched, relax it. During the imagery exercise, involve all your senses in your image—sight, sound, smell, touch, and taste.

Get completely focused. The more focused you are, the better.

Close your eyes or lower your gaze.

In your mind’s eye you see yourself descending down a long, narrow, wooden stairway toward a beautiful, inviting beach. Your bare feet feel the rough weathered steps, and with each step, you feel more and more tension gently melting away from your body. As you continue down the stairway, you notice the ocean is a deep shade of blue with the fine white crests of the waves sweeping towards the shore. You reach the end of the stairway and step down, sinking into the warmth. As you soak in the warmth of the sun, a soothing sensation of relaxation gently melts through your entire body. The gentle sounds of the water lapping up onto the beach calm your mind and allow you to feel even more relaxed.

You begin walking slowly toward the edge of the water and feel the warm sun on your face and shoulders. The salty smell of the ocean air invigorates you, and you take in a deep breath... breathe slowly out... and feel more relaxed and refreshed. Finally, you reach the water’s edge and you gladly invite the little surges to flow over your toes and ankles. You watch the surges glide smoothly towards you, gently sweeping around your feet, and the trails of ocean water that flow slowly back out again. The cool water feels soft and comforting as you enjoy a few moments allowing yourself to gaze out on the far-reaching horizon. Overhead, you notice two birds gracefully soaring high above the ocean waters, and you can hear their soft cries becoming faint as they glide away. And all of these sights, sounds, and sensations allow you to let go and relax more and more.

After a moment you begin strolling down the beach at the water’s edge. You feel a warm gentle breeze pressing lightly against your back, and with every step you feel yourself relaxing more and more. As you walk down the beach you notice the details of sights and sounds around you, and the soothing sensations of the sun, the gentle breeze, and the sand below your feet.

As you continue your leisurely walk down the beach, you notice a colorful beach chair resting in a nice peaceful spot where the powdery soft sand lies undisturbed. You approach this comfortable-looking beach chair, then you sit down, lie back, and settle in. You take in a long deep breath, breathe slowly out, and feel even more relaxed and comfortable resting in your chair. For a few moments more, let yourself enjoy the sights and sounds of this beautiful day on the beach. And, when you feel ready, gently bring your attention back to the room, still letting yourself feel relaxed and comfortable sitting where you are.

## Positive Imagery – Country Road

***title:*** Positive Imagery

***title bar button:*** Done

You are about to be led through a relaxation exercise focused on visualizing something pleasant. This exercise takes about 4 minutes. It has accompanying audio, so you will have to find a quiet place or put on your headphones now.

Most of the screen is reserved for the graphic. When the user taps “Play”, the above text is replaced with an image of a country road.

***button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***switch:***

* Captions

*When enabled, captions display in time with the audio.* Timestamps are available from the project manager. (Alternately, instead of this control, captions could automatically display if the user turned them on in the Settings app at General > Accessibility > Subtitles & Captioning)

An area below the play/pause, scrubber, and caption controls is reserved for the captions display.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

audio transcript:

First, remove distractions. Turn off the telephone. Let others know not to bother you.

Make yourself comfortable so that your thoughts are on the image and nothing else.

Sit or lie down in a quiet, comfortable place.

Then, mentally scan your body for tense muscles. If you find a muscle is tense or clenched, relax it. During the imagery exercise, involve all your senses in your image—sight, sound, smell, touch, and taste.

Get completely focused. The more focused you are, the better.

Close your eyes or lower your gaze.

Imagine yourself walking along an old country road. The sun is warm on your back. The birds are singing. The air is calm and fragrant.

After a few steps, you come across an old gate. The gate creaks as you open it and go through. You find yourself in an overgrown garden, flowers growing where they have seeded themselves, vines climbing over a fallen tree, green grass, and shade trees.

Breathe deeply, smelling the flowers. Listen to the birds and insects. Feel the gentle breeze, warm against your skin.

You walk leisurely up a gentle slope behind the garden and come to a wooded area where the trees become denser; the sun is filtered through the leaves. The air feels mild and a bit cooler. You become aware of the sound of a nearby brook. You breathe deeply of the cool and fragrant air several times, and with each breath, you feel more refreshed.

Soon, you come upon the brook. It’s clear and clean as it tumbles over the rocks and some fallen logs. You follow the path along the brook for a way. The path takes you out into a sunlit clearing where you discover a small and picturesque waterfall. There is a rainbow in the mist.

You find a comfortable place to sit for a while, a perfect spot where you can feel completely relaxed.

You feel good as you allow yourself to just enjoy the warmth and solitude of this peaceful place.

It’s now time to return. You walk back down the path, through the cool trees, out into the sun-drenched overgrown garden, one last smell of the flowers, and out the creaky gate.

You leave this secret retreat for now and return down the country road, then back to the room. However, you know that you may visit this place whenever you wish.

## Positive Imagery – Forest

***title:*** Positive Imagery

***title bar button:*** Done

You are about to be led through a relaxation exercise focused on visualizing something pleasant. This exercise takes about 4 minutes. It has accompanying audio, so you will have to find a quiet place or put on your headphones now.

Most of the screen is reserved for the graphic. When the user taps “Play”, the above text is replaced with an image of a forest.

***button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. Audio starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***slider, next to the play/pause button***

An audio scrubber slider is labeled with the elapsed duration and track length, and allows the user to slide/swipe to change the elapsed duration.

***switch:***

* Captions

*When enabled, captions display in time with the audio.* Timestamps are available from the project manager. (Alternately, instead of this control, captions could automatically display if the user turned them on in the Settings app at General > Accessibility > Subtitles & Captioning)

An area below the play/pause, scrubber, and caption controls is reserved for the captions display.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

audio transcript:

First, remove distractions. Turn off the telephone. Let others know not to bother you.

Make yourself comfortable so that your thoughts are on the image and nothing else.

Sit or lie down in a quiet, comfortable place.

Then, mentally scan your body for tense muscles. If you find a muscle is tense or clenched, relax it. During the imagery exercise, involve all your senses in your image—sight, sound, smell, touch, and taste.

Get completely focused. The more focused you are, the better.

Close your eyes or lower your gaze.

Imagine that you are walking down a path into a lush forest. As you walk along the path you completely take in the sights, sounds, smells, and feel of the place. All around you are trees, grasses, mossy ground cover, and fragrant flowers. You hear the soothing sounds of birds chirping and the wind as it gently blows through the treetops. You smell the rich dampness of the forest floor, the smells of moist vegetation and new growth. Through gaps in the treetops you see the sun high in a cloudless, blue sky. The sun is dispersed through the canopy of the treetops and filters down onto the forest floor, creating intricate patterns of light and shadow. With each breath you take in this place you feel a deep sense of peace and relaxation.

You soon come to a clearing. There are several flat rocks in the clearing surrounded by soft moss. A small stream runs among the rocks. You lie back on one of the rocks or on the cushiony moss and put your feet into the cool water. You feel the warm sun and a gentle, light breeze through your hair and across your skin. The sparkling clear water rushes around the multicolored rocks, making little whirlpools and eddies. You put your hand into the water and lift a handful to your lips. The water is cool and refreshing. You close your eyes and listen to the water trickling around the rocks. You bathe in the warm sun and feel as though you are floating, relaxing deeper and deeper.

You let yourself sink further into relaxation, while continuing to be aware of the sights, smells, sounds, and feel of the forest around you. You allow yourself to let go of any concerns or worries and to feel completely refreshed and rejuvenated in this place.

When you’re ready, imagine that you slowly get up and leave the clearing. As you walk back down the path through the forest, fully take in this place and realize that you may return whenever you wish by the same path. Each time you enter this place you will feel relaxed and at peace.

## RID

***title:*** RID

***centered in large font with white letters:*** RID

The RID Tool is for times when you have been triggered by a reminder, or of, a past trauma. You will be led through three steps to manage your distress.

***buttons:***

* Begin go to RID: Relax
* View History go to RID History

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

### RID: Relax

***title bar button:*** Go On go to RID: Identify

***centered in large font, with “R” colored red and “ID” colored white:*** RID

***directly underneath “RID” is the subheader:*** Relax

Take 30 seconds to **Relax** by breathing in and out slowly. As you breathe in think the word “let,” and as you breathe out think “go.”

***A 30-second timer counts down.***

***button:***

* 30 More Seconds of Relax reset the timer; dimmed until the timer reaches zero

### RID: Identify

***title bar button:*** Go On go to Identify the Trigger

***centered in large font, with “R” colored white, “I” colored red, and “D” colored white:*** RID

***directly underneath “RID” is the subheader:*** Identify the Trigger

Go back over the last few minutes or hours and **Identify** what reminder of your trauma you encountered. Triggers can be inside ourselves, like thoughts or memories, or outside of ourselves, like conversations or situations or things we encounter in the world (e.g., a particular person or place). Figuring out what triggered you can be tricky sometimes. Do not worry if you cannot identify the trigger, just focus on relaxing and talking yourself down.

Once you identify the trigger if you can, it is important to notice how it is just a reminder and not the actual trauma happening again, despite how your mind and body may be reacting. Really notice how the current trigger is different from your trauma. Remind yourself of those differences again and again.

### Identify the Trigger

***title:*** RID: Identify

***title bar button:*** Go On go to RID: Decide

***centered in large font, with “R” colored white, “I” colored red, and “D” colored white:*** RID

***directly underneath “RID” is the subheader:*** Identify the Trigger

What triggered you?

***A text entry field allows the user to type an answer. Default text is “***such as, Drove under a bridge.***”)***

How is your current situation different from the traumatic experience?

***A text entry field allows the user to type an answer. Default text is “***such as, In U.S.A., not Iraq. Civilians on the highway. Driving my own truck.***”)***

### RID: Decide

***title bar button:*** Go On go to Decide What To Do Now

***centered in large font, with “RI” colored white and “D” colored red:*** RID

***directly underneath “RID” is the subheader:*** Decide What To Do Now

The final step is to **Decide** what to do now. If you feel stressed now, you can try to decrease the trigger’s power by deciding to stick around to see that you can handle it and that your stress will actually go down the longer you stick it out. If the trigger made you very angry, your best bet is to decide to take a time out. If you are in danger of hurting yourself or others, seek support and don’t take any chances.

### Decide What to Do Now

***title:*** RID: Decide

***title bar button:*** Finish go to Rid Summary

***centered in large font, with “RI” colored white and “D” colored red:*** RID

***directly underneath “RID” is the subheader:*** Decide What To Do Now

What will you decide to do?

***A text entry field allows the user to type an answer. Default text is “***Go back a few times and drive under the bridge until it doesn’t bother me as much.***”)***

### RID Summary

***title bar button:*** Done

How you were triggered:

* ***Display text user entered for “What triggered you?”***

How your current situation is different from the traumatic experience:

* ***Display text user entered for “How is your current situation different from the traumatic experience?”***

You decided:

* ***Display text user entered for “What will you decide to do?”***

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

### RID History

***Title:*** RID History

***Display a list of all previous RID exercises the user has completed, from newest to oldest.***

The list has two headers: “Date” and “Trigger”.

Under “Date”, display the short date (e.g. 10/16/2015) according to the device’s localization setting.

Under “Trigger”, display as much of the contents of that entry’s “What triggered you?” field as will fit.

Each entry is a button. When tapped, go to RID History Summary.

### RID History Summary

Date:

* ***Display the short date of this entry (e.g. 10/16/2015) according to the device’s localization setting.***

How you were triggered:

* ***Display text user entered for “What triggered you?”***

How your current situation is different from the traumatic experience:

* ***Display text user entered for “How is your current situation different from the traumatic experience?”***

You decided:

* ***Display text user entered for “What will you decide to do?”***

## Soothe the Senses

***title:*** Soothe the Senses

***title bar button:*** Done

***Large and prominent at the center of the screen, not obscured by the background image, display one of the below text tips at random. Each tip has a title (corresponding to one of the 5 main senses) and some text, e.g.,***

***Sound***

***Sing your favorite songs, or play them and sing along.***

|  |  |
| --- | --- |
| **Tip Title** | **Tip Text** |
| Sound | Sing your favorite songs, or play them and sing along. |
| Sound | Listen to music, and let yourself get lost in the sounds. |
| Sound | Listen to pleasurable sounds, like birds, or the ocean. |
| Sound | Learn to play an instrument and play tunes for your own enjoyment. |
| Sound | Be mindful of the sounds around you |
| Sound | Turn on a movie and listen to the sounds, tones and textures of human voices. |
| Sound | Listen to an meditation or lecture online or on the radio about something interesting to you. |
| Sound | Go for a walk in nature and listen to the sounds around you. |
| Sight | Go for a walk in the park or a hike in nature. Take in the beauty around you. |
| Sight | Go to a museum with beautiful art and enjoy what catches your eye. |
| Sight | Sit in the lobby of a beautiful hotel and notice the details of the décor. |
| Sight | Buy a beautiful flower or bouquet and make one space in a room pretty. |
| Sight | Go outside at night in the fresh air and look at the stars. |
| Sight | Look at good travel photos in a book or on the internet; let them inspire you. |
| Taste | Eat your favorite meal; really pay attention as you savor it. |
| Taste | Have a soothing drink like herbal tea or hot chocolate and enjoy the flavors. |
| Taste | Treat yourself to dessert and eat each bite mindfully, with pleasure |
| Taste | Suck on a piece of peppermint candy and let it melt in your mouth. |
| Taste | Chew your favorite gum and savor its flavor. |
| Taste | Sample flavors in an ice cream store and notice the subtle differences. |
| Touch | Get a massage. Let yourself really focus on and enjoy the sensations. |
| Touch | Sit in the sun (please use sunscreen), and enjoy the warmth. |
| Touch | Pet a dog or cat, and focus on the softness and pleasant sensations. |
| Touch | Soak your feet and allow any tension or soreness to melt away. |
| Touch | Sink into a comfortable chair or couch, at home or in a luxurious hotel lobby, and let your body relax back into it. |
| Touch | Hug someone and feel the comfort of their touch. |
| Smell | Smell things that are pleasant, like perfume, the ocean, or oranges. Pay close attention as you enjoy the scents. |
| Smell | Light a scented candle and enjoy the fragrance in the air. |
| Smell | Buy yourself a flower that has a nice smell, and allow yourself to lean in and smell when you walk by it at home. |
| Smell | Boil some cinnamon on the stove for 20 minutes and enjoy the smell as it fills your home. |
| Smell | Take a walk in a wooded area and breathe in the fresh smells of nature. |
| Smell | Put lemon oil on your furniture and enjoy the scent. |

***button:***

* Refresh randomly serve another tip

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Soothing Audio

***title:*** Soothing Audio

Listening to soothing songs or audio clips can help. Put in headphones or go to a private place.

***Display the currently-selected song as:***

Artist Name

Song Name

This tool maintains a list of songs from the Music on the device. Note that this is a different list than the Mindful Listening songs.

If the user has never added any songs to this tool’s list, display instead “no songs are on your list”.

This artist name – song name display is a button. When tapped, change the song to the next song on the list.

***button:***

* Edit Song List

***button:***

* Play [triangle symbol] / Pause [bars symbol]

When paused, the button is the play triangle. When playing, the button is the pause bars. The playback starts paused: the user must tap the play triangle to begin playback.

Suspend the device’s Auto Lock while playback is in progress.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

#### Edit Song List

***title:*** Soothing Songs

***title bar button:*** + access the Music framework to select songs that are on the device

***List the songs the user has selected for this tool.***

A song can be removed from this app’s list by an OS-standard method, e.g in iOS 2-step swipe to delete.

## Soothing Pictures

***title:*** Soothing Pictures

Look at a picture that is meaningful or soothing to you.

***Display a thumbnail of the currently-selected photo.***

This tool maintains a list of pictures from the Photos on the device. Note that this is a different list than the Mindful Looking pictures.

The photo thumbnail is a button. When tapped, change the picture to the next picture on the list.

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

### Select Pictures

***title:*** Soothing Pictures

***title bar button:*** + access the Photos framework to select photos that are on the device

***List thumbnails of the photos the user has selected for this tool.***

A photo can be removed from this app’s list by an OS-standard method.

## Thought Stopping

You can learn to interrupt the unhelpful thoughts that make you angry before you do or say something you’ll regret. The key is to interrupt your thinking and say a phrase to yourself to counteract those angry thoughts before you get into trouble.

***button:***

* Continue ***(go to Thought Stopping Timer)***

### Thought Stopping Timer

***Large and prominent at the center of the screen, not obscured by the background image, display one of the below text tips at random.***

|  |
| --- |
| Thought Stopping Tip |
| Take a big breath. |
| Breathe. |
| Manage your anger. |
| I can’t change the world. |
| Count to 10 and breathe. |
| Dig deep; find calm and stability. |
| Don’t buy into this situation. |
| Don’t let it get to you. |
| Don’t pay attention. |
| Don't bite. |
| Don't go there. |
| Easy does it. |
| You can get through it. |
| How would (person you respect) handle this? |
| I can’t control what other people do. |
| It will be over soon. |
| It’s in the past. |
| It’s not a big thing; I don’t need to get upset. |
| It’s not worth it. |
| Keep your eye on the prize. |
| Leave it alone. |
| Let it be. |
| Let it go. |
| Slow down. |
| Stay the course. |
| Stop! Just stop. |
| This, too, will pass. |
| Use your tools! |

***A 5-minute timer begins counting down.***

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

## Time Out

Sometimes the most effective thing to do is take a time out. This is especially helpful if your anger is escalating and you might do something hurtful or with consequences that you’d later regret. The goal is to avoid making a hard situation worse.

***button:***

* Take a Time Out ***(go to Time Out Timer)***

### Time Out Timer

***Large and prominent at the center of the screen, not obscured by the background image, display one of the below text tips at random.***

| **Time Out Tip** |
| --- |
| Take a walk |
| Do some deep breathing for 10 minutes or more |
| Exercise (bike, hike, lift weights, swim, run) |
| Do some yard work or gardening |
| Tell yourself something empowering, like "I can handle this without losing my temper." |
| Draw or paint |
| Call a friend or loved one for support |
| Call your therapist for support |
| Stretch and take slow, deep breaths |
| Remind yourself that you can cope with this. |
| Meditate |
| Pray |
| Think of how someone you trust would advise you. |
| Spend time with a pet. |
| Take a shower or a bath to relax. |
| Think about how you want to be an example to others in your life- children, etc. |

***A 5-minute timer begins counting down.***

***tool selector buttons at the bottom of the screen:***

* [thumbs-up icon]
* [thumbs-down icon]

***additional tool selector button only if user entered from Symptoms:***

* New Tool randomly serve another tool for the selected symptom

# Get Support

***large buttons with pictures:***

* Crisis Resources
* Find Professional Care
* Grow Your Support

All underlined phone numbers (e.g. 911) should be links to dial the number.

All underlined text message numbers (e.g. 838255) should be links to begin a text message to that number.

All underlined web sites (e.g. National Center for PTSD) should be [hyperlinks](http://www.va.gov).

## Crisis Resources

***title:*** Crisis Resources

For any crisis, including medical emergencies, go to your nearest emergency room or:

• Call 911

National Suicide Prevention Lifeline:

• Call 1-800-273-8255 (press 1 for Veterans Crisis Line)

• Veterans Text 838255

• [Confidential Veterans Chat](http://www.veteranscrisisline.net)

National Domestic Violence Hotline:

• Call 1-800-799-7233

National Sexual Assault Hotline:

• Call 1-800-656-4673

Personal Contacts:

Note that the app has a single contacts list, which the user can edit here, and from the tools Crisis screen, and from the Connect With Others tool, and from Settings.

Only if user has not entered any personal contacts yet, display the text:

Add personal contacts that you can contact for support.

***Contacts the user has entered are listed.***

Tapping a contact loads its screen from the Contacts app, so that the user can choose the method of communication. A contact can be removed from this list with an OS-standard gesture (e.g. in iOS, 2-step swipe to delete).

***button:***

* Add a Contact open Add Contact Action Sheet

### Add Contact Action Sheet

* Pick from contact list choose from contacts that are in the Contacts app
* Create new contact create a new contact in the Contacts app; when saved it is added to this app’s contacts list
* Cancel

## Find Professional Care

To learn more about treatment, including where to find it, visit the [National Center for PTSD website](http://www.ptsd.va.gov/public/).

To locate a mental health care provider:

* [VA Facility Directory](http://www.va.gov/directory/): VA medical centers and many VA clinics have PTSD specialists.
* [Behavioral Health Treatment Services Locator (SAMHSA)](https://findtreatment.samhsa.gov/) :Resources and locations for the general public as well as veterans. Or call 1-800-662-4357.
* [Military OneSource](http://www.militaryonesource.com/) Or call 1-800-342-9647.
* Contact the VA health care system: call 1-877-222-8387 or visit the [Returning Service Members website](http://www.oefoif.va.gov) to ask for a referral.
* Women Veterans can call the Women Veterans Call Center at 1-855-829-6636.
* Some personnel may also be eligible for services at local [Vet Centers](http://www.vetcenter.va.gov).

If you are a family member trying to help a Veteran with PTSD:

* Try calling [Coaching Into Care](http://www.mirecc.va.gov/coaching/services.asp) at 1-888-823-7458, which is available Monday through Friday, 8am-8pm PST. Talk to a real person who can provide information, encouragement, and expert advice for helping a Veteran get effective treatments for PTSD.

## Grow Your Support

***list of topic buttons:***

* Someone You Trust
* Feeling Alone
* Growing Your Support

### Someone You Trust

* Having someone you can trust and open up to is a gift. It doesn’t mean that person has to be perfect- just that you feel comfortable enough to let them in on your experience of the world and know that it’s ok to be yourself.
* Take a moment to appreciate having someone you can trust. Research has shown that the act of expressing appreciation or gratitude to another person can really help lift your own spirits. Is there someone in your life that you can call or text out of the blue?
* Just engaging in a conversation with someone you can trust can often be very helpful. Make a short call or visit to a friend or loved one, and if you’re feeling adventurous, open up to them a bit more than you usually do.

### Feeling Alone

* Feeling alone or isolated is a common experience. Everyone feels this way sometimes, and it’s especially common for those who have had traumatic experiences. It can sometimes be hard to relate to others, or to feel understood by them. You might even feel annoyed or irritable when you’re around others.
* First, it’s important to recognize that living through a traumatic experience can often lead to avoiding other people- whether it’s because you’re uncertain or fearful about how they will react, you’re uncertain about how you’ll act around them, or you just want to be alone.
* If you’re feeling lonely or on your own, it’s very important for you to try to reach out to others and to try to find others who you can connect with and spend time with.
* To start to connect with others, consider one of the following:
  + Call or text a friend you haven’t heard from in a while
  + Join a meetup group around a hobby or interest of yours
  + If you’re religious, attend a religious service or group meeting
  + No matter how small, try to do one nice thing for another person today
  + Be the first to make small talk next time you’re around someone you wouldn’t otherwise talk to
  + Smile and say hello to someone in a situation where you normally wouldn’t
  + Write a letter or send an email to someone you care about
  + Volunteer your time with a local charity
  + Surprise someone with a small gift or help with something

### Growing Your Support

* Having healthy, satisfying support from other people in your life is important to having a good quality of life. If you’ve already got at least some support, you’re doing well.
* Having satisfying relationships and friendships with others requires some effort- showing those you care about that you have time for them and are interested in them.
* Taking the time to invest in your existing relationships can pay dividends- you’ll probably feel better, and you’ll strengthen your connections with people you already care about.
* To grow your existing support, try one of the following:
  + Call a friend and invite them to do something with you this week
  + Ask a family member to spend some quality time with you doing something that you both enjoy,
  + Take the time to do something with a friend or family member that you know they enjoy, even if you don’t enjoy it so much
  + Have a conversation with someone you care about and give them your full attention- as the other person talks to you, try to make sure you really understand what they’re saying
  + Connect with other Veterans who’ve had similar experiences-:
    - [Facebook](http://www.facebook.com) has many Veteran-focused groups
    - [Meetup](http://www.meetup.com) has many Veteran-focused activity groups
    - [Iraq and Afghanistan Veterans of America](http://iava.org/programs/) has many ways to connect with other Veterans
    - or get physically active with a [Team Red White & Blue group](http://www.teamrwb.org) near you

# Settings

***list of topic buttons:***

* Reminders
* Personalize
* Manage Data
* About

## Reminders

This reminder can also be edited at Schedule Assessment.

***Switch:*** Assessment reminder defaults to off until user changes it

When the switch is off, all of the below are dimmed.

***Date and time picker***

If the user has never set this, the defaults are today/now.

If the last user-set date/time has passed, and one of the repeat options below is selected, this is the next scheduled date/time. (e.g. user set Oct 1 9:00AM + repeat monthly 🡪 after Oct 1 9:00AM this changes to Nov 1 9:00 AM)

Repeat:

* Never default until user changes it
* Weekly
* Every two weeks
* Monthly
* Every three months

***Switch:*** Daily inspiring quote defaults to off until user changes it

When the switch is off, all of the below are dimmed.

***Time picker***

### Assessment Notification

You are due for a PTSD Coach assessment. Would you like to take it now?

***buttons:***

* No close notification
* Yes go to Assessment Introduction

### Daily Inspiring Quote Notification

***Display a random quote (text + attribution) from the Inspiring Quotes tool.***

## Personalize

***buttons:***

* Choose Support Contacts
* Choose Soothing Pictures
* Choose Soothing Songs
* Choose Mindful Pictures
* Choose Mindful Songs

### Choose Support Contacts

***title:*** Support Contacts

Personal Contacts:

Note that the app has a single contacts list, which the user can edit in several locations.

Only if user has not entered any personal contacts yet, display the text:

Add personal contacts that you can contact for support.

***Contacts the user has entered are listed.***

Tapping a contact loads its screen from the Contacts app, so that the user can choose the method of communication. A contact can be removed from this list with an OS-standard gesture (e.g. in iOS, 2-step swipe to delete).

***button:***

* Add a Contact open Add Contact Action Sheet

#### Add Contact Action Sheet

* Pick from contact list choose from contacts that are in the Contacts app
* Create new contact create a new contact in the Contacts app; when saved it is added to this app’s contacts list
* Cancel

### Choose Soothing Pictures

***title:*** Soothing Pictures

***title bar button:*** + access the Photos framework to select photos that are on the device

***List thumbnails of the photos the user has selected for this tool.***

A photo can be removed from this app’s list by an OS-standard method.

### Choose Soothing Audio

***title:*** Soothing Songs

***title bar button:*** + access the Music framework to select songs that are on the device

***List the songs the user has selected for this tool.***

A song can be removed from this app’s list by an OS-standard method, e.g in iOS 2-step swipe to delete.

### Choose Mindful Pictures

***title:*** Mindful Pictures

***title bar button:*** + access the Photos framework to select photos that are on the device

***List thumbnails of the photos the user has selected for this tool.***

A photo can be removed from this app’s list by an OS-standard method.

### Choose Mindful Songs

***title:*** Mindful Songs

***title bar button:*** + access the Music framework to select songs that are on the device

***List the songs the user has selected for this tool.***

A song can be removed from this app’s list by an OS-standard method, e.g in iOS 2-step swipe to delete.

## Manage Data

***buttons:***

* Export Assessment Data display Export Warning
* Delete Assessment Data display Delete Assessment Warning
* Reset Tool Preferences display Reset Warning
* Delete All Data display Delete All Warning

***switch:*** Provide Anonymous Usage Data defaults to on; when on, transmit Flurry usage data

Help improve this app by automatically sending daily diagnostics and anonymous, deidentified usage data. Diagnostic data may include location information. Although no one can see your personal data, looking at overall trends helps us make better apps.

### Export Warning

***alert title:*** Warning

To protect your privacy, send this email only to yourself at a secure personal account. Do not send this email to your healthcare provider or to anyone else.

***buttons:***

* Cancel close this notification
* Continue begin a new email with assessment .csv attached

Each row of the CSV file has 21 values: the date and time the user took the Assessment, and each of the 20 answers (Q1 through Q20). Rows are in order of newest to oldest.

### Reset Tool Preferences

***alert title:*** Warning

This will clear all per-tool “thumbs up” and “thumbs down” tool preferences you’ve selected. Are you sure?

***buttons:***

* Reset remove all thumbs-up “Favorite” and thumbs-down “Rejected” preferences; close this notification
* Cancel close this notification

### Delete Assessment Data

***alert title:*** Warning

Are you sure you want to delete your assessment history? You won’t be able to compare new assessment results with these earlier results.

***buttons:***

* Delete delete all assessment scores; close this notification
* Cancel close this notification

### Delete All User Data

***alert title:*** Warning

This will delete all of your data! The app will behave as though it was just installed. Are you sure?

***buttons:***

* Delete delete all user data; close the app; relaunch the app and start at EULA
* Cancel close this notification

## About

***title:*** About PTSD Coach

***heading:*** PTSD Coach

PTSD Coach is a mobile phone application for people with Posttraumatic Stress Disorder (PTSD) and those interested in learning more about PTSD.

This application provides:

* Education about PTSD
* A self-assessment
* Tools for managing distress associated with Posttraumatic Stress
* A direct connection to crisis support and
* Information about professional treatment.

It can be used as a stand-alone education and symptom management tool, or to augment face-to-face care with a healthcare professional.

***heading:*** Project Team

Design and Content:

* Julia E. Hoffman, Psy.D.
* Kelly M. Ramsey
* Beth Jaworski, Ph.D.
* Eric Kuhn, Ph.D.
* Jason Owen, Ph.D.
* Laura H. Wald, Ph.D.
* Carolyn Greene, Ph.D.
* Josef I. Ruzek, Ph.D.
* Kenneth Weingardt, Ph.D.

Programming:

* Kenny Carruthers

***heading:*** Partners

PTSD Coach was a collaborative effort between the VA’s National Center for PTSD and the DoD’s National Center for Telehealth and Technology.

***<NCPTSD logo>***

[The National Center for PTSD](http://www.ptsd.va.gov/), within the Department of Veterans Affairs, aims to help U.S. veterans and others through research, education, and training on trauma and PTSD.

“Advancing Science and Promoting Understanding of Traumatic Stress”

***<T2 logo>***

[The National Center for Telehealth and Technology (T2)](http://t2health.dcoe.mil/) researches, develops, evaluates, and deploys new and existing technologies for Psychological Health (PH) and Traumatic Brain Injury (TBI) across the Department of Defense (DoD). T2 is a component center of the [Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE)](http://www.dcoe.health.mil/), which leads a collaborative global network to promote the resilience, recovery and reintegration of Warriors and their families who face psychological health and traumatic brain injury issues.

“Technology to Make People Healthy”

***heading:*** Credits

Ambient Sounds were adapted from:

Note that the author’s name is either capitalized or uncapitalized according to their preference on freesound.org.

Edit if any sounds need to be removed to reduce app size.

Beach

* ermine. (2006, October 14). [Waves on shingle beach - 061013\_felix\_waves\_2m\_ecm957\_tr001.mp3](http://www.freesound.org/people/ermine/sounds/23724/).

Country Road

* Akoustikos. (2011, December 11). [Piana degli Albanesi - On a country road (from Piana degli Albanesi to Pioppo)](http://www.freesound.org/people/Akoustikos/sounds/137111/).

Crickets

* dobroide. (2007, June 24). [Summer-solstice - 21062007.magic.hour.mp3.](http://www.freesound.org/people/dobroide/sounds/36599/)

Dripping Water

* pulseczar42. (2012, November 20). [Cenote at Ek Balam, Yucatan, Mexico](http://www.freesound.org/people/pulseczar42/sounds/170025/).

Forest

* dobroide. (2007, November 6). [Autumn - 20071104.forest.04.binaural.mp3](http://www.freesound.org/people/dobroide/sounds/43661/).

Frogs

* omjn. (2006, October 23). [Frogsinrice.mp3](http://www.freesound.org/people/omjn/sounds/24139/).

Marsh

* dobroide. (2007, February 28). [Marshes - 20070224.dusk.ambiance.03.mp3](http://www.freesound.org/people/dobroide/sounds/31579/).

Public Pool

* belthaczar. (2008, July 9). [Cinqueterre.mp3](http://www.freesound.org/people/belthaczar/sounds/56740/).

Rain

* reinsamba. (2006, March 20). [Thunderstorm - Rain and final thunder clap](http://www.freesound.org/people/reinsamba/sounds/17084/).

Stream

* shewbox. (2007, February 10). [Ben Shewmaker - Griffey Stream 3](http://www.freesound.org/people/shewbox/sounds/30688/).

***heading:*** Version

PTSD Coach version 3.0

# 4.0 Features

## Manage Symptoms

### Additional symptoms

### Tools designed for these additional symptoms

## Slow Breathing

***title:*** Deep Breathing

***title bar button:*** Done

The purpose of this exercise is to help you learn how to slow down and relax. You can shorten or lengthen the time of each breath to make it more comfortable for you.

breathing tool from T2’s Breathe2Relax app; source code is on T2’s public GitHub repo (<https://github.com/t2health/Breathe2Relax-iOS>)

### Start Screen

Change [Press Start When Ready] to:

On the next screen, you’ll be able to follow a deep breathing exercise that will let you change the length of each breath in and out.

Try to gradually increase the time of your inhale and exhale so that each breath in take about as long as each breath out.

Set the pace so that you feel like you are breathing comfortably, and if you have any trouble breathing, stop the exercise immediately.

Button: START

### Exercise

* animation on left side of screen
* display time in seconds for set duration of inhale and exhale
* user able to reduce/increase duration of inhale/exhale

## Build Resilience

### Values In Action

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Valued Action |  |  | X |  | X |  |  |  |

[Code from ACT Coach (actcoach-ios repo)]

What are **values**?

Values reflect your hopes, dreams, goals, aspirations, or the kind of person you want to be. You might think of them as goals that you set for yourself and that are important to you- like having a strong family or job, enjoying your free time, being with friends, or giving back to your community. Identifying your **values** and spending time engaged in things that are **personal priorities** will help improve your mood.

BUTTON: Choose Values that are Important to You

[ change title to: Values in Action ]

[ change button to: Take Steps Toward My Values]

[ change pipes to ampersand ]

Action: Tapping on a value button displays this screen:

**Family Relationships [value title]**

When you answer the question “what kind of person do you want to be with respect to [value title]”, you are identifying a **value** that is important to you.

An action is any **small step** toward that value. It’s something you could do *right now,* or in the next few hours, to move towards that value. Ready to take a step toward living your values in [value Title]?

BUTTON: Add or Edit a Value and Small Steps You Can Take

### Fix Your Sleep

#### Set Up Sleep Environment

#### Develop Healthy Sleep Habits

### Set Goals

### Connect With Others

### Manage Your Triggers

### Take Care of Your Body (diet & exercise)

### Solve Problems Effectively

### Develop Good Communication Skills

### Engage in Positive Activities

1. Adapted from Walser & Westrup (2007), p. 43-44 [↑](#footnote-ref-2)
2. Adapted from Forsyth & Eifert (2007) P. 77, Walser & Westrup (2007) P. 164-5, Hayes (2005) P. 109, and Follette & Pistorello (2007) P. 47 [↑](#footnote-ref-3)
3. Adapted from Hayes (2005) P. 110-111. [↑](#footnote-ref-4)
4. Adapted from Forsyth & Eifert (2007), P. 242 [↑](#footnote-ref-5)
5. Adapted from Forsyth & Eifert (2007), P. 196-197 [↑](#footnote-ref-6)