

Take Control: Stress Solutions on the Go

Podcast Transcript

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Attending to work, running errands, paying the bills, cleaning the house and working on the yard — all of this adulting can be stressful. Having a soft place to land with a loving partner or great friends makes adulting easier to manage. Even with this support, I still have down days and sometimes I get stuck there.

Relationships and stress drive our level of satisfaction in life. If you find yourself feeling stressed, check out Military OneSource and two of their newest and free mobile solutions, MoodHacker and CoachHub. These tools can help you map your way back to a happier and higher-quality life.

To get and keep your mood in an upswing, sign up for the MoodHacker mobile solution. This scientifically-tested and evidenced-based mood-tracking tool helps to prevent low mood. By entering in your activities and mood levels throughout each day, this interactive website tracks and compares your activities with the moods they produce. This tool will help you understand which activities boost your mood and which ones drag you down.

As part of the mood tracking, this tool provides charts to show you your top mood-boosting and mood-lowering activities. It also reminds you of new activities to try that will lift your mood when you are feeling low. You'll have access to an entire library of activities through MoodHacker proven to increase your happiness. You can use this tool for as long as you like to help you get in a good-mood groove.

Kick stress to the curb with a personal online coach. CoachHub can help you take MoodHacker to the next level as you partner with an online coach to meet your stress management goals. CoachHub can enhance your use of MoodHacker, but you can also use it on its own. You can browse coaches to find the right one for the support you need. Coaches support you in meeting your goals in areas such as exercise and physical fitness testing, nutrition, weight loss and stress reduction.

Keep your goals on track. It's always easier to meet a goal when you have someone cheering you on and holding you accountable for each step. Your online coach creates a profile and manages daily tasks, makes appointments, and posts answers to your questions. With your permission, your coach can view your progress within CoachHub's interactive website, and set alerts for when you start decreasing your efforts or reverse direction.

I'm sure your schedule is as busy as mine, and we tend to put off caring for our mental and physical health. Now you can have access to your own personal coach online and learn how to improve your mood on the go through these free Military OneSource tools.

If you are ready to take control of your life, log on to MoodHacker at <https://moodhacker.resilienceboost.com> and CoachHub at <https://coachhub.resilienceboost.com> for support in meeting your life goals.

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For more information, visit Military OneSource at www.militaryonesource.mil, an official Department of Defense website.