

# You-Boost: Stay Strong with These Resilience Tools

Take advantage of free mobile tools designed to help you optimize your well-being.

Military OneSource offers service members and their families access to evidence based and scientifically validated tools that improve well-being. These online tools are free and don't require any downloads - all you need is your Military OneSource login.

## **MoodHacker: Boost Your Mood**

Identify patterns and discover strategies for improving your mood.

- Rate your mood on a scale of 1-10
- Track patterns over time to learn how different factors affect you
- Get reminders and suggestions for mood-boosting activities based on your preferences

## **CoachHub: Reach Fitness and Nutrition Goals**

Set, track and achieve goals with one-on-one support from a professional online coach.

- Goals can relate to exercise, physical fitness, nutrition, weight loss or stress reduction

- Use text, email or secure online messaging to communicate with your coach
- Request appointments, ask questions, see daily tasks and more

## **Love Every Day: Strengthen Your Relationship**

Supercharge your bond with your partner by answering questions that rekindle romance.

- You and your partner both participate
- Answer prompts 21 days in a row and read your partner's responses
- Questions explore what you like about each other, how you work as a team and other topics to strengthen your connection

To access these tools, visit [MilitaryOneSource.mil/resilience-tools](https://MilitaryOneSource.mil/resilience-tools), or call **800-342-9647** for more resources and services that connect you to your best MilLife.

