Mindfulness Coach is a mobile phone app designed to assist users in practicing mindfulness meditation. People may practice mindfulness to help cope with emotional distress, increase their resilience and build positive skills for managing their lives. Mindfulness has also been shown to be useful for stress reduction, depression, physical pain, and other physical and mental health conditions. Mindfulness Coach was developed by psychologists at the Department of Veteran Affairs National Center for Post-Traumatic Stress Disorder (NCPTSD) in collaboration with the Department of Defense’s National Center for Telehealth & Technology (T2).

Mindfulness is a term used to describe a set of several strategies which are designed to change the way people think about everyday life. By helping to focus attention on present experience, and away from potentially distressing thoughts about the past or future, mindfulness meditation helps to reduce tension and worry and improve coping. Mindfulness Coach was created to introduce the concept of mindfully focusing attention and to facilitate the acquisition of the skill through practice.

The features of Mindfulness Coach include:

- Detailed walkthroughs for 9 forms of mindfulness meditation, each including voice-guided sessions with captions and instructions for self-guided sessions
- A session log for tracking mindfulness practice
- Educational materials about the benefits of mindfulness

Mindfulness Coach was developed for people who may be experiencing emotional distress and for those wanting to maintain healthy coping practices. The app can be used on its own by those who would like mindfulness tools, or to augment face-to-face care with a healthcare professional. It is not intended to replace psychotherapy or other treatment for those who need it.

Mindfulness Coach is available for Apple mobile devices (iPhone, iPod Touch, and iPad) from the App Store, and will be released in 2016 for Android mobile devices from Google Play.

For more information about mindfulness practice, see http://www ptsd.va.gov.