



Military OneSource: Tools You Can Use

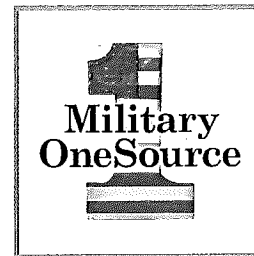


**Need financial or tax advice?
Need to talk about family issues or managing stress?
Thinking about going back to school?**

Military OneSource is a Department of Defense-funded program that's both a call center and a website, providing comprehensive information on every aspect of military life that is free to active duty, National Guard and reserve service members, their families and survivors. Information includes, but is not limited to, deployment, reunion, relationships, grief, spouse employment and education, parenting and child care, and much more.

Highlights

- ✓ Confidential non-medical counseling services for eligible individuals face to face, by telephone, and via secure online chat and video conference, 12 consultations per person, per issue.
- ✓ Specialty consultations with trained professionals by phone or online for adoption, education, special needs, adult and elder care, peer-to-peer, health and wellness coaching, wounded warriors, and spouse relocation and transition
- ✓ Financial counseling in person, by phone or via video conference on an array of financial issues from basic budgeting to debt consolidation
- ✓ Tax consultation and free electronic filing services
- ✓ Document translation and simultaneous language interpretation services in more than 150 different languages
- ✓ Articles, resources and products on a wide range of topics



Call. 800-342-9647

Click. [MilitaryOneSource.mil](http://www.militaryonesource.mil)

Connect. 24/7



Discover more of what Military OneSource has to offer. Scan QR code or call 800-342-9647.



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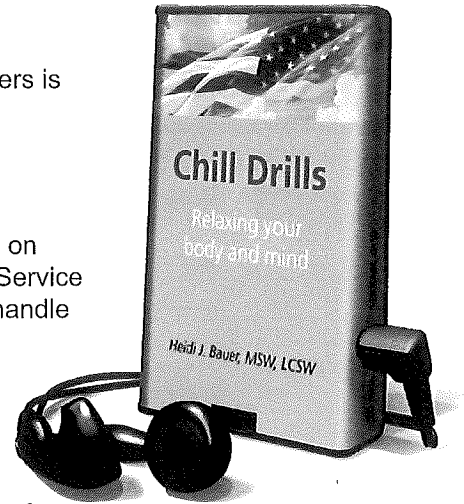
Military OneSource

Chill Drills: Relaxing your body and mind

This new audio of relaxation routines designed specifically for service members is provided on a self-contained "Playaway" listening device.

Ease stress before, during, and after deployment

The drills are specially designed to keep service members calm and focused on deployment, and to help ease the stresses of returning home after combat. Service members who start using *Chill Drills* before deployment can find it easier to handle stress later on in the deployment cycle.



Each drill has its own focus

Chill Drills Playaway contains five specially designed tracks, each with its own focus:

- Tuning in
- Releasing stress
- Easing back pain
- Getting to sleep
- Music to chill by (just music)

The ideal audio format for service members

The *Chill Drills* Playaway is:

- As small as a business card, so it fits easily in a utility pocket.
- Completely self-contained. Requires no CD player, MP3 player, computer, or electrical access. The controls, battery, and content are built right in.
- Easy to use. Just plug in the earbuds, press power, and you're there.

Prepared by an expert specifically for service members

Therapist Heidi Bauer, MSW, LCSW, who narrates *Chill Drills*, developed these exercises especially for service members, using language that service members respond to. She is an Army Family Team Building instructor, teaches in the Family Readiness Training Program and Rear Detachment Commander Training, and volunteers for her husband's military unit in the Wisconsin Army National Guard.

60 minutes. Comes with earbuds and battery.



For more information on *Chill Drills* please go to
www.MilitaryOneSource.com/chilldrills

Military OneSource is available 24/7. You name it. We can help.

1-800-342-9647 Overseas: xx-800-3429-6477 (find access codes online) www.MilitaryOneSource.com