



ACT Coach is a **free, easy-to-use mobile application**. It was released by the Department of Veterans Affairs (VA) in 2014. ACT Coach was designed for Servicemembers and Veterans, but it can be used by anyone who is seeing a mental healthcare provider and engaging in Acceptance and Commitment Therapy (ACT). The app is not meant to replace professional care. However, those who are receiving ACT can work with their therapist to use the app.

WHAT IS ACT?

Acceptance and Commitment Therapy (ACT) is a psychotherapy used to treat depression, anxiety and other trauma-related difficulties. ACT helps you learn to accept unpleasant thoughts, feelings, and impulses, so that they no longer interfere with what you want most in life. ACT also focuses on acting in a way that supports personal meaning and values.

LEARN

Read about how ACT can help you manage your symptoms, including:

- How does ACT work?
- What is psychological flexibility?
- How should I choose my values?

PRACTICE MINDFULNESS

Practice mindfulness in your daily life using a series of audio-guided exercises. You can also learn how to simply observe your thoughts and emotions, without judging or fighting against them.

LIVE YOUR VALUES

This tool guides you through identifying and choosing values that are most important to you. When you've clarified your personal values, the tool will support you to take actions in areas where values are important, like:

- Career & Education
- Family Relationships & Friendships
- Health & Well-being

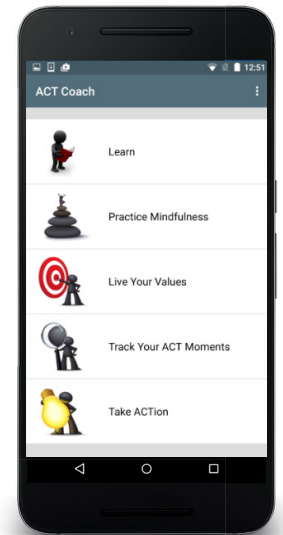
TRACK YOUR ACT MOMENTS

Use the **mindfulness log**, the **coping strategies log**, and the **willingness log** to monitor how you are coping with emotional discomfort. Work with your therapist to determine which tools work best for you, and track your progress over time.

TAKE ACTION

The Take ACTion tools can help you break out of old ways of behaving that aren't working for you. Check out tips tailored to help with your personal barriers to action, like:

- Indecision
- Mind chatter
- The desire for perfection



REFERENCES

- Owen, J., Kuhn, E., Jaworski, B., McGee-Vincent, P., Juhasz, K., Hoffman, J., & Rosen, C. (2018). VA mobile apps for PTSD and related problems: Public health resources for veterans and those who care for them. *mHealth*. doi:10.21037/mhealth.2018.05.07
- Walsler, R. D., & Westrup, D. (2007). *Acceptance and Commitment Therapy for the treatment of post-traumatic stress disorder and trauma-related problems*. Oakland, CA: New Harbinger Publications.