



**Moving Forward** is a **free, easy-to-use mobile application**. It was released by the Department of Veterans Affairs in 2014. The app offers a convenient way to learn and practice problem-solving skills. It can teach you how to better manage stressful situations, including transitioning from military service to civilian life, coping with physical injuries, and more. It also offers tips on how to calm your body and mind when you are stressed. While Moving Forward was made for Veterans and Servicemembers, anyone who wants to improve their problem-solving skills can benefit from it. Use the Moving Forward app alone or with in-person treatment.

## LEARN ABOUT PROBLEM SOLVING

Learn the skills, attitudes, and approaches that can help you manage stress.

Read about:

- The Role of Stress
- Signs of Stress
- Your Problem-Solving Approach

## ASSESSMENT

The app offers three assessments you can take to help you manage stress.

- The **Problem-Solving Style Quiz** will help you learn your problem-solving strengths and weaknesses. Remember, your results are attitudes you can change, not personality traits you are stuck with.
- **How Stressed am I Now?** can measure your current stress level. You'll answer questions about your thoughts and feelings over the past month.
- Use **My Stress Tracker** to monitor your progress over time.

## STOP & SLOW DOWN

Choose different tools to help you manage stress.

## SOLVE MY PROBLEMS

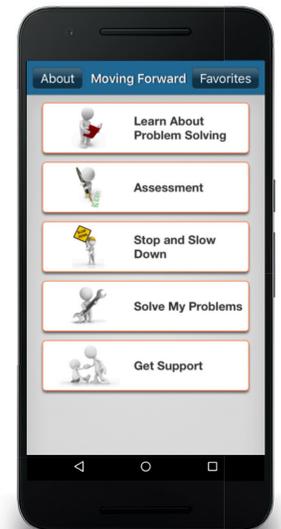
The problem-solving worksheet walks you through steps to help you better solve problems. Identify the problem you want to solve, your goal, possible ways to achieve your goal, and action plan steps. Tips and examples can guide you when you need help.

## GET SUPPORT

Add contact information for people you trust. Access mental health providers and find help if you are in crisis. Find resources to help with specific problems around finances and employment, readjustment issues, and more.

## ADDITIONAL RESOURCES

Visit [www.veterantraining.va.gov/movingforward](http://www.veterantraining.va.gov/movingforward) for videos and content you can use in addition to the Moving Forward app.



## REFERENCE

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