

De-Stress and Relax With Chill Drills by Military OneSource

Sometimes the best way to move forward is to pause for a moment to refresh and recharge. Chill Drills by Military OneSource allows you to do that by lowering your stress level wherever you are, whenever you need.

Chill Drills is a collection of simple audio mindfulness exercises to relax the body and mind. The Department of Defense developed these relaxation exercises for the military community and are free to service members and their families via the mobile app or the Military OneSource website.

Download the Chill Drills by Military OneSource app at the Google Play store or Apple App store.

