

Here is today's edition of the daily update:

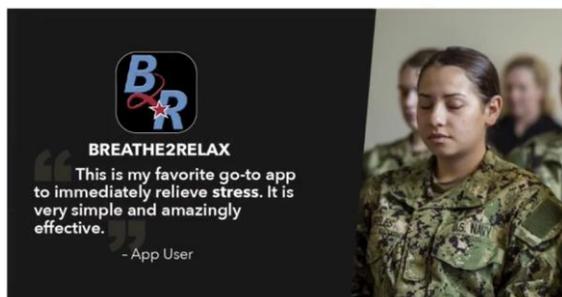
In today's daily update, on the Military OneSource Facebook page ([www.facebook.com/military.1source](http://www.facebook.com/military.1source)) presented by Dr. Kelly Blasko from the Defense Health Agency. She discussed the Provider Resilience Toolkit, this toolkit gives frontline healthcare providers tools to keep themselves emotionally healthy and productive.

In today's live video, we highlighted the information below:

**Take care of yourself, take breaks and take care of your teammates.**



Provider Resilience Toolkit:



Breathe2Relax App (<https://www.militaryonesource.mil/health-wellness/recommended-wellness-apps>)



Virtual Hope Box App (<https://www.militaryonesource.mil/health-wellness/recommended-wellness-apps>)



Download  
**PROVIDER  
RESILIENCE**  
today.



Provide Resilience App (<https://health.mil/News/Gallery/Photos/2018/07/23/Provider-resilience-2018>)



Military Meditation Coach Podcast (<https://health.mil/Military-Health-Topics/Technology/Connected-Health/Military-Mental-Health-Podcasts>)

Remember to tune in live Monday-Friday at 12:00p.m. EST. If you can, all you have to do is follow the Military OneSource page on Facebook. If you don't have time to watch the live event, it will be posted for your review immediately following the event. We want to hear from you, so **post** a comment on the video thread. Secondly, we are asking that you **share** the link to today's video with any military service members or family members you are friends with on Facebook so that they might benefit from the information. Here is a link to today's video:

<https://www.facebook.com/military.1source/videos/1154122011600293/?vh=e&d=n>

Military OneSource has a dedicated page to help keep you up to date on this rapidly-evolving situation, [www.militaryonesource.mil/coronavirus](http://www.militaryonesource.mil/coronavirus).

You can call Military OneSource anytime at 800-342-9647 or you can chat live with a consultant by logging on to [www.militaryonesource.mil](http://www.militaryonesource.mil).