



STAIR Coach is a **free, easy-to-use mobile application** designed to help people who have experienced trauma. It was released by the Department of Veterans Affairs in 2017. The app can be used by itself or as a part of STAIR therapy. The app includes readings, tools to help manage emotions and behavior, and quick links to support. It is not intended to replace therapy for those who need it.

WHAT IS SKILLS TRAINING IN AFFECTIVE & INTERPERSONAL REGULATION (STAIR)?

Trauma can have a negative impact on how you feel and how you relate to other people. STAIR provides step-by-step instructions to help you improve your emotions and relationships. STAIR is an evidence-based psychotherapy.

UNDERSTAND TRAUMA

- Use the **My Trauma Impact Assessment** to understand how trauma has affected you
- Practice describing how you feel with the **My Feelings** tool
- Record your current level of distress with the **Distress Meter** and track your progress over time

CALM MY BODY

Learn how trauma impacts your body and how to take better care of yourself. Develop healthy coping habits with tools like focused breathing, guided muscle relaxation, and soothing exercises. The app can also help you make a self-care plan.

ADJUST MY THINKING

Learn how trauma affects your thoughts. Practice reframing your thoughts to help you function better. Use the app's tools to:

- Examine your negative thoughts
- Practice thinking about things other than your worries
- Learn to ride out your unhealthy urges without acting on them

CHANGE MY BEHAVIOR

Learn how trauma affects what you do and how to behave in healthier ways. The app's tools will guide you through exercises such as:

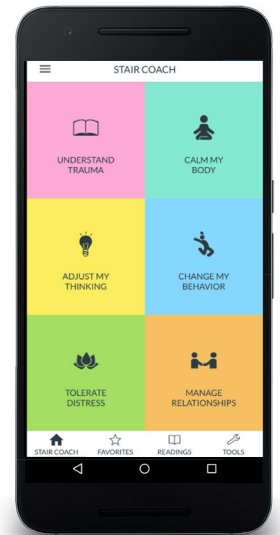
- Taking breaks from difficult situations
- Reaching out to people who might be able to help
- Engaging in positive activities to help you feel better

TOLERATE DISTRESS

Distress tolerance is the ability to experience pain or hardship without doing something harmful to yourself or others. Use the app to learn distress tolerance skills that can help you meet your goals.

MANAGE RELATIONSHIPS

Become aware of how your behaviors influence how you act with other people. Try out tools to improve communication. Learn about self-compassion and start to practice it.



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