Training on the use of Digital Health Tools for healthier lifestyles

Training Activity 9: Digital Health Media for PID (Session 1)

Partners

stift tilbeck
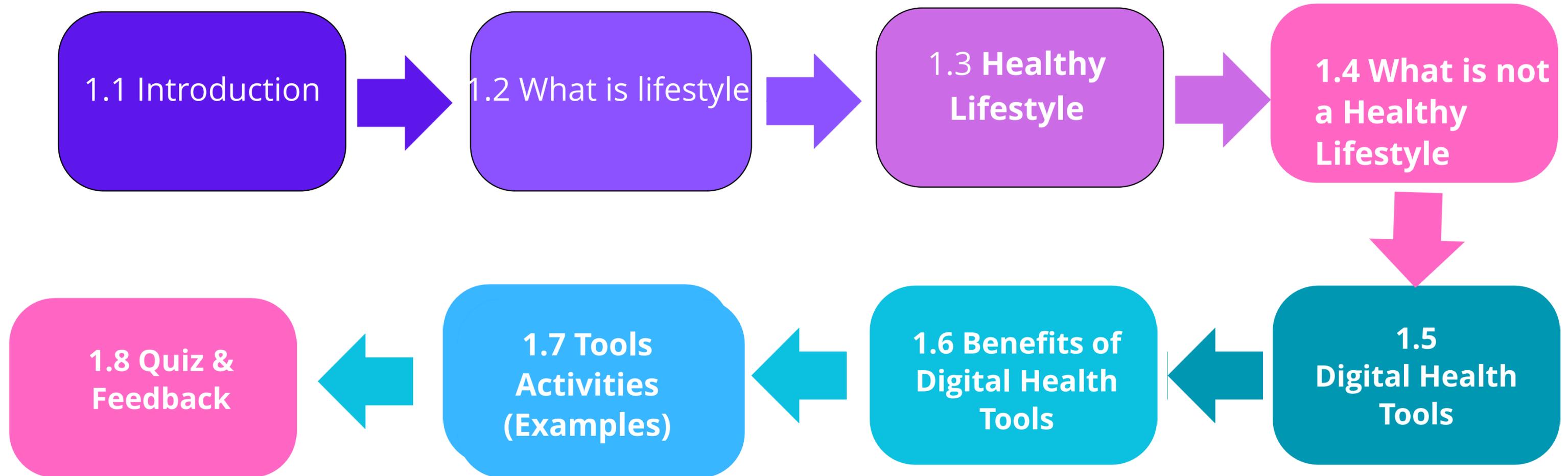WILLKOMMEN.

έδρα

AIAS
DAL 1962
BOLOGNA   ONLUS

GU net
GREEK UNIVERSITIES NETWORK

cecd

IAT
Institute for Work and Technology

amica

COPAVA

Co-funded by
the European Union

TOPIC Nº9: List of units

1.1 Introduction	→ 1.2 What is lifestyle	→ 1.3 **Healthy Lifestyle**	→ **1.4 What is not a Healthy Lifestyle**

1.8 Quiz & Feedback	← **1.7 Tools Activities (Examples)**	← **1.6 Benefits of Digital Health Tools**	← **1.5 Digital Health Tools**

Competences

After you finish this unit: Goals for the Day

- You will know how to:

- Use your phone for health.

- Learn to relax with guided exercises.

- Record how you feel.

- Set small goals and achieve them.

Introduction

What digital tools do you use?

- Digital tools = apps and devices that support health and well-being

- They can be used easily on a smartphone, tablet, or smartwatch

Icebreaker

''Show one digital tool that helps you today''

What is lifestyle?

Lifestyle means the way we live every day.
It is made of our **habits**, **choices**, and **activities**.

Simple Explanation
- Lifestyle is like a **daily routine**.
- If you often choose water instead of soda, that is part of your lifestyle.
- If you go walking three times a week, that is also your lifestyle.
- If you like reading or playing games in the evening, that is lifestyle too.

Why It Matters

- Our lifestyle can make us:
- **Healthy** or **unhealthy**.
- **Happy** or **stressed**.
- **Active** or **tired**.

What is lifestyle?

Examples:

- What we **eat** and **drink**.
- How much we **move** or **exercise**.
- How well we **sleep** and **rest**.
- How we **spend time** with friends, family, or alone.
- How we use **technology** (phone, games, internet).
- How we take care of our **feelings and stress**.

✓ Walking 20 minutes every day = healthy habit.

✓ Sleeping well = the body rests and we feel better.

✓ Lifestyle is like a puzzle: small daily actions together form the picture of our life.

Healthy Lifestyle

A **healthy lifestyle** does not mean a "perfect lifestyle."
It means making **small daily choices** that help us feel better physically and emotionally.

Main Ideas

Nutrition

- Eat more fruits and vegetables.
- Drink enough water.
- Limit sodas and sweets.
- **Example: An apple instead of chocolate in the afternoon.**

Healthy Lifestyle

A **healthy lifestyle** does not mean a "perfect lifestyle."
It means making **small daily choices** that help us feel better physically and emotionally.

Main Ideas

Physical Activity

- Move every day, according to your ability.
- No gym needed – walking, dancing, or playing is enough.
- **Example: 15 minutes walking in the neighborhood or**
- **5 minutes of dancing at home.**

Healthy Lifestyle

Sleep and Rest

- Go to bed at a regular time.
- Try to rest without phone or TV before sleep.
- **Example: Set a phone reminder to get ready for bed at 10 p.m**.

Relationships and Social Life

- Spend time talking or meeting friends/family.
- Social connections make us happier and reduce stress.
- **Example: A short call to a friend on a day you feel lonely**.

Healthy Lifestyle

Stress Management

- Learn ways to calm down (breathing, music, relaxation apps).

Example: When feeling angry, take 3 deep breaths instead of shouting.

Self-Care and Self-Compassion

- Take care of yourself without guilt.
- Speak kindly to yourself.

Example: If you don't reach a goal, say "I will try again tomorrow" instead of "I never succeed."
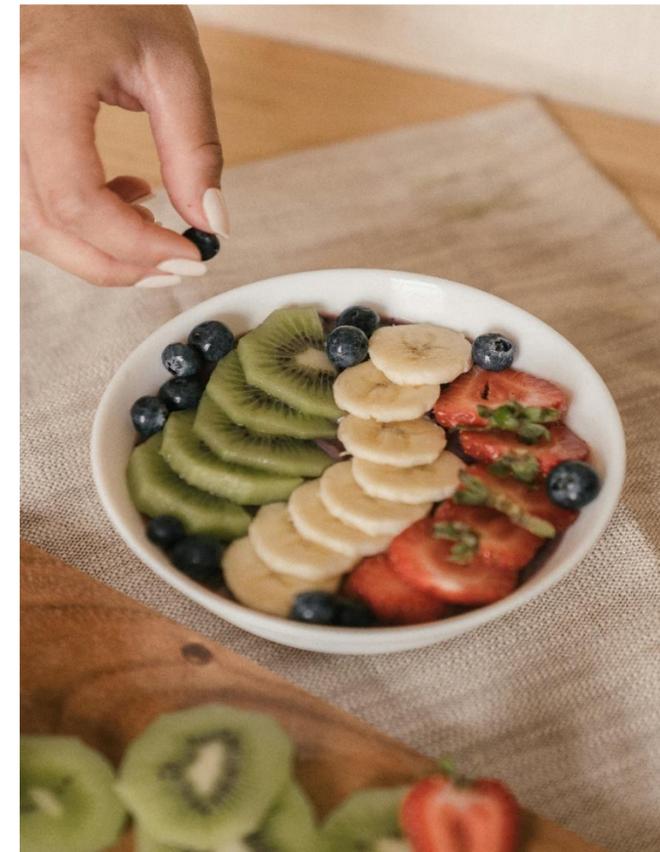
Healthy Lifestyle

Our Body and Our Feelings

- Our body and our feelings work together.
- Good sleep helps us feel calm.
- Stress can make our heart beat fast.
- Small actions help our body feel safe again.

What Helps Us Stay Healthy?

✓ Drink water
✓ Eat fruit or simple meals
✓ Walk or move your body
✓ Take breaks when you feel tired
✓ Talk to someone you trust

Healthy Lifestyle

Self-Care

- Self-care helps the body and mind relax.
- Washing your face, brushing teeth, and wearing clean clothes feels good.
- A quiet moment helps your brain feel safe.
- Self-care tells your body: "It is time to rest."

Healthy Lifestyle

- **Activity Sheet: My Healthy Day**

- **Morning**: One healthy action I can try today.

- **Afternoon:** Food or drink that helps my body.

- **Movement:** How I can move today.

- **Feelings**: Who I can talk to when stressed.

- **Night:** What helps me relax before sleep.

What is not a Healthy Lifestyle

What Makes Life Harder?

⚠ Eating too many sweets

⚠ Drinking alcohol

⚠ Smoking

⚠ Drugs

⚠ No sleep or too much stress

What is not a Healthy Lifestyle

Smoking

- Smoking makes the heart beat faster.

- It makes the lungs tired.

- It makes stress stronger, not smaller.

- It can make you feel sad or tired later.

What is not a Healthy Lifestyle

Eating Sweets

- Sweets taste good, but only for a moment.

- Too many sweets can make the body tired.

- They can make the stomach feel heavy.

- A small sweet is okay, but not too often.

What is not a Healthy Lifestyle

Overeating

- Eating too much can make the body slow.

- It can make sleep harder.

- Too much food at night can make the stomach hurt.

- Listening to your body helps you know when to stop.

What is not a Healthy Lifestyle

What Is Cortisol?

The Body's Stress Helper

- Cortisol is a hormone your body makes.

- It helps you wake up, think fast, or run if you are in danger.

- When you feel stress, cortisol goes up.

- When you rest, breathe slowly, or feel safe, cortisol goes down.

- Too much cortisol can make your stomach hurt, your heart beat fast, or your body feel tired.

What is not a Healthy Lifestyle

Alcohol and Stress (Cortisol)

- Alcohol may feel relaxing for a moment.

- But alcohol makes the body produce more cortisol (the stress hormone)

- More cortisol makes the body feel tense, nervous, or sad later.

- Alcohol can make feelings stronger, not better.

- It can make sleep worse and the heart beat faster.

- Small healthy choices help the brain feel safe without alcohol.

What is not a Healthy Lifestyle

Why Alcohol Does Not Help With Stress

- Alcohol slows the brain down at first.
- Then the brain must work harder later.
- This makes stress stronger, not smaller.

Alcohol can:

  - Make sleep worse
  - Increase tired or sad feelings
  - Make the heart beat fast
  - Make thinking and decisions harder
- The brain feels safer with healthy habits, not alcohol.

What is not a Healthy Lifestyle

See You Tube video

[Stay Healthy with the Right Choises on your Daily Routine | D-HEALTH](#)

''A Day with Healthy Habits, John's and Mary's story''

Who Are John and Maria?

- John and Maria are people just like us.
- Sometimes they feel happy.
- Sometimes they feel stressed or tired.
- They try their best every day and that is enough.

Stay Healthy with the Right Choises on your Daily Routine | D-HEALTH

Digital Health Tools

Moodtrackers

App where you choose your emotion (😁 happy, 😐 neutral, 😣 sad).

Example: John records his feelings every night. On Sunday, he sees he was happier when he went for a walk.

Digital Health Tools

Meditation Apps

Guided exercises with sounds or voices for breathing and relaxation.

Example: Mary uses a 5-minute app with nature sounds before bed to calm down stress.

Digital Health Tools

Fitness Devices

Watch or app that counts steps and sleep.

Example: Chris sees he walked 3,000 steps on Monday. His goal is 4,000, and the app celebrates when he reaches it.

Digital Health Tools

See You Tube video 2

[Our Daily Routine with Health Apps | ID-HEALTH](#)

''A Day with Digital Tools, John's and Mary's story''

Benefits of Digital Health Tools

Autonomy=Being more independent

Digital tools give **reminders** (drink water, take medicine, go for a walk).
You don't always need to ask someone else to remind you.

Example: A phone alarm says "Time to drink water!"

Self-Confidence=Feeling proud of yourself
When you reach a small goal, the app celebrates with you.
You can say: **"I did it!"**

Example: You wanted to walk 4,000 steps. You walked 4,200 steps. The app says: "Great job!"

Benefits of Digital Health Tools

Feedback=Seeing your progress

The phone, watch, or app shows what you have done.

Example: A sleep app shows you slept better last night than the night before. A mood app shows that you felt happy more times this week than last week.

Stress Management=Feeling calm

Relaxation apps help you calm down when stressed.
They guide you with breathing, music, or calming sounds.

Example: Before bed, you listen to soft music from an app and relax.

Benefits of Digital Health Tools

Motivation = Wanting to keep going

Digital tools show that every small action is important.

Example: A fitness app says: "You are only 200 steps away from your goal. Keep going!"

Learning New Skills

Apps can teach us healthy habits.

Example: A food app can remind us to drink water or eat more vegetables.

Sharing with Others

Some apps let us share progress with friends or family.

Example: You send your walking steps to a friend, and they clap for you.

Benefits of Digital Health Tools

✓ **Digital tools are like helpful friends:**

✓ They remind you.

✓ They support you.

✓ They encourage you.

✓ They celebrate with you.

Activities Examples

Activities (Examples)

Activity 1 (Moodtracker):
Record your mood every night for one week. At the end, check which day you were happiest and why.

Activity 2 (Meditation app):
Listen to a 3-minute breathing exercise. Afterward, say how you felt: calmer, more relaxed, or the same.

Activity 3 (Fitness device):
Count your steps in one day. Goal: +100 steps the next day.

Activity 4 (VR Guided exercise)
Use VR to create interactive experiences such as virtual nature walks, yoga classes, or simple movement exercises.

Activities Examples

Check Worksheet 1

FACILITATOR'S GUIDELINES

Activity title: *My Day with Digital Tools*

Duration: 30 minutes

Purpose:
To help participants reflect on how digital tools support healthy routines throughout the day and encourage mindful, balanced use of technology.

Materials:
Worksheet copies, pens/markers, optional digital devices for examples.

Activities Examples

Check Worksheet 1

FACILITATOR'S GUIDELINES

Steps:

Morning: Discuss how devices remind us to start the day (alarms, water reminders).
Midday: Explore healthy prompts (hydration, meal reminders, step counters).
Afternoon: Identify movement or exercise tracking tools.
Evening: Introduce relaxation or mindfulness apps.
Night: Reflect on feelings; use emojis or short sentences to describe mood.

Discuss:
Which digital tools help you most?
How can you use technology to stay balanced and calm?
What's one digital habit you'd like to keep or change?

Activities Examples

Morning

My alarm or watch reminds me to: _____
I feel: ☺ ☻ ☹ (circle one)

Midday

A digital tool reminds me to: _____
Example: drink water, eat fruit, take medicine.
I feel: ☺ ☻ ☹ (circle one)

Afternoon

My fitness app shows: _____ steps.
My goal is: _____ steps.
Did I reach my goal? YES / NO
I feel: ☺ ☻ ☹ (circle one)

My Daily Story with Digital Tools

Name: _____   Date: _____

Morning
My alarm or watch reminds me to: _____
I feel: _____   ☺ ☹ ☹

Midday
A digital tool reminds me to: _____
Example: drink water, eat fruit, take medicine.
I feel: _____   ☺ ☹ ☹

Afternoon
My fitness app shows: _____ steps_____
Did I reach my goal?   YES   NO
I feel: _____

Evening
I use a relaxation or meditation app for minutes
It helps me feel: _____

Night   ☺ ☹ ☹
My mood today: _____

One thing I did well today: _____
One thing I want to try tomorrow: _____

Activities Examples

Evening

I use a relaxation or meditation app for: _____ minutes.
It helps me feel: _____

Night

My mood today: ☺ ☹ 😢 (circle one)
I am proud because: _____

Reflection

One thing I did well today: _____
One thing I want to try tomorrow: _____

Activities Examples

CATALOGUE SHEET

Health Swap

- Created by Down's Syndrome Association in the UK to support healthier eating & exercise for people with Down Syndrome (who have intellectual disability) through an app with large images, simple navigation, weekly meal plan ideas and a shopping-list generator. Able Magazine
- **Strengths**: Good example of accessible design for ID/IDD (e.g., large fonts/images, simplified navigation), focused on nutrition + exercise.

IDHEApp

- An accessible mobile application developed with involvement of people with ID/IDD, offering personalised content for improving lifestyle (health behaviours) within the project context. ceipes.org
- **Strengths:** Co-designed with target users, hence more likely to be user-friendly; focuses on healthy lifestyle behaviours (not only exercise).

What did we learn today?

- Use my phone for health.
- Learn to relax with guided exercises.
- Record how I feel.
- Set small goals and achieve them.

Quiz and your opinion

We are taking a quiz: How do I feel now?
  "Happy Apps, Healthy You!"