

Training on the use of Digital Health Tools for healthier lifestyles

Training Activity 9: Digital Health Media for PID
(Session 2)



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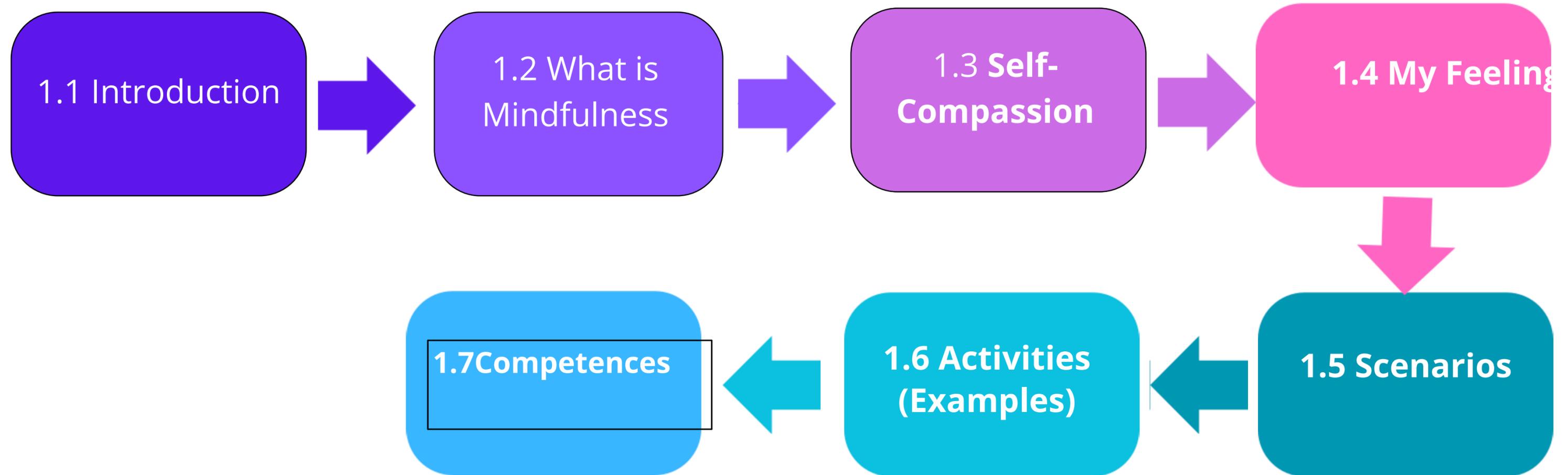
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Partners



TOPIC N° 9: List of units



Competences

- We will learn to notice how we feel, in our body, our mind, and our heart.
- We will practice breathing slowly and staying calm when we feel worried or upset.
- We will practice talking kindly to ourselves, just like we talk kindly to a good friend.
- When we make a mistake, we will say: “It’s okay. I am learning. I can try again”
- We will learn to use simple apps, like *Cozi*, to help us plan our day, eat well, rest, and do fun things.

Introduction

Using Apps for Our Feelings

- ✓ Some apps can help us be calm, kind to ourselves, and understand others.
- ✓ **Icebreaker**
- ✓ “What feeling do you have right now?” (Show emoji cards).

1.2 Mindfulness

1.2 What is Mindfulness?

Mindfulness means paying attention to what is happening right now to your body, your thoughts, and your feelings, without feeling bad for them.

It is like saying to yourself:

“I notice what I feel and what I think, and that’s okay.”

When we are mindful, we try to:

- Breathe slowly,
- Notice what we see, hear, or touch,
- Stay in the moment, not worry about the past or the future.

For example:

When you eat, notice the taste and smell of your food.

When you walk, feel your feet on the ground.

When you feel sad or angry, take a deep breath and say:



1.3 What is Self-Compassion

Self-compassion means being kind to yourself, especially when things go wrong or when you make a mistake.

It is like being your own best friend!

Self-compassion has three parts:

- **Being kind** to yourself, talk to yourself the way you would talk to a friend who is sad or tired.
- **Instead of saying “I’m stupid,” say “I tried my best, and that’s okay.”**
- Remember we all make mistakes and everyone has problems sometimes. **You are not alone!**
- Notice when you feel pain, but don’t fight it or hide it
- We treat ourselves with care, not anger or shame.

1.3 Why they matter

Mindfulness helps you:

- Feel calmer and safer inside.
- Worry less about things you cannot change.
- Focus better on what you are doing.

Self-compassion helps you:

- Feel more confident and accepted.
- Be patient with yourself.
- Build kinder relationships with other people

Together, mindfulness and self-compassion help your mental health, your emotions, and your daily life so you can live with more peace, kindness, and joy!

1.4 My Feelings

(Also check Training Activities No 3 & 6)

See You Tube video My Feelings

[How to Read our Feelings | ID-HEALTH](#)

The image shows a YouTube video player interface. At the top, there is a navigation bar with the YouTube logo and the text 'YouTube GR'. To the right of the logo is a search bar containing the text 'Αναζήτηση'. Below the navigation bar is a large video thumbnail. The thumbnail has a light blue background and features the 'ID HEALTH digital health literacy' logo at the top left. The main text on the thumbnail reads '“Our Feelings, Our Body”'. To the right of the text is an illustration of three people (a man, a woman, and a child) talking, with a thought bubble above the woman containing three smiling faces. At the bottom of the thumbnail, there are several logos, including the European Union flag with the text 'Co-funded by the European Union', and logos for 'stift-tilbeck', 'COPAVA', 'CEC', 'IAT', 'AIAS', 'GU nel', 'έδρα', and 'amica'. Below the thumbnail, the video title 'How to Read our Feelings | ID-HEALTH' is displayed. Underneath the title, there is a channel name 'έδρα ΚΣΔΕΟ ΕΔΡΑ' with a subscriber count of '1,09 χιλ. εγγεγραμμένοι'. To the right of the channel name is a black button with the text 'Εγγραφή'. Further right are icons for '0' likes, a dislike icon, a share icon with the text 'Κοινοποίηση', a bookmark icon with the text 'Αποθήκευση', and a download icon with the text 'Λήψη'. A three-dot menu icon is located at the far right of the interface.

1.4 My Feelings

What Are Feelings?

- Feelings are how we feel inside, in our heart and body.
- We all have many feelings, like happy, sad, angry, scared, calm.
- Feelings can change during the day, that's normal.
- It helps to notice and name our feelings, so others can understand us

1.4 My Feelings

How Can We Know What We Feel?

- **Listen to your body**, your heart, tummy, or hands may feel different.
- **Look at your face**, are you smiling, frowning, or crying?
- **Think about your thoughts**, what are say to yourself inside?
- **Tell someone you trust** how you feel, with words, pictures, or moves.

1.4 My Feelings

My Body Map of Feelings

- Our body helps us know how we feel.
- Sometimes we feel feelings in different parts of our body.
- We can draw or color where we feel happy, sad, angry, or scared.
- There is no right or wrong, it's just how *your* body feels today.

1.4 My Feelings

Facilitator's Tip

Give each person a simple outline of a body on paper.

Ask:

“Where do you feel your feelings?”

Examples:

- “When I’m angry, my hands feel tight.”
- “When I’m happy, my chest feels warm.”
- “When I’m sad, my eyes feel heavy.”



Instructions for Participants

- Work with a partner
- Use your phone/tablet with the app (Calm, Headspace, Mood Tracker, or similar).
- Follow the scenario.
- Share what you feel after.

1.5 Scenarios

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Scenario 1. Feeling Nervous Before Bed

Maria feels nervous at night. She cannot sleep.

She opens the Calm app. She listens to soft music and breathes slowly.

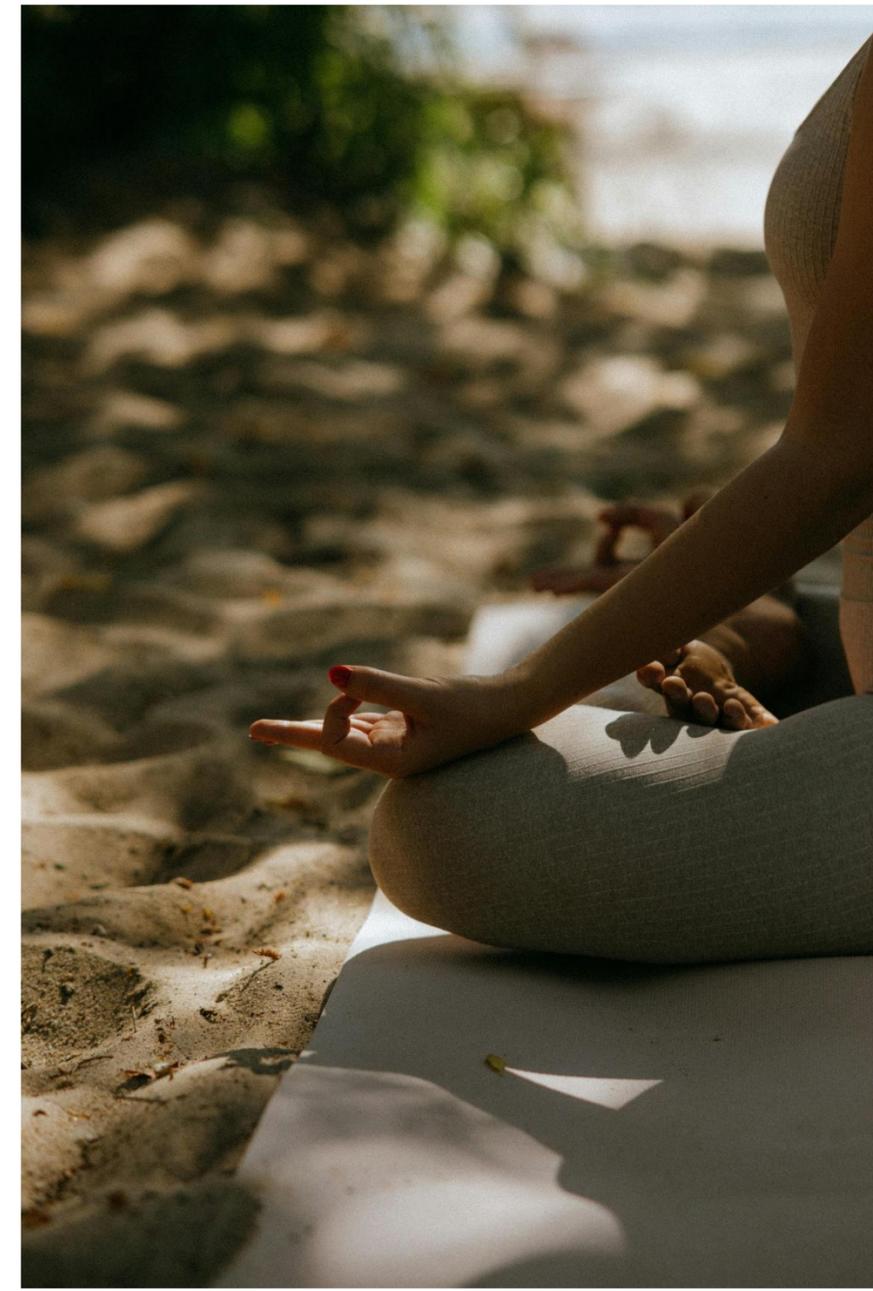
Try This:

- ✓ Open the Calm/Headspace app.
- ✓ Play one breathing or music track.
- ✓ Do it together for 2 minutes.

Questions:

How did your body feel before?

How did it feel after?



Scenario 2. Feeling Angry After School/Work

Alex feels angry because someone shouted at him. He opens his Mood Tracker app. He taps the angry face. Then, he listens to a short breathing exercise.

Try This:

Open Mood Tracker and tap the face for your current feeling.

Then, open Calm/Headspace and do 3 slow breaths.

Questions:

- What feeling did you choose in the app?
- Did the breathing help calm you?

1.5 Scenarios

1.5 Scenarios (Cont.)

Scenario 3. Feeling Sad and Lonely

Anna feels sad because her friend is away.

She writes her feeling in the app journal.

She also listens to a kind message: 'I am good enough. I am not alone.'

Try This:

Open the app and write or record: "I feel sad today."

Say a kind message to yourself: "I am not alone. I am safe."

Questions:

- How does it feel to write or say your feeling?
- Did the kind message help you feel better?



Activities

Activity 1: Mindful Breathing (1 minute)-Check Worksheet 2

Steps

1. Sit comfortably with feet on the floor.
2. Put one hand on your belly.
3. Breathe in slowly through your nose, feel your belly rise.
4. Breathe out slowly through your mouth, feel your belly fall.
5. Say quietly:

“Breathing in, I feel calm.”

“Breathing out, I let go.”

Facilitator’s Note

- ✓ Encourage slow, natural breathing, don’t force it. Model the breathing first.
- ✓ If someone cannot close their eyes, ask them to look gently at a point on the floor.
- ✓ If VR equipment is available: Check trainer’s manual Activity VR Guided Mindfulness Meditation



Activities

Activity 2: The Five Senses Game or

Steps:

Ask participants to notice:

- 5 things they can **see**
- 4 things they can **touch**
- 3 things they can **hear**
- 2 things they can **smell**
- 1 thing they can **taste** (or imagine tasting)

Facilitator's Note:

Use familiar, safe surroundings.

Encourage descriptive words (“soft,” “bright,” “warm”).

If someone struggles with imagination, prompt with questions:

“Can you see something blue?” or “What sound do you hear right now?”

Activities

Activity 3: Kind Words to Myself

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Steps:

Ask participants to say (aloud or silently):

- “I am trying my best.”
- “I deserve kindness.”
- “I am learning and growing every day.”

Facilitator’s Note:

Invite gentle repetition as a group.

If someone feels shy, allow them to whisper or just listen.

You can write phrases on cards and let participants pick one that feels right for them.

Activities

Activity 4: Letter to Myself

Steps:

Ask each person to write or draw a short message to themselves.

Example:

“Dear me, it’s okay to be tired today. I don’t have to be perfect.”

Facilitator’s Note:

Provide paper and colored pens.

Encourage self-expression through words, drawings, or stickers.

If someone struggles with writing, they can dictate their message to you or use symbols/pictures.

End by asking volunteers if they’d like to share something they wrote.

CATALOGUE SHEET

- **Headspace:** It offers guided meditations, breathing exercises and sleep support.
 - **Why** it's good: Helps build a habit of mindfulness; supports stress/anxiety relief.
 - **Considerations:** The language may still be complex; shorter sessions might suit better.
 - **Adaptation tip:** Use with a facilitator assisting in navigating, summarizing instructions in plain language.
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- **Smiling Mind:** Designed for all ages and stages, promotes daily mental wellbeing.
 - **Why:** Friendly design, suitable for various users including simpler needs.
 - **Considerations:** Check whether the interface is simple enough for your group.
 - **Adaptation:** Pre-select modules, use pictorial supports, do together as a group.

Ask participants:

“How did this make you feel?”

Invite one word from each person (*calm, relaxed, happy, sleepy*).

Praise every effort and remind them that there is no right or wrong way to practice.

Group reflection circle:

“Which app did you like best?”

“Which activity helped the most?”

“What will you try at home when you feel sad, angry, or nervous?”

Closing activity:

Each person points to an emoji card showing how they feel now.

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!"**

