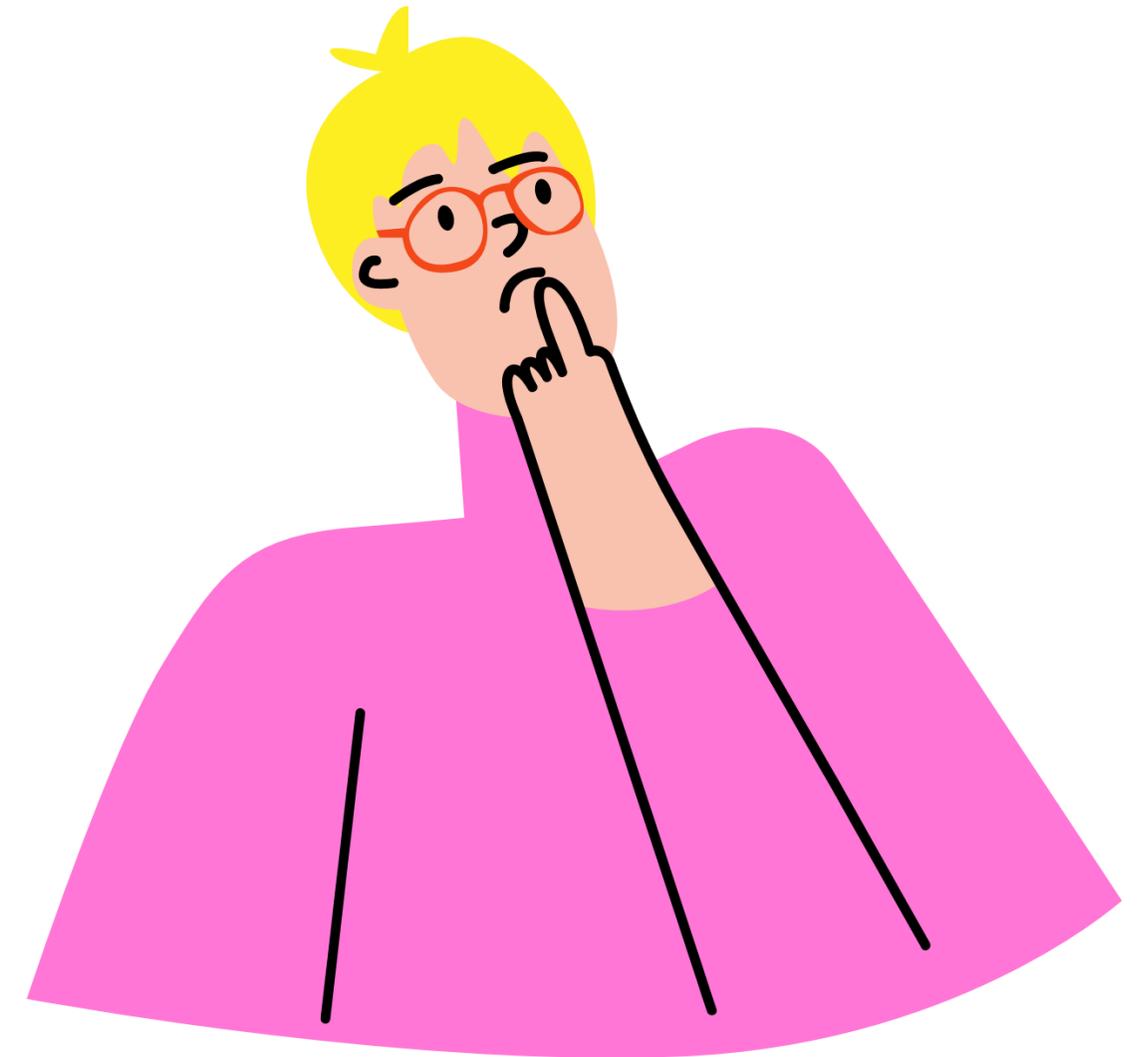
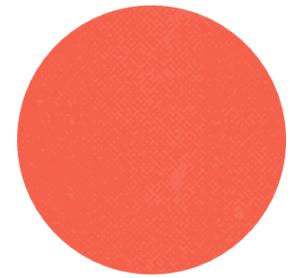


What Have I Learned?



What Have I Learned? (Participant Self-Assessment)

KEY SKILL (What I can do)	😊 I Can Do It Well (Very Confident)	🙂 I Can Do It With Support (Need to practice)	😞 I Need Help (It's the hardest thing)
I know what my body feels like when I have an emotion (joy, anger, calm).			
I understand that I decide what the App does, and not the other way around.			
I know the Apps in the catalogue that can help me improve my mental health			
I am capable of choosing the Apps that can best help me feel better.			
I know the healthy rest goal for my mind (7 to 9 hours).			
I know that by logging my mood or steps, I can see if the App is helping me.			
I know that if an emotion is very strong and overwhelming, I must talk to a trusted person.			
I feel ready to start using a well-being App that I found.			



Your Mind is Your Priority!

Congratulations.

You've taken a big step toward taking control of your well-being.

Start practicing today! 💪

