



4.8 Digital Health Tools for monitoring my mental health condition

Topic 4: Digital Health media for PID.



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them. Project number: 2024-1-DE02-KA220-ADU-000247841.



Partners





Let's Play: TRUE OR FALSE!

TEST YOUR KNOWLEDGE: TAKING CARE OF YOUR MIND



It's time to see what we learned!

This is a quick True or False quiz.

- The questions are about emotions, well-being, and digital Apps.
- Be Fast (but read carefully!).

Remember:

- TRUE means the sentence is correct.
- FALSE means the sentence is wrong.

The most important thing is to learn together.

Good luck!

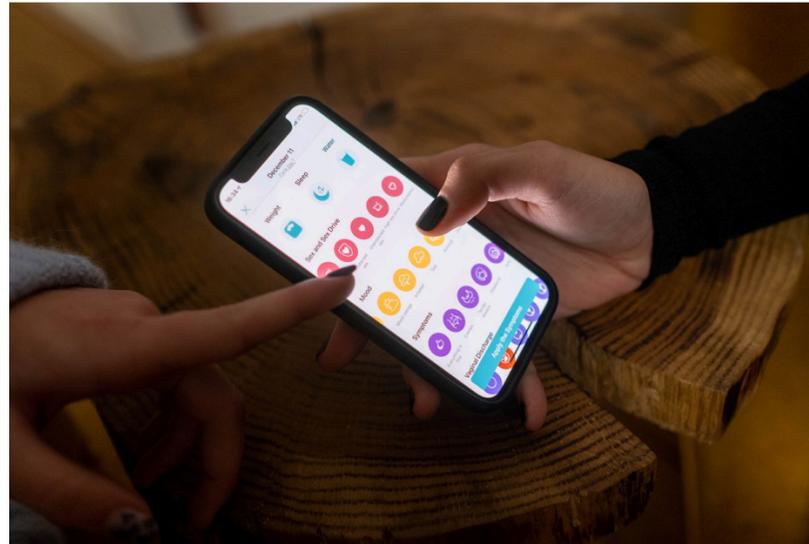
1. Taking care of your mental health is as important as taking care of your physical health.



TRUE

FALSE

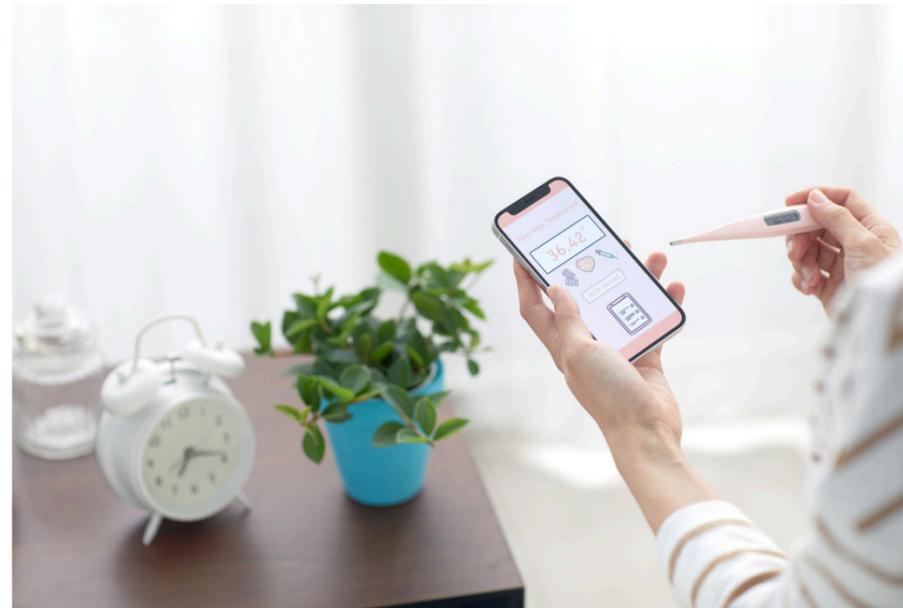
2. The Apps on your phone cannot help you feel calmer or manage your emotions.



TRUE

FALSE

3. A Feelings Diary App is used to record how you feel and help you understand your mood changes.



TRUE

FALSE

4. When you feel a lot of tension, Breathing Apps teach you to breathe fast to make the tension go away.



TRUE

FALSE

5. Feeling your body 'tight' and 'hot' is usually a symptom of the emotion Anger (or Rage).



TRUE

FALSE

6. If you feel like crying and move slowly, the emotion you feel is Joy (Happiness).



TRUE

FALSE

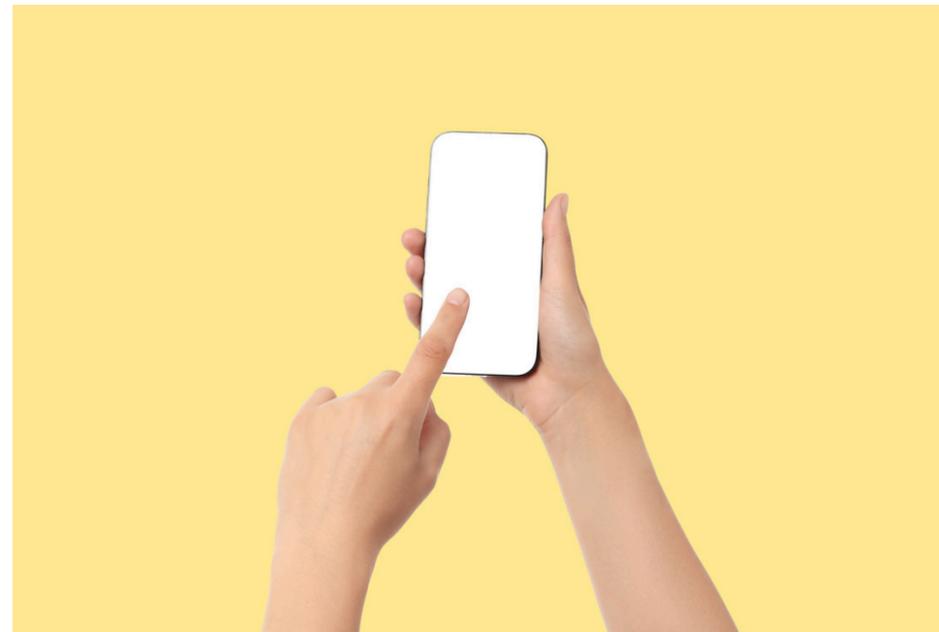
7. A fast-beating heart and a 'knot' in the stomach are common signs of Fear or Nervousness.



TRUE

FALSE

8. Once you download a wellness App, it is in control and makes decisions for you.



TRUE

FALSE

9. Mental Well-being means feeling peaceful and managing emotions well; it does not mean being happy 100% of the time.



TRUE

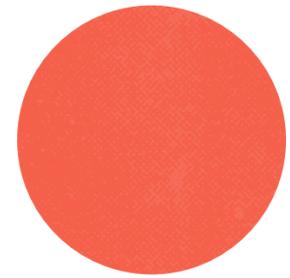
FALSE

10. When an emotion is very strong and you can't control it, the best thing to do is tell a trusted adult or person.



TRUE

FALSE



Your Mind is Your Priority!

Congratulations.

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

Start practicing today! 💪



What Have I Learned? (Participant Self-Assessment)

Observed Skill	I (Achieved Independently)	S (Achieved with Support)	N (Not Achieved)
Participant states that he/she controls the App (that the App is a tool).			
Participant can name one physical sign of an emotion (e.g., tension for anger).			
Participant can name or point to one healthy goal (e.g., 7-9 hours of sleep or 6,000+ steps).			
Participant successfully logs an emotion (chooses an emoji in the Diary App).			
Participant can state if a data point is "good" or "bad" (e.g., says 4 hours of sleep is not enough).			
Participant chooses a Breathing App or method for a stressful situation.			
Participant is able to choose the most appropriate App type for their own need (e.g., selects a Music App to help fall asleep).			