



## 4.8 Digital Health Tools for monitoring my mental health condition

### Topic 4: Digital Health media for PID.



Co-funded by  
the European Union

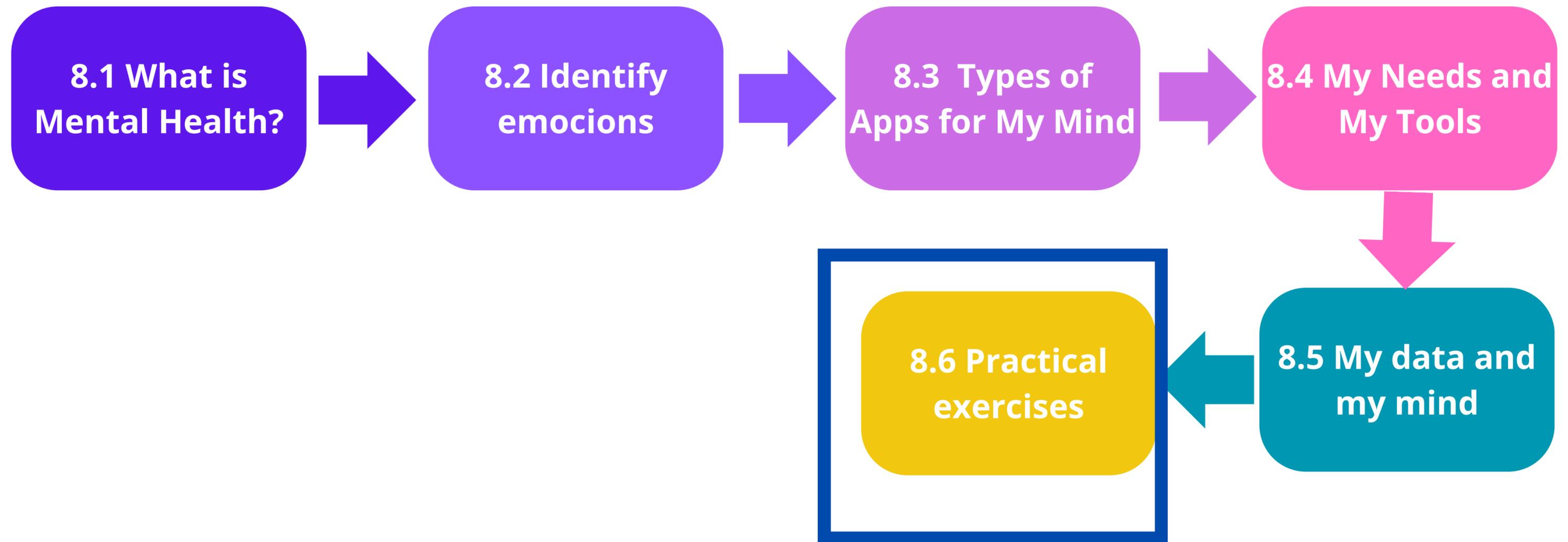
Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them. Project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



# Partners



## TOPIC N° 2 : List of units





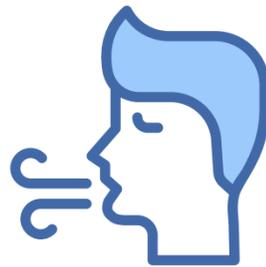
# Let's Get Started! Practice Exercises

## PRACTICE WITH THE APPS YOU FIND IN THE CATALOGUE

Here are 3 very easy ideas for you to start using and understanding the data from your new digital tools:

*(Remember: These are just examples. You can do the same with any App you choose from the catalogue).*

### 1. My Calmness Level (Initial Measurement)



- **Choose a Calmness or Breathing App** from your catalogue.
- **Give your calmness a number** before you start (from 1 to 10, where 10 is very calm).
- **Use** the exercise for 3 minutes.
- **Give yourself a number again.** Did your calmness number go up? That means the App is helping you!



# Let's Get Started! Practice Exercises

PRACTICE WITH THE APPS YOU FIND IN THE CATALOGUE



## 2. My Goal for the Day (Feeling Measurement)

- **Choose a Diary App** or an App that asks you to log your mood.
- **Look at yourself:** How do you feel right now (happy, calm, curious)?
- **Set your goal:** What small step will you take to make your feeling better or more stable by the end of the day? Log it.

**Remember: Monitoring your data is the first step to helping yourself.**



# Let's Get Started! Practice Exercises

PRACTICE WITH THE APPS YOU FIND IN THE CATALOGUE

## 3. Did I Meet My Goal? (Sleep/Activity Measurement)



- **Use a Sleep App** or a step counter **today**.
- **Tomorrow morning, check the number:** Did you manage to sleep the recommended 7 to 9 hours? Did you reach 6,000 steps?
- **Decide:** If the number was not recommended, what will you do differently tomorrow?

**Remember: Monitoring your data is the first step to helping yourself.**



# Using My Digital Tool

Sharing Our Experience with the App/Device



## WHAT IS THE BENEFIT OF THE APP I CHOSE?

<b>What did the App/Device do best?</b>  Did it help you feel calm quickly? Was it easy to read or use the buttons?	<b>How does it help you?</b>  Example: Does it help you sleep better? Does it help you reduce anger?	<b>What important data does it show you?</b>  Example: Does it show you a calmer pulse? Does it tell you how many minutes you relaxed?	<b>Do you feel it is working for you?</b>  Yes or No? And why?

**Remember that there are no right or wrong answers**