

Mobile Health Apps for Migrants

https://apps4health.eu/

Module 4 – Clossing session (4.4) Health Apps for Rest Routines



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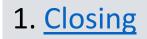


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Closing Session: Content







Objectives

- Increase awareness on what is a rest routine and the importance of a rest routine
- Identify main activities for establishing a rest routine and how rest routine applications can contribute to that
- Understand the main concepts related with Health Apps and how they can be useful for migrants
- Develop digital skills and familiarize with the use of rest routine apps



Source: Image by nuraghies on Freepik



Competences

- Definition of what is a rest routine and why it is important
- Explanation of how rest routine apps can benefit an establishment of a sleeping routine and improve the sleep in general
- Familiarization with and capability of navigating different rest routine app and integrate it in the daily life

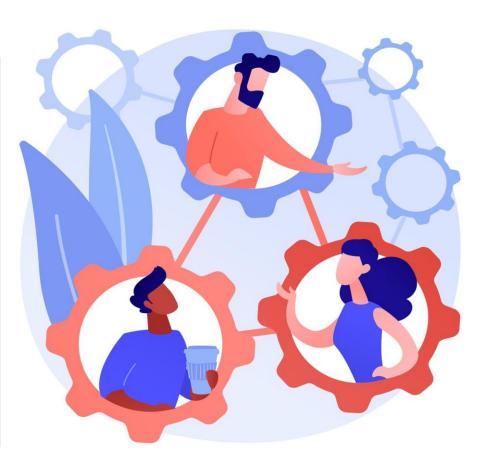


Image by vectorjuice on Freepik





1. Closing

Objectives

- To summarize the main lessons learned
- To share the experience of using a rest routine app
- To share practical challenges and ideas how to overcome this challenges





Activity: Take some minutes and write down...

- What is a rest routine?
- How can I establish a rest routine and why is it important?
- How can I benefit from the use of a sleeping routine application?
- What are the drawbacks for using a sleeping routine application?





Activity: Take some minutes and write down...

- How was the experience of using a rest routine application?
- Can I integrate it in my daily routine?

Whoever wants can share with the team!







MIG-HEALTH APPS Mobile Health Apps for Migrants

Congratulations! You have completed this module!



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