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# MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

**Module 10 - Experiential training session (10.2)**  
**Health Apps for Mental Health**



# Partners

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## Objectives

✓ Mastering the use of mental health applications



Source: Image by nuraghies on Freepik

## Experiential Training Session

Participants are invited to take part in a health challenge using one of the mental health applications offered in Mig-Health Apps.



## Experiential Training Session

1

Think of a situation in which you felt discomfort, and then identify what emotions you felt at that moment.



## Experiential Training Session

2

Establish the objectives you want to achieve in dealing with the situation properly.

Select the mental health application you believe will help you the most to achieve those objectives.



## Experiential Training Session

3

Participants will subsequently use the application asynchronously for one or two weeks.

Participants will then return to the platform to comment on their experience through commentaries or videos.



## Action planning and goal setting

In the previous activity the participants in the session have chosen from the Mig-health Apps programme an application that can be useful for their mental health:

**"Is there anything you would like to work on to help you achieve your health goal?"**



Action plans are detailed descriptions of the actions a person will take to achieve a goal.

Step 1: Set a SMART goal

Step 2: Identify tasks

Step 3: Allocate resources

Step 4: Prioritise tasks

Step 5: Set deadlines and milestones

Step 6: Monitor and review the action plan





## Action planning and goal setting

### Action plan steps:

1. Identifying a new objective
2. make a plan for achieving it

➤ SMART goals stands for Specific, Measurable, Achievable, Relevant, and Time-Bound

### Example

**Goal:** I want to improve my emotional control

**Plan:** I download a breath control app, use it for a month, evaluate its usefulness after that time and readjust the plan if necessary.



## Action planning and goal setting

### Present your Health action plan



Each participant has 5 minutes to present their own action plan.





# MIG-HEALTH APPS

Mobile Health Apps for Migrants

**Congratulations!**  
You have completed the  
experiential training session of  
this module!

