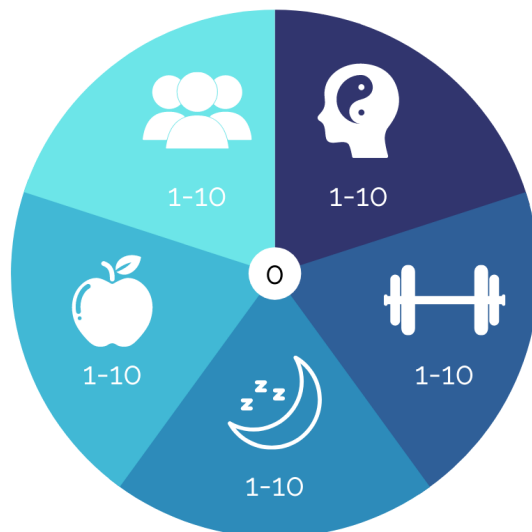


Tech Tools & Tips to Support Your Mental Fitness Goals

The mental fitness wheel identifies 5 key areas for us to focus on when working on our mental fitness.

- Nutrition
- Sleep
- Social connection
- Exercise
- Mindfulness

	SOCIAL SUPPORT
	MINDFULNESS
	EXERCISE
	SLEEP
	DIET



Focusing on your mental fitness is about building your resilience and capacity to stay in the green zone of the mental well-being spectrum, allowing us to be at our best to help ourselves and others.

By utilising the mental fitness wheel to self-assess your mental fitness, you can identify which area you need to set a mental fitness goal.

For the social connections space, we have included information and resources to review if this is your goal.

We have also compiled a range of applications that may assist you in achieving your mental fitness goal based on the other key areas.

We have included relevant information on the benefits of the application, how they work and focused on free applications to make it easy for everyone.

All applications are Android and IOS compatible. They have been tried and tested by our professional team before being included for suitability and purpose.

So, take the time to invest in your mental fitness; it will significantly benefit you and your team.

Nutrition

There is a direct link between your nutrition and your mental health, and food is an excellent source of nourishment for your mental health. Eating to improve your sleep and mood is well recognised, as certain foods assist with neurotransmitters in your gut.

If your goal is to improve your nutrition, then give these apps a go.

Shopwell

This application helps people create custom food profiles and shop for foods to improve their mood, supporting you on your weekly shop. It allows you to put together your food profile and utilise the scanning feature to check items against your food profile, keeping you on track.

Link: www.innit.com/shopwell

Forks Over Knives

Forks Over Knives empowers people to live healthier lives by changing the way the world understands nutrition. It provides the tools and resources to make a plant-based lifestyle easy and enjoyable for you to try with recipes, meal plans and easy to use features.

Link: www.forksoverknives.com

MyPlate Calories Tracker

This app is a full-featured subscription-based diet app. It contains a nutritional database of 2 million items and includes the ability to track calories, macronutrients and water intake and see if you're meeting your diet goals. You can also generate graphs and charts that help you to visualise and assess your food habits.

Link: www.livestrong.com/myplate

My Fitness Pal

This app supports keeping a food diary and allows you to log your activity as well. It also provides the ability to scan barcodes to track food. Recipes are available on this app and can integrate with other apps/technology such as Fitbit, Apple Health and Garmin.

Link: www.myfitnesspal.com/



Sleep

Sleeping supports mental health, and lack of sleep can contribute to health problems both physically and mentally. Developing good sleep hygiene is vital for mental fitness and immune function. (Harvard Medical School and Sleep Cycle Study)

If your goal is to improve your sleep, then give these apps a go.

Tide

This provides calming music/visual videos of several scenes, including the beach and forest, to support preparing you for sleep. It has various settings, including sleep mode, allowing you to drift off to sleep without switching it off. It also has an excellent breathing application with visual imagery that you can use before you go to bed. This application will also monitor when you are in the lighter sleep zone during your wake-up alarm period and gently wake you up.

Link: tide.fm/en_US

Relax Melodies

This application provides pre-sleep meditation and guided breathing. It provides a variety of nature and sleep sounds. It has an inbuilt filter to help you find what you like in terms of time, type and voices and can play through the night. You can also create a playlist so when you find one you like, you can quickly go back to it again.

Link: www.relaxmelodies.com

Sleep Restore

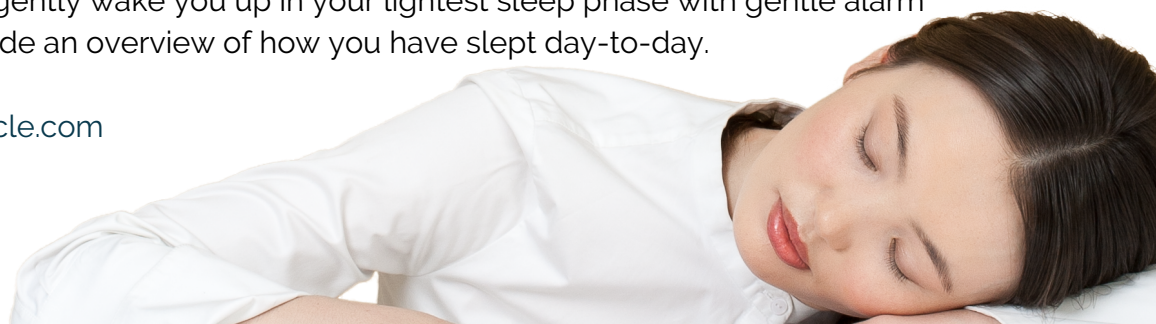
Helpful for people living with stress-related insomnia, utilising a technique based on audio tones to either help you get to sleep or go back to sleep. You will need to complete a brief questionnaire to generate suggestions, and you can track your progress. This app includes 16, 20-minute sessions combining music and tones (using EMDR science) designed to restore your sleep patterns.

Link: sleeprestoreapp.com

Sleep Cycle

This application analyses your sleep patterns & can detect snoring, coughing and other sounds. It also will gently wake you up in your lightest sleep phase with gentle alarm melodies and provide an overview of how you have slept day-to-day.

Link: www.sleepcycle.com



Social Connection

Social connections with family and friends are essential, but we know that connecting through shared interests and giving back to your community enhances social connection and supports better mental health.

If your goal is to improve your social connections, these websites can point you in the right direction.

1. weVolunteer through the Volunteer Victoria website.
2. OurCommunity.com.au.
3. Connections with community | Head to HealthConnections matter - Beyond Blue.
4. Clubs, Associations & Groups Community Around Melbourne (onlymelbourne.com.au).
5. Community Music Victoria (cmvic.org.au).
6. The Neighbourhood Connect Network | Neighbourhood Connect.
7. Volunteering Australia – Leading a Culture of Giving.



Exercise

Physical exercise can be as effective as medication. It releases feel-good chemicals, connects you with others and gives you a sense of accomplishment.

Mental exercise keeps your brain in shape by working every part of your brain. By doing this, you can prevent a decline in your brain health as you get older.

If your goal is to improve the amount of exercise you do either for your brain or body, then look at these applications below.

Mental Fitness Apps

Peak Brain Training

This application has daily brain workouts focused on memory, problem-solving, agility and emotion control and incorporates a play-based approach. You can track your progress, play with friends and compare yourself to others of similar age.

Link: www.peak.net

Elevate

A great app that provides you with the opportunity to improve focus, brain processing speed, memory and maths skills. You will get a personalised training program that adjusts over time based on your performance. Daily workouts are provided to keep you on track.

Link: elevateapp.com

Duolingo

Learning a language is a great way to improve mental fitness, and this app adapts to your learning style and provides rewards along the way. Learning something new is a great way to challenge your brain and improve your mental fitness, supporting your mental health.

Link: www.duolingo.com



Physical Fitness Apps

Nike Training Club

There is a range of classes available, including with and without equipment and various time periods. You can provide information around what type of goals you have, and then the app will find the most suitable options for you in terms of the kind of exercises. This application also offers support around nutrition.

Link: www.nike.com/au/ntc-app

SworKit

A nifty training app that allows you to input your goals and then build an exercise program for you in brief periods of 5-10 minutes. There are monthly challenges, including yoga, pilates, stretching and mobility and a pregnancy program.

Link: sworKit.com

Freeletics

Fabulous for people with no equipment at home, with exercises using your body weight. There is also motivational audio coaching around changing your mindset and nutritional habits.

Link: www.freeletics.com



Mindfulness

A mental and physical technique used to bring awareness to the present moment. A form of meditation that makes you aware of what you are sensing and feeling in the moment. It helps to reduce stress, boost creativity, improve attention, memory, concentration and strengthen relationships.

If your goal is to improve your participation in mindfulness, the applications below will be helpful.

Headspace

It is an excellent app for relieving stress and anxiety, and it uses a relatable and less serious approach to introducing meditation. There are daily reminders to help you remain connected, and you can create a community with other users in the workspace to check in with. It includes short 3-minute sessions plus meditations that cover a wide range of topics across the emotional spectrum.

Link: www.headspace.com/headspace-meditation-app

1 Giant Mind

The 1 Giant Mind app is for anyone who wants to feel less stressed, calmer and more present and experience greater health and wellbeing. It takes you through learning meditation progressively and checks how you feel as you progress through the meditation. There is a great video to explain how it all works, and you can choose how long your meditation session will be.

Link: au.reachout.com/tools-and-apps/1-giant-mind

Calm

This app provides the tools to support reducing stress and anxiety, improving sleep and focus. It utilises a range of scenes and sounds to connect to you and offers meditation, music and body activity options to support other aspects of mental fitness.

Link: www.calm.com

Smiling Mind

Simple and easy to use, allowing you to practice your daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. It has been translated into many languages to support our multicultural heritage.

Link: www.smilingmind.com.au

