**Maintaining Positive Mental Health**



Students research the importance of maintaining positive Mental Health, acknowledging the challenges that exist for some people in this area of wellbeing. Students explore technology, specifically phone applications, that might be useful tools in addressing these challenges and make recommendations to improve Mental Health outcomes.

TASK: Students;

* Identify a specific area of Mental Health as a focus for this task that applies to their maintaining their wellbeing
* Explore possible applications/technology that might be useful in addressing this Mental Health challenge
* Analyse the potential benefits and limitations of applications and technology in this context
* Choose one application/technology that they think will be effective and use this for a min three week period
* Collect data from the app and keep a journal of progress over this time
* Evaluate the effectiveness and sustainability of this app as a tool to address the Mental Health issue
* Evaluate the benefits and limitations of the technology
* Collate the information in written report

Assessment conditions : Maximum of 1500 words if written.

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| **TASK TITLE – Specific Features** |
| **Critical Thinking**  The specific features are as follows:  CT1 Understanding and analysis of health and wellbeing trends and issues.  CT2 Develop and empathetic and ethical understanding of health and wellbeing issues.  CT3 Analysis of health and wellbeing concepts to make recommendations or solve problems. |
| **Application**  The specific features are as follows:  AP1 Application of health and wellbeing concepts to contemporary issues.  AP2 Plan, create and implement action to improve health and wellbeing outcomes, individually or collaboratively. |
| **Reflective Practice**  The specific features are as follows:  RP1 Personal reflection on health and wellbeing trends and issues in individual, local or global contexts.  RP2 Evaluation of personal and/or social action through reflective practice. |