



## **New digital tool empowers individuals to design personalized self-care plans for enhanced well-being**

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Estuar Foundation is excited to announce the launch of a digital self-care tool, designed to support individuals in building personalized, holistic self-care plans that fit seamlessly into their lives. This user-friendly platform offers a structured approach to enhancing mental, emotional, and physical health, making self-care accessible and actionable for everyone.

### **Embracing self-care for mental wellness**

Amid growing recognition of the importance of self-care, this digital tool stands out by empowering users to assess their needs, set achievable goals, and incorporate diverse practices into a cohesive plan. With a focus on building sustainable, daily routines, the platform addresses various aspects of well-being, including physical, emotional, social, and spiritual self-care.

### **Key Features and Benefits**

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1. Users begin by reflecting on their mental, emotional, and physical health needs. The tool then provides tailored suggestions, helping individuals understand their unique stressors, emotional patterns, and coping strategies.
  2. Based on the latest behavioral science, the platform guides users through creating Specific, Measurable, Achievable, Relevant, and Time-bound goals. This structure ensures that self-care objectives are both realistic and motivating.
  3. The tool offers a variety of recommended activities, from breathing exercises to journaling prompts, sleep hygiene tips, and mindfulness techniques. Users can choose what resonates best with them, making the platform adaptable for diverse needs and preferences.
  4. Users can establish daily and weekly routines, set reminders, and monitor their progress. Regular check-ins enable adjustments, fostering long-term commitment to self-care.
  5. To prepare for high-stress situations, the tool offers an “emergency plan” feature, equipping users with immediate coping strategies, grounding exercises, and support contacts for crisis moments.
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## Availability

The self-care planning tool is available for free at <https://mental-mobile-health-training-tool.eu>. It's an ideal resource for individuals, wellness coaches, and mental health professionals aiming to support clients in developing resilience and enhancing mental health.

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## About the project

"Mental Mobile Health" project addresses critical needs in the mental health sector by developing experiential training methodologies that promote the adoption of mHealth technologies. With a focus on digital transformation, inclusion, and high-quality adult learning opportunities, the project is making strides toward a future where PMHC can manage their mental health with greater autonomy and confidence.

## International consortium

The project brings together a diverse and experienced team:

- Fundatia Estuar (Romania): pioneers in mental health services and project coordinators.
- Fundacion C.V. Santos Andres, Santiago y Miguel (Spain): experts in community-based mental health solutions.
- Sent – Slovensko Združenje Za Duševno Zdravje (Slovenia): advocates for non-coercive mental health practices.
- Psichikos Sveikatos Perspektyvos Viesoji Istaiga (Lithuania): leaders in human rights-based mental health initiatives.
- Ruhr-Universitaet Bochum (Germany): specialists in digital health research.
- Innovation Hive (Greece): experts in digital learning tools and social innovation.
- Asociatia Four Change (Romania): focused on social support for vulnerable communities.

For more information, updates, or to get involved, visit , <https://mental-mobile-health.eu/>, visit [www.estuar.org](http://www.estuar.org) or contact [office@estuar.org](mailto:office@estuar.org) .

About Fundatia Estuar: since 1993, Fundatia Estuar has been dedicated to improving the lives of adults with mental health challenges in Romania. through innovative projects and strategic partnerships, Estuar continues to be a leader in promoting social inclusion and well-being.



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