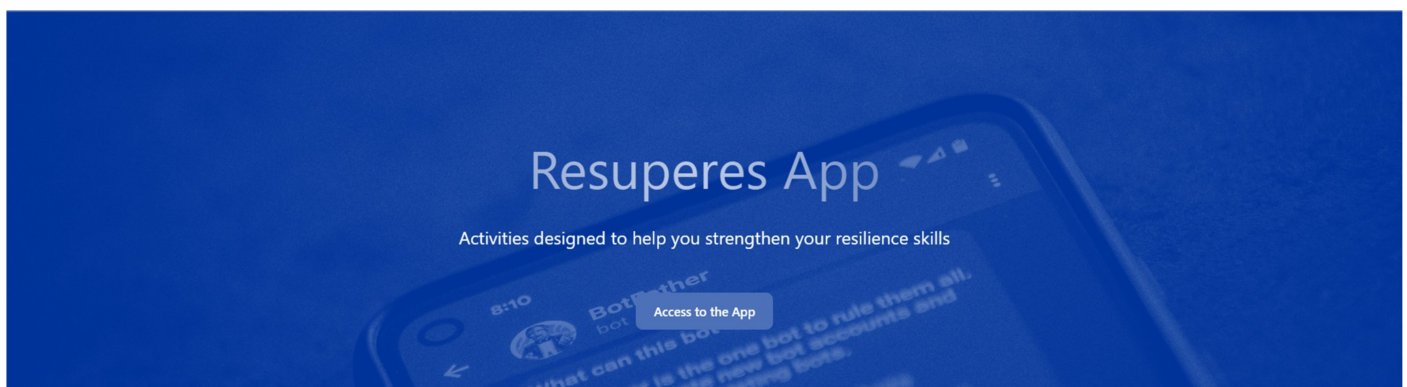




## ReSuPeReS APP: An Application for the Development of Resilience in University Students



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# Resuperes App

Activities designed to help you strengthen your resilience skills

Access to the App

## NEEDS ANALYSIS:



To address the training and personal development needs of individuals seeking well-being, especially those requiring learning and resilient development due to challenges arising from multicultural and international contexts.

This includes the need for autonomous, online learning in higher education, especially after the global COVID-19 crisis, which forced a shift from in-person to virtual and hybrid environments.

The platform provides online methodologies for personal growth, allowing individuals to improve their physical and mental well-being, accessible anytime and anywhere.



# Resuperes App

Activities designed to help you strengthen your resilience skills

Access to the App

## OBJECTIVES:

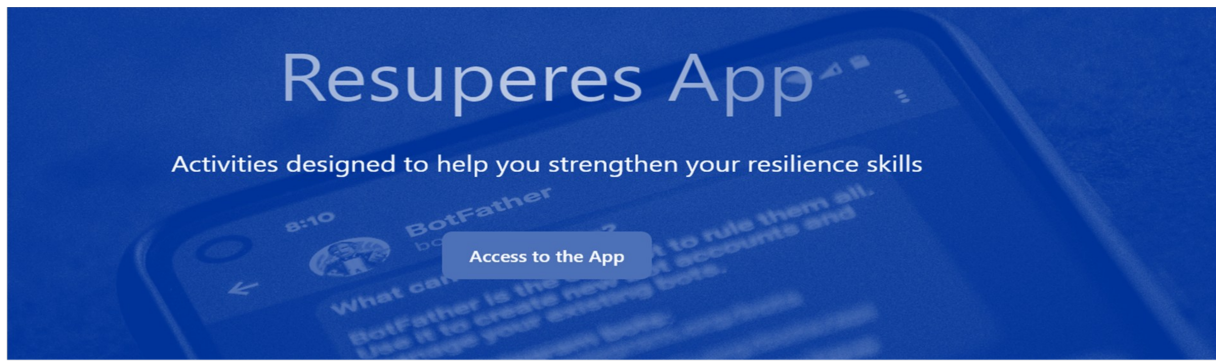


It is a software tool for smartphones and tablets, characterized by its user-friendliness dynamic interface that is simple to install and navigate. It offers a variety of features to help users develop resilience, including guided meditations, breathing exercises, fitness routines, and three tailored pathways for stress reduction and emotional resilience. Initially created as an educational tool, it serves two main objectives:

·1.- To serve as a repository of activities and educational materials, enabling users to independently and efficiently engage in routines aimed at improving their physical and mental health, including breathing exercises, mindfulness, meditation, and fitness.

·2.- To provide four pathways based on mood and well-being levels, related to specific days, situations, or emotional states. These pathways, rooted in resilience principles, allow users to monitor and assess their emotional health over time, gathering data for feedback and evaluations of their mood and progress.





## DESCRIPTION:



The RESUPERES APP has been created to become a part of your life and help you become more resilient:

It is a software tool designed to enhance mental well-being, which is essential for a balanced life and plays a key role in modern self-care practices.

The app serves as a repository of activities or pathways designed for the development of resilience, addressing users' emotional responses, behaviors, and perceptions throughout their resilience training process.

It guides users through physical conditioning exercises, breathing techniques, and guided meditation sessions, offering strategies to reduce anxiety, focus on goals, improve concentration, and enhance sleep.

The app also features real-time life history pathways that allow users to track their physical and mental state, saving this data for feedback or evaluation of their mood over time. It connects these mood data with factors such as visited locations, daily phrases, times of day, completed activities, music, and photography.

With its flexibility and accessibility, users and students can access free educational materials and activities anytime and anywhere. The app is compatible with mobile devices like smartphones or tablets, enabling flexible learning that adapts to individual schedules and preferences.







Design, programming and implementation of a mobile application for smartphones and tablets.

Useful, dynamic, easy to install and handle, designed as a didactic and well-being resource.

Cognitive assessments, emotional responses, behaviors and perceptions.

It includes a repository of activities, in relation to the development of resilience.



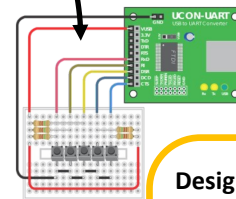
## LIFE CYCLE



**Maintenance and updates:** monitoring, managing potential issues, fixing bugs.

5 years active (UGR account). Thereafter, via RESUPERES mail (resuperese@ugr.es) or mcepero@ugr.es.

**Objectives and planning:** objectives of the application, identify user needs, analyze the competition, and define technical and functional requirements.



**Design:** interface (UI) & users experience (UX).

- Prototypes
- Usability
- Itineraries

**Development:** codification



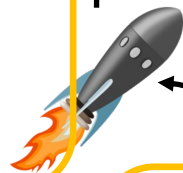
**Launch:** Infrastructure, servers, and publishing to app stores (Google Play Store).

Access:

- Mobile devices
- RESUPERES.eu

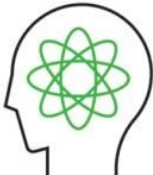
**Functional tests:**

- Functionality
- Yield
- Safety
- Product quality





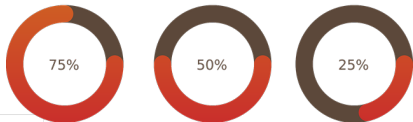
University community  
Public schools  
Participan associations  
Erasmus + Community



INNOVATION ELEMENTS

Complementary to the  
interactive platform

Resilience Training in  
the palm of your hand



Adapted to your needs



Check your progress  
in real time



Allows you to be creative



Become responsible of  
your progress



Check your self-talk and  
self-perception



Mental training



Physical Training

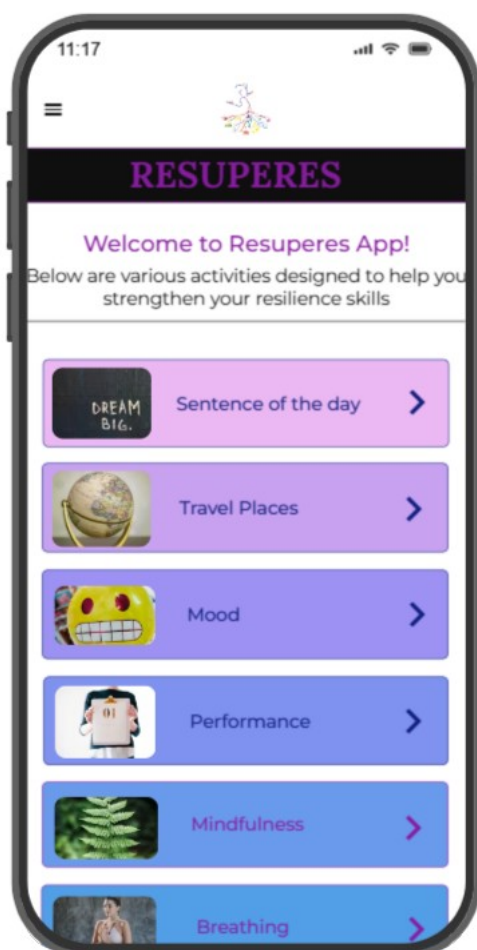


## WHY IS RESUPERES APP NEEDED

Integrates & Trains the 5 Resilience Skills through



Daily Motivational Quotes  
Emotional & cultural map  
Performance Journal & Autobiography  
Mood  
Breathing exercises  
Physical Condition  
Meditation: Mindfulness

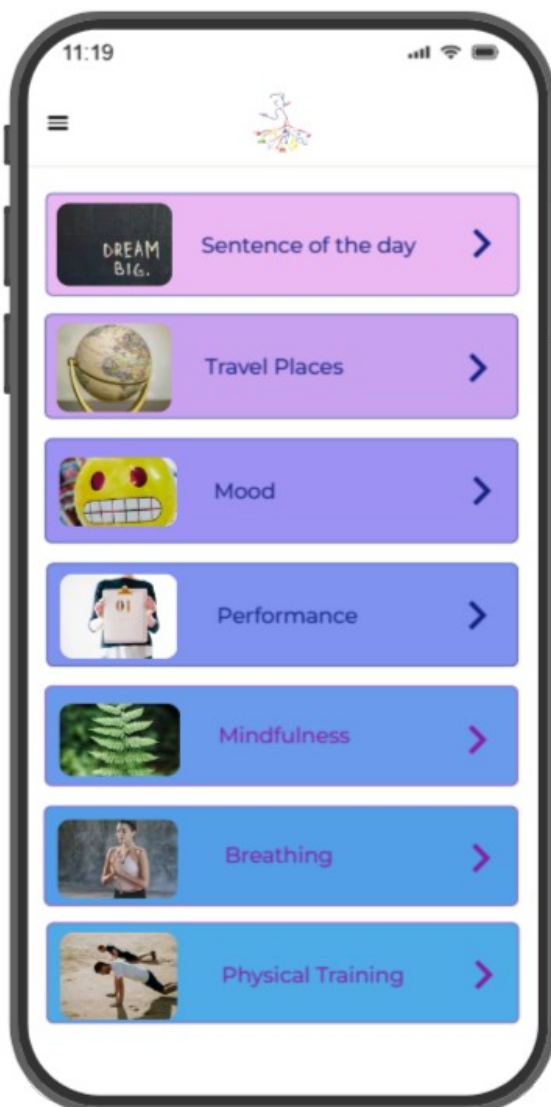
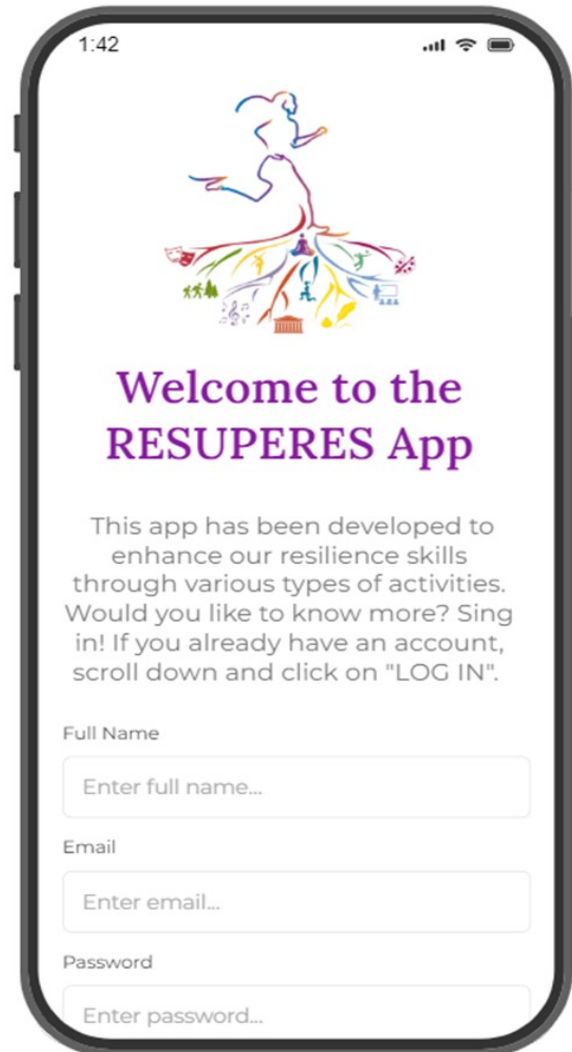


The App has a welcome that allows you to choose the module you want to practice.





The RESUPERES App is a tool to enhance the resilience skills through **7** types of activities.



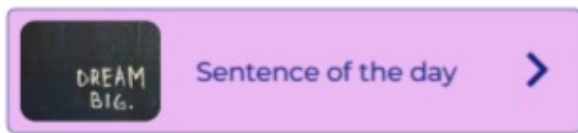
Through these 7 activities, students will enhance the 5

### **Resilience skills:**

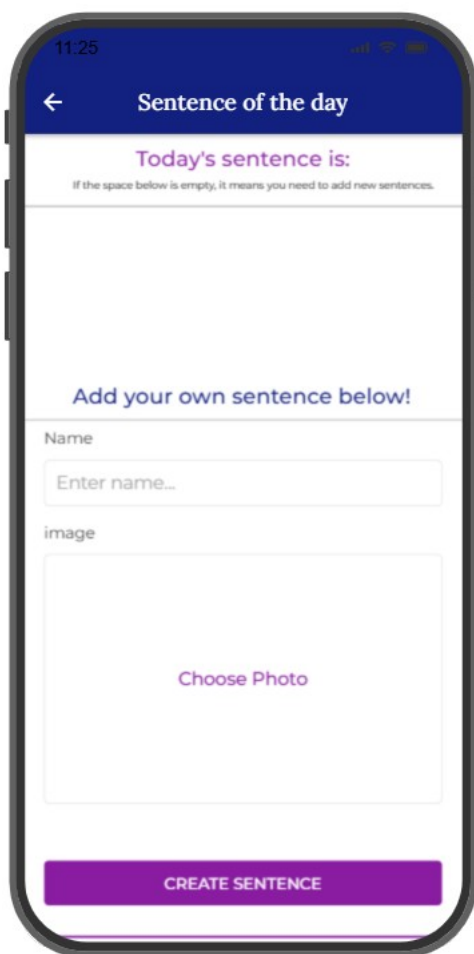
- Cultural heritage
- Leadership
- Teamwork
- Mindfulness
- Creativity







The sentence of the day is designed to be supportive, empathetic, and thought-provoking.



Words, the building blocks of our thoughts and emotions, hold the power to shape our perceptions, influence our behaviors, and even transform our mental well-being.

Based on Positive Psychology, it will provide inspiring and thoughtful phrases that encourage positive thinking and self-motivation (Fredrickson, 2001).

Users can receive daily notifications with personalized messages that bolster their confidence and resilience in the face of academic challenges.

It allows you to save and share favorite quotes to keep a record of personal inspiration.

"Check your sentences" to monitorize what and how you talk to your-self.

CREATE SENTENCE

Check your sentences

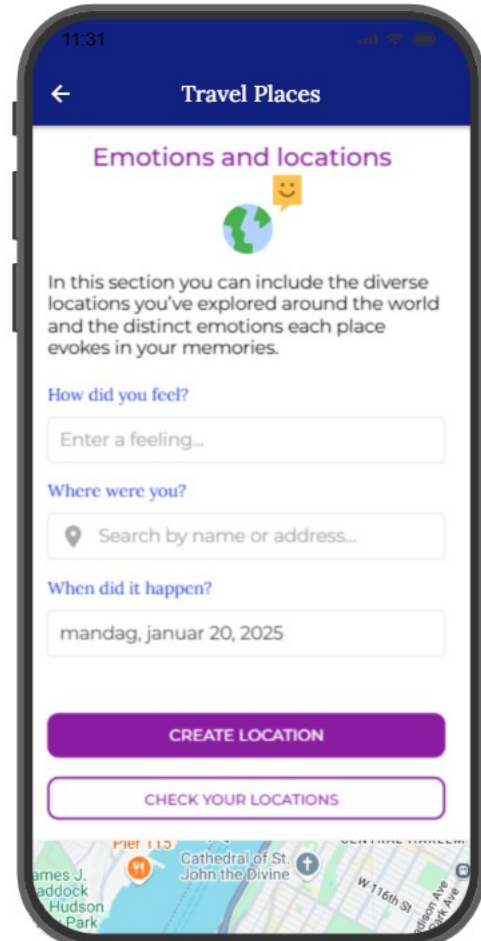
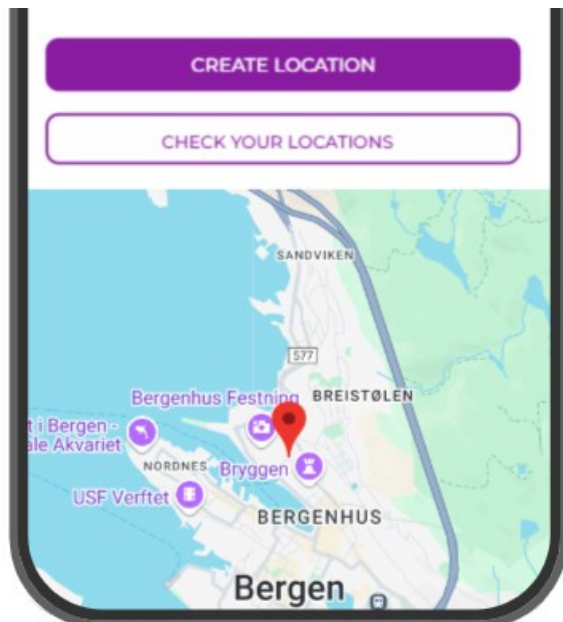




Travel Places



It allows students to record significant places associated with emotions, sensations and memories, promoting emotional awareness and connection with the environment (Tugade & Fredrickson, 2004).



Users can visualize their emotional evolution through a personalized map of positive and challenging experiences.



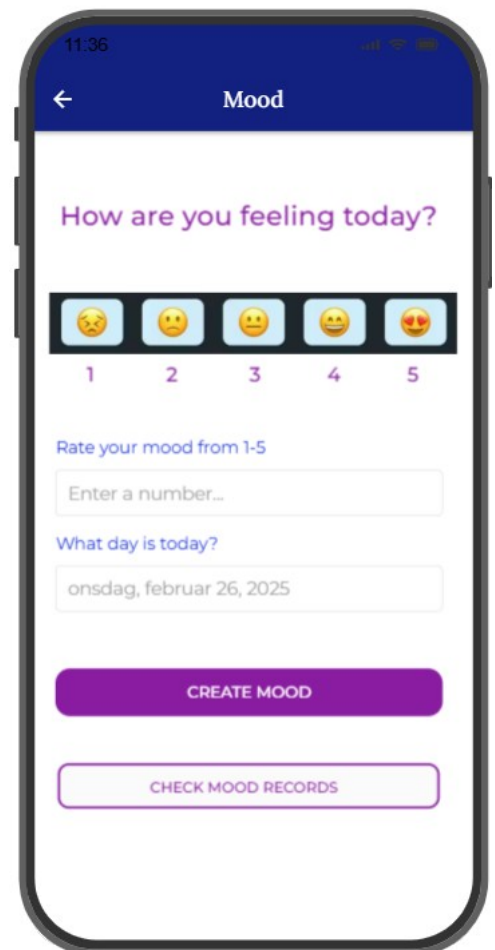


It uses principles of music therapy (Bradt & Dileo, 2010).

Mood is known to change over seasons of the year, days of the week, and even over the course of the day (diurnally).

There is a clear time-of-day pattern in self-reported mental health and well-being, with people generally waking up feeling best and feeling worst around midnight.

We suggest you to target your mood around the same time of the day each time.



Check you «Mood Records», specially when you feel a little bit down, and observe that this will not be a stable mood. If this happens, please, contact with an specialist.





Performance



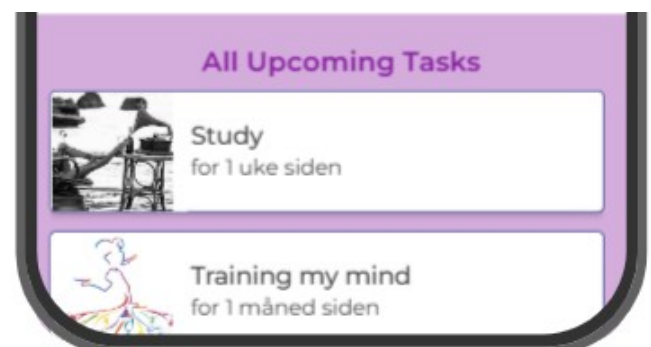
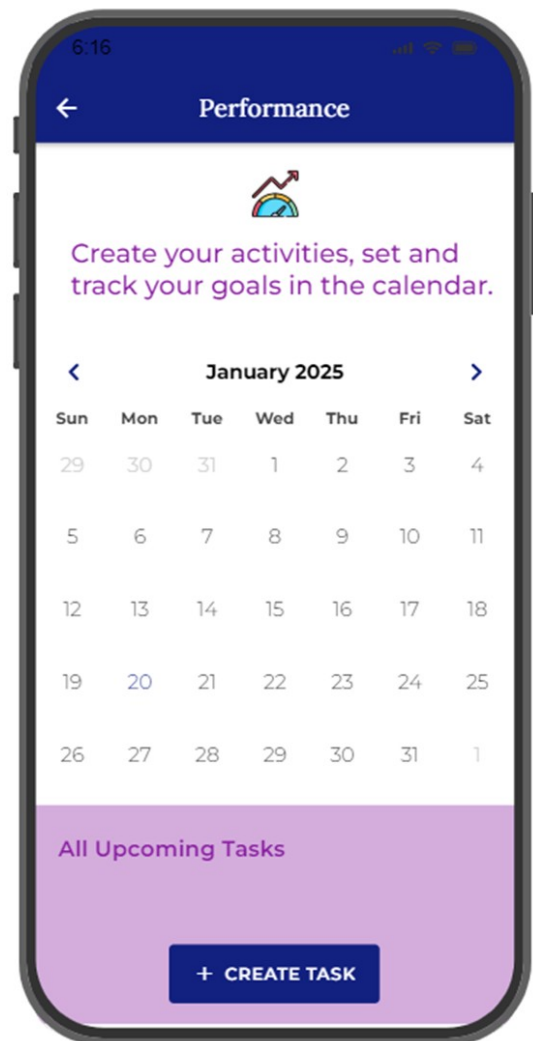
Competence forms the core of achievement goals (determined in terms of how competence is defined) and self-efficacy (referring to the perceived competence of an individual to succeed at or accomplish a certain task; Bandura, 2013).

Plan your activities related with your resilience training, but also related to your studies. Organize your study time, your deliveries and your free time.

Create your own tasks, set your goals and establish objectives.

Follow up your effort, and the level of accomplishment, and increase your self-efficacy.

It allows the integration of images for a more complete and dynamic registration.





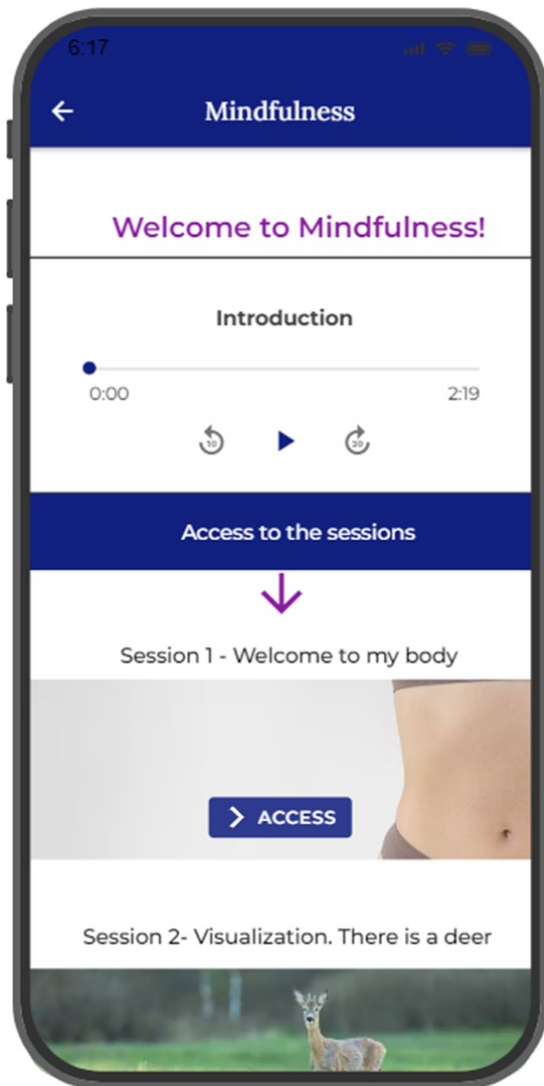


Mindfulness



App usage leads to changes in state mindfulness, associated with beneficial changes in mental health.

Includes guided meditation sessions to reduce anxiety and improve concentration through audios based on breathing techniques, body scanning and positive visualization.



Meditation program that allows to create a schedule adapted to different times of the day and specific needs of the user.

#### SESSIONS

1. Welcome to my body
2. Visualization. There is a deer
3. Connecting with our senses
4. Self-Massage
5. Journey through my pain
6. Active meditation
7. Cultivate Gentleness
8. Visualizing a summer afternoon
9. Physical sensations. Be water
10. Reflecting on the insights



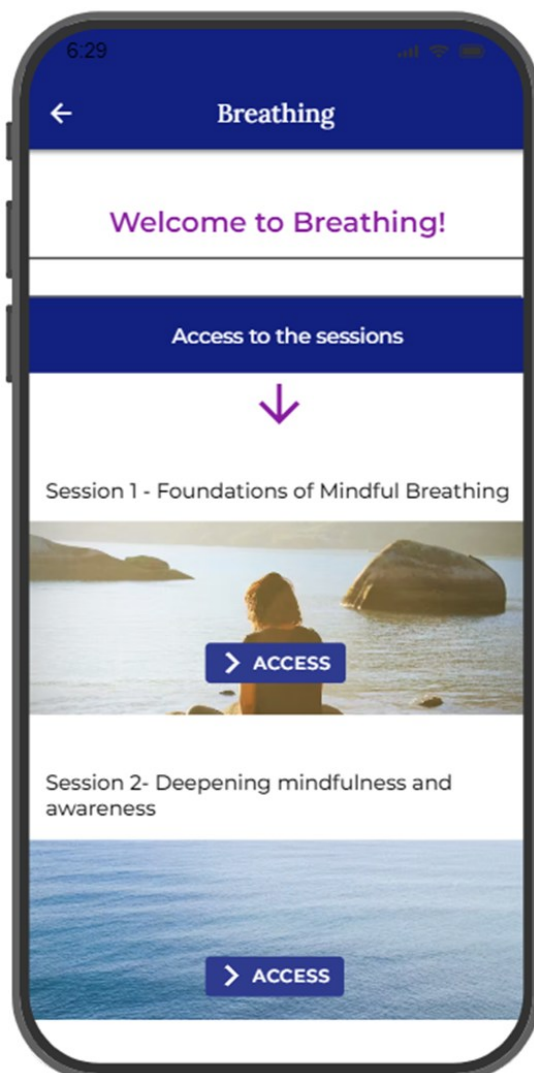


Breathing



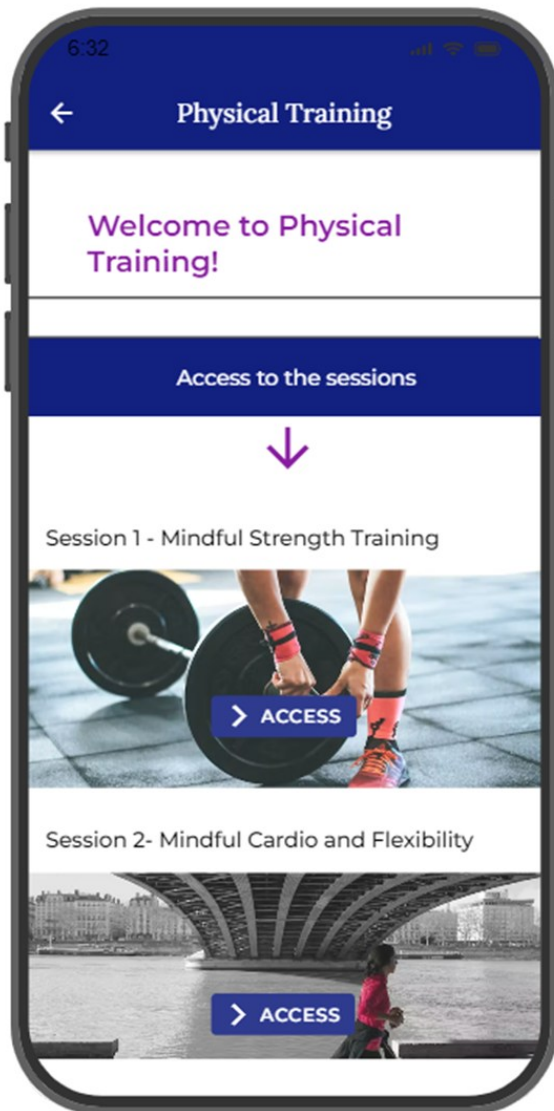
Based on Kabat-Zinn's Mindfulness-Based Stress Reduction (MBSR) program (1990), it incorporates meditation and attention regulation practices.

Breathing exercises to reduce academic stress and improve concentration at different levels of difficulty.



1. Foundations of Mindful Breathing
2. Deepening mindfulness and awareness
3. Creativity through mindful breathing
4. Fostering creativity through mindfulness breathing
5. Connecting with roots through mindful breathing
6. Embracing cultural stories through mindful breathing
7. Building focus and clarity through mindful breathing
8. Visualizing a summer afternoon
9. Physical sensations. Be water
10. Reflecting on the insights





Physical activity improves sleep quality, mood and overall health of the user (Lyubomirsky, 2008). Suggests adapted routines to improve physical and mental well-being.

It provides a program of daily challenges, with a visual itinerary for physical and mental well-being, with recommendations to improve healthy habits.

#### SESSIONS

1. Mindful Strength Training
2. Mindful Cardio and Flexibility
3. Team Building Through Cooperative Challenges
4. Team Endurance and Strategy
5. Movement exploration
6. Obstacle Course and Problem Solving
7. Leadership Through Challenge and Endurance
8. Communication and Team Dynamics
9. World Dance Fitness

