



**DOWNLOAD ME**

A mobile application offering information, movement exercises, and creative and mindfulness activities for young people to help them understand and reduce stress. This content is provided in various formats in order to reach as many people as possible. This app is considered a self-help resource that can be used individually, at any time and in any place.

Once you enter the APP, at first you will choose the Language you prefer among :

- English
- French
- Lithuanian
- Italian
- Greek
- Polish

On the home page, you will find some motivational sentences to keep in mind when you feel stressed and anxious.

Then, our *Peacock Mascot* will guide you through the APP and the 2 sections :

- Information
- Activities

Within the **Information section**, you will find valuable content on stress and why it is important to use creative forms to address it.

The **activities session** is divided into three sections :

- Three audio-guided meditations
- Three dance and movement tutorials
- Nine creative activities

To try them you only have to click on the **start** button and enjoy the experience.

At any moment you can go back into the **HOME** page or change activity.

Enjoy!



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