

## **Sevilla Mobility – AI App Workshop Tasks**

During this workshop, you will work in groups to create valuable content and ideas for our international Self-Stigma mobile application. All tasks will be done on paper. Please write clearly and use the provided sheets. Your contributions will directly help improve the app's features and content.

We have 4 groups, each with a specific mission. Work together, be creative, and think about how your ideas can help users from different countries.

### **Group 1 – MBAT Mini Exercises**

Your task is to create at least 5 short exercises for MBAT (Mindfulness-Based Art Therapy) that can be suggested to users through the app. These exercises should be simple, practical, and possible to do at home or in a community setting.

Examples:

- Draw your current mood using only three colors.
- Practice mindful breathing for 2 minutes, then create a quick sketch of what comes to mind.
- Make a collage using magazine cutouts that represent ‘calm’ for you.

Please list your 5+ exercises below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## **Group 2 – ACT Motivational Sentences**

Your task is to write at least 10 motivational sentences inspired by ACT (Acceptance and Commitment Therapy) principles. These should help users accept their emotions and take action in line with their values.

Examples:

- I can feel my emotions and still move towards my goals.
- My values guide me, even in difficult moments.

Please write your 10+ sentences below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### **Group 3 – Self-Assessment Questions**

Your task is to adapt or create 6–8 self-assessment questions inspired by the SSDS (Self-Stigma of Depression Scale). These will help users reflect on their own experiences of self-stigma.

Examples:

- I feel embarrassed about my mental health challenges. (Yes/No)
- I avoid talking about my struggles because I fear being judged. (Yes/No)

Please write your 6–8 questions below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

#### **Group 4 – Local Support Resources**

Your task is to list at least 5 verified mental health support resources in your country. These should include the organization name, phone number, and website. They can be crisis helplines, counselling centers, youth support services, or community organizations.

Example format:

1. National Crisis Helpline – Tel: +00 123 456 789 – www.example.org

Please list your 5+ resources below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_