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ACTIVITY: WorkOut Mental Fitness Web-app

Mental fitness missions

WorkOut is an online mental fitness 'web-app' built by ReachOut.com and the Brain & Mind Research Institute. The program is aimed at young men in particular and uses technology to engage them in an entertaining format designed to overcome their barriers towards help-seeking and to build the skills they need to understand and manage their own mental health. WorkOut provides 'missions' to help users tackle their thoughts and attitudes, one clinically-based activity at a time. By providing visualisations of progress and recommendations for further action, this program aims to de-stigmatise the idea of getting help and lay the foundations of good mental health.

This activity provides guidance on how to use WorkOut as an engaging mental health strengths assessment and to structure a wellbeing program with young people.

Guidelines

- This activity can be a great add-on to your usual case work with young people, providing them with something positive and practical to work on between sessions that helps them with many aspects of their life.
- WorkOut first asks the user to complete a K-10 psychological assessment to determine the suitability of the program for the user's needs and to provide an initial baseline of their mental fitness in the areas of confidence, practicality, control, and the ability to handle pressure.
- Set aside half an hour to familiarise yourself with the program first so that you can assist a young person to navigate it and so that you can recommend the missions you would think most helpful.

WorkOut BETA
Your WorkOut

Welcome to Your WorkOut. Here you can track your progress through the program, launch and complete your Missions, admit Achievements, and a whole lot more. It's the one-stop spot where everything happens.

Overall Missions Achievements Report Card

CURRENT STATUS
Pressure: Body Cloaking Part 1
Control
Confidence
Practical

FEED
Richard Branson's Mum once mortgaged his house to help start his business
7 people liked Body Cloaking Part 1 mission

Getting set up on WorkOut

1. Go to workoutapp.com.au (WorkOut works best in Internet Explorer 8+, Safari and Firefox).
2. Complete the initial quiz and sign up for an account.
3. Browse the missions available and read their descriptions.

In practice

Getting started

- Suggest WorkOut as an interesting way to test mental fitness and to get strategies for building up their strengths and resilience, to cope with knockbacks and improve their mental state day-to-day.
- Open the website on a computer and assist the young person to complete the initial quiz and registration.
- Discuss the quiz results and areas for improvement. Get them to browse through available missions and get the young person to pick one they will work on between now and your next session.

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Content, tools and technology for professionals supporting youth mental health and wellbeing.

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- ▶ Each mission includes a short pre- and post-activity quiz for assessing the impact of the exercise. Get them to complete the pre-activity quiz and to read through the instructions.
- ▶ Print off any worksheets the young person may require to complete the mission.

In the next session

- ▶ Ask how they fared in the activity since your last session.
- ▶ Get them to log into WorkOut again and to complete the post-activity quiz.
- ▶ Show them how their results impacted on their progress in the Report Card section.
- ▶ Discuss with them what area they would like to work on next, and select a new mission to work on for the next session.

Notes

*More information on the WorkOut program and when it can appropriately be used in practice can be found in the **Apps & Online Tools** section of ReachOut.com Professionals.*

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