
How can Apps help

Improve Mental Health?

Rob McKinney

Construction Safety Evangelist

@conappguru



**Rob
McKinney**

**Construction
Safety
Evangelist**





Why me?

15 years as Safety Director

15 years as Safety Trainer

15 Years volunteering



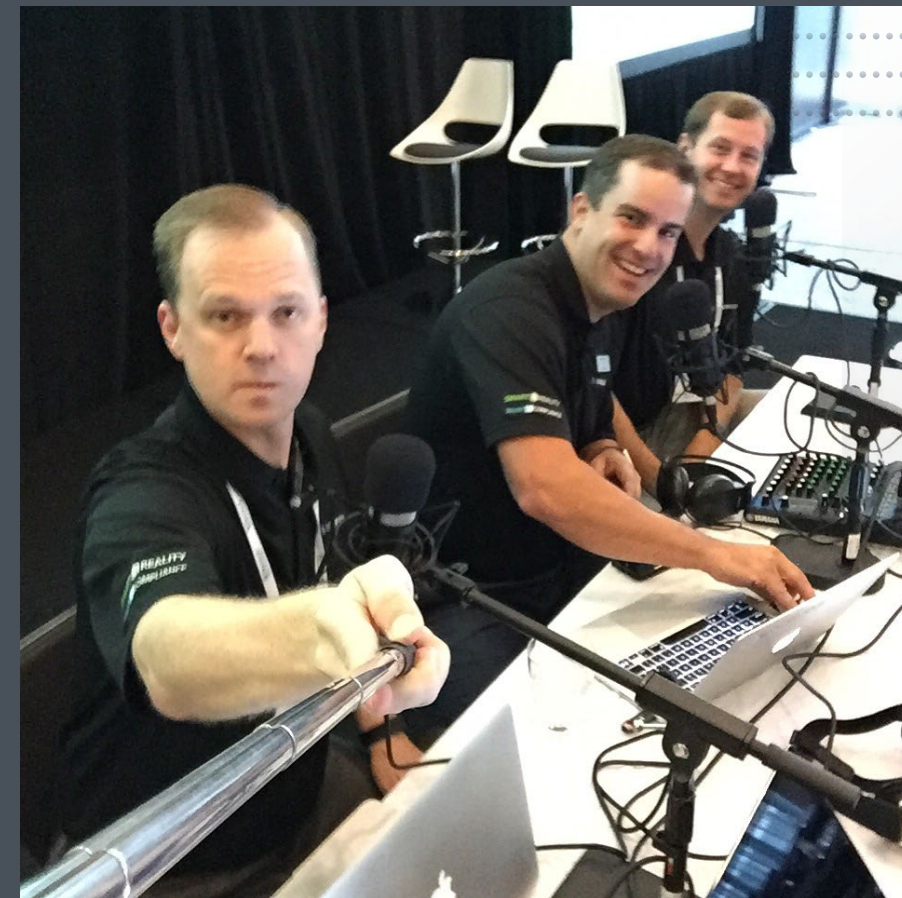
Why me?

10+ years as Construction Technologist

7 years as Technology Consultant

7 years as Professional Speaker

7 years as Podcast Host



@conappguru

Construction Technologist... or something like that



Why me?

Burned Out

Years of Anxiety & Stress

Years of Denial

5 Trips to the ER...

Now ready to live life fully!

The Disclaimer

1. I am NOT a trained medical professional!
2. I am NOT a trained mental health professional!
3. I do NOT provide counseling.
4. I do provide mental fitness training.
5. I am spreading HOPE to those in need.
6. ***I AM sharing my story, resources, and plan.***

What is my Why?



“There comes a point where we need to stop just pulling people out of the river.

We need to go upstream and find out why they’re falling.”

- Bishop Desmond Tutu

What is Your Why?

WIIFM?



Agenda



The Status Quo on Mental Health.



How can apps help to reduce stress?



Examples of technology that can help.



Why is 2024 the time to live better?

- +
- ***Part 1***
-

***The Status Quo
Of Mental Health
In Construction***



The “Status Quo” of the world I lived in...



The “Status Quo” of the world I lived in...



The “Status Quo” of the world I lived in...





I worked in a VUCA environment:

I worked in a VUCA environment:

- A VUCA what?
 - Various Tasks
 - Under Pressure
 - Changes Daily
 - Always feel late



What was My approach to living in a VUCA world?

Traditional Methods

1. Group Liquid Therapy
2. Ignore feelings
3. Never show weakness
4. It will be over soon

Proactive Methods

- 1. Physical or Mental Exercise*
- 2. Self Reflection*
- 3. Open Dialogue*
- 4. Life is a journey*



Part 2

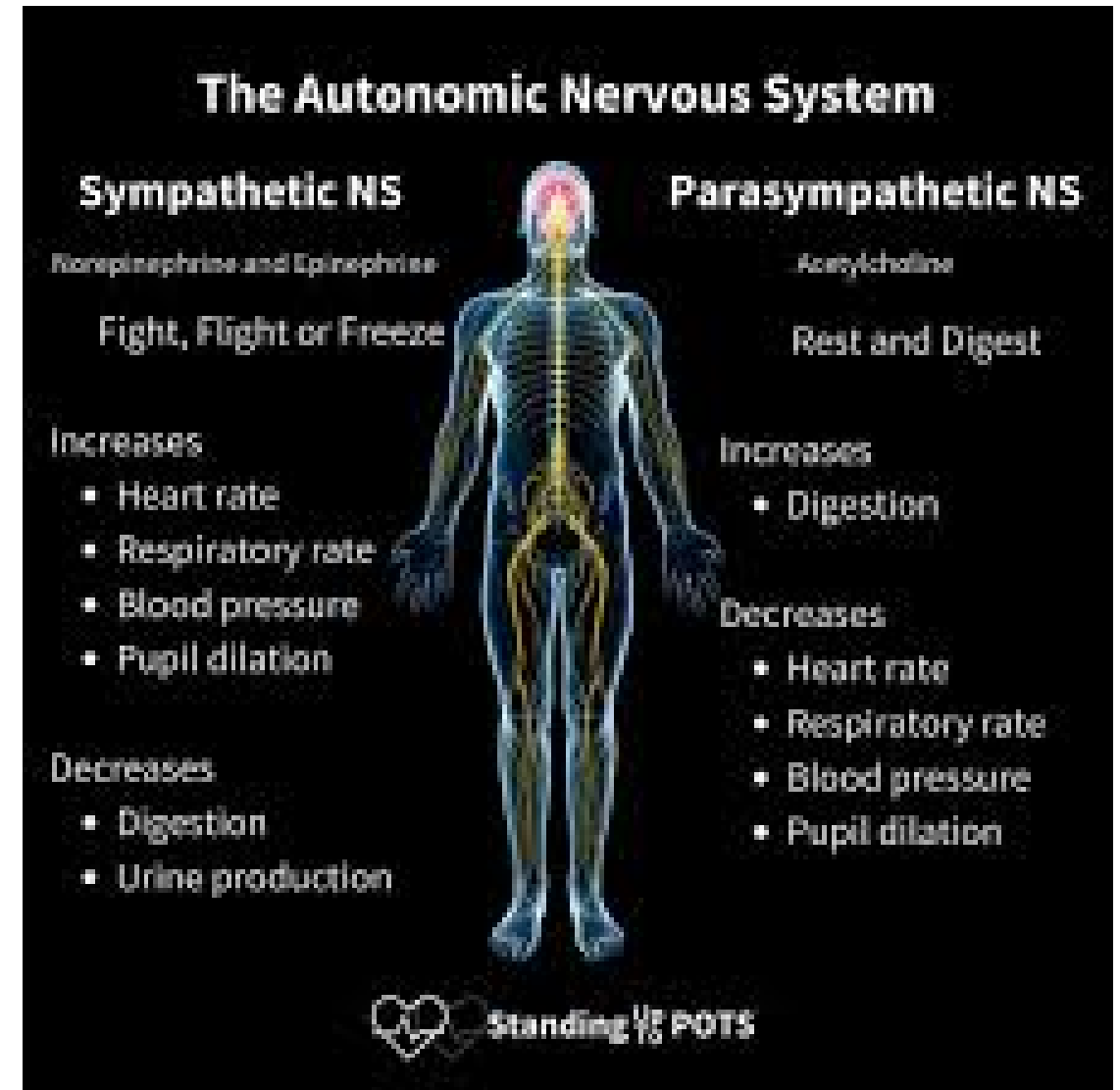
*How can apps
help
reduce stress*



Trip #5 to ER...

I cannot do this anymore!





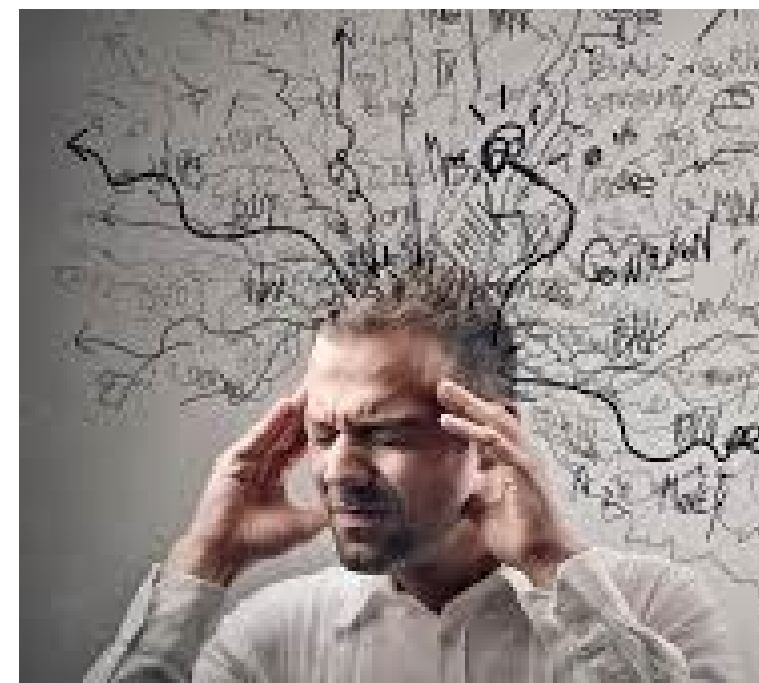
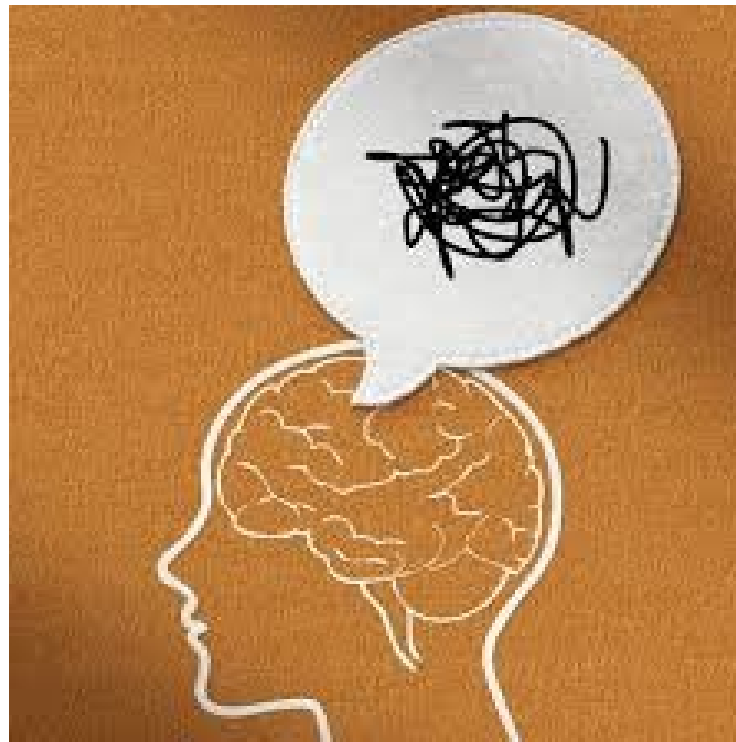
How can I get better?

“Physical Health”





“Mental Health”



Why is one positive?

Why is one negative?



**How do elite Athletes,
Soldiers, and Professional
Fighters
DO WHAT THEY DO?**

They TRAIN...

Their Brains!

What does Mental Fitness training look like?

Lebron James

- A Champions Mindset
 - Meditation
 - Breathwork
 - Sleep
 - Routines



What does Mental Fitness training look like?

JJ McCarthy

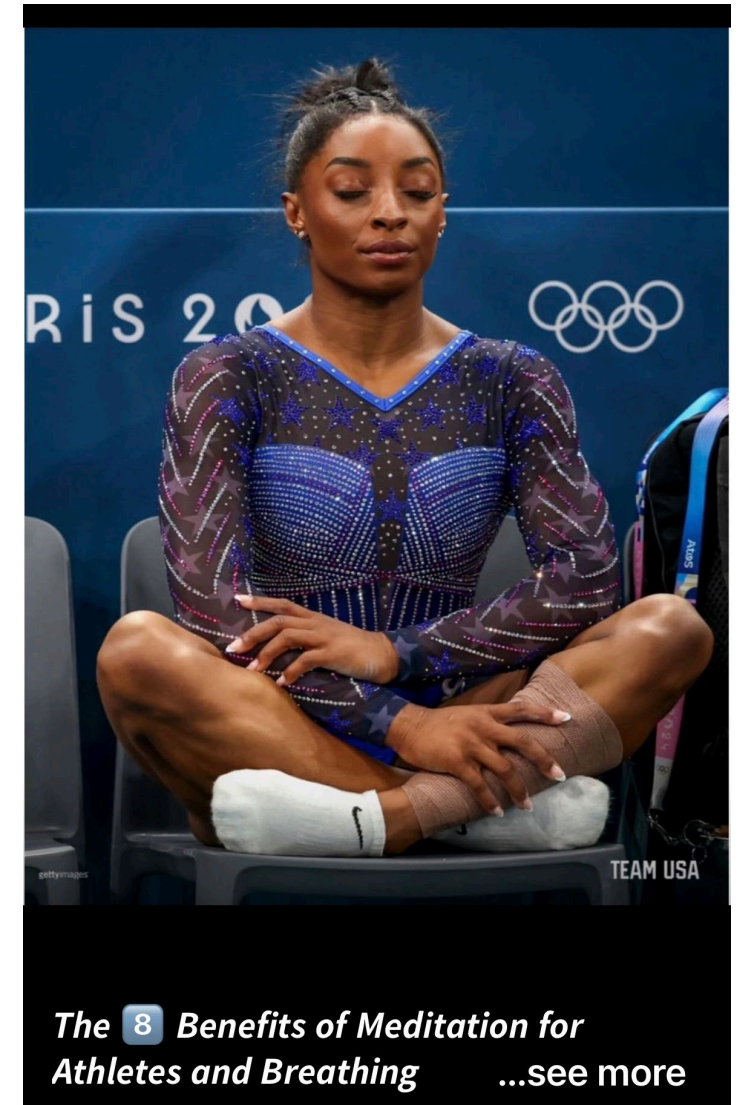
- A Champions Mindset
- Meditation sessions before BIG Games



What does Mental Fitness training look like?

Simone Biles

- A Champions Mindset
- Therapy Sessions before competing
- Meditation sessions before competing



**Construction Professionals
are in need of mental
performance training.**



Part 3

Apps that can help to improve mental health



“If people updated their mindset like their smartphone operating system, the world would be a better place”



Gary Vaynerchuk

Apps opened the door for me to learn how to use:

- Breathwork**
- Meditation**
- Journaling**

How did Apps help me to create and improve a Personal Protective Mindset?

What is a Personal Protective Mindset?

*“We use protective equipment for our bodies. We need mindfulness tools to protect our mental health. Using our **Personal Protective Mindset (PPM)** will protect our bodies and minds.”*

- Joseph A. Leutzinger, Ph.D.
- Headversity

PPE vs PPM

- **PPE**

- Personal
- Protective
- **Equipment**

For the body

- **PPM**

- Personal
- Protective
- ***Mindset***

For the mind

Personal Protective Equipment

- Protects the body
- Helmet to Boots.
- Last line of defense

Personal Protective Mindset

- **First line of defense**
- **Protects the mind**
- **Breathwork, Visuals, Reframing**

The benefits of Apps for mental and physical health:

Digital Methods

1. Apps can be a door opener to new things.
2. Apps can be easy to use (try and buy or delete).
3. Apps can be used anytime and any place.
4. Apps can act as a coach or support system.



Apps for Personal Protective Mindset

Five Ways Apps can help develop your PPM:

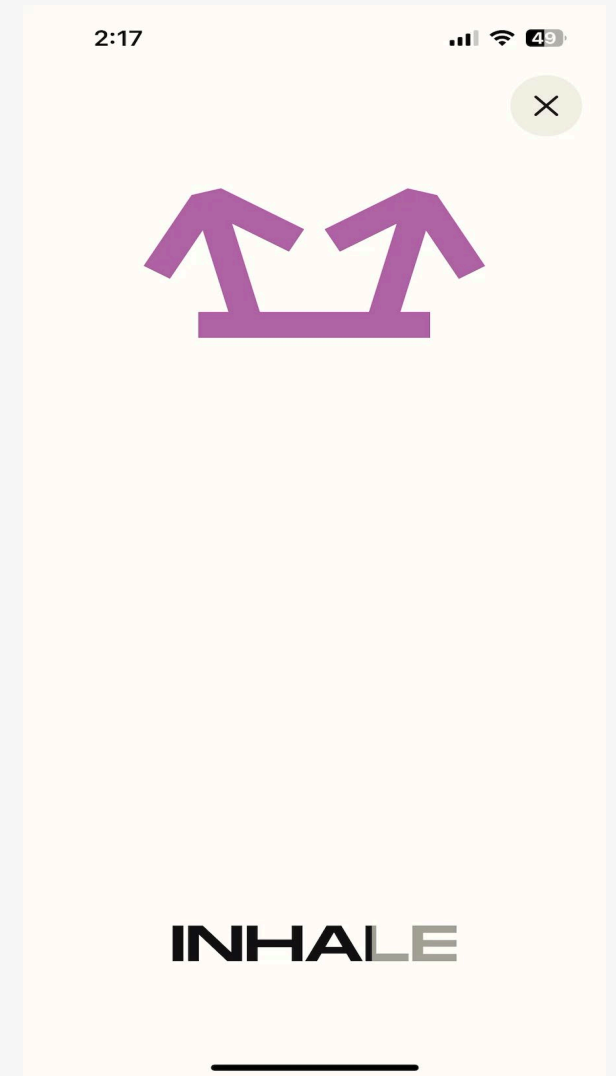
1. Breath Work: Control Your Brain – Body Connection.
2. Journal: Write Down Your Thoughts.
3. Meditation: Build space in your thoughts
4. Sound: Focus Your Thoughts.
5. Movement: Get Your Blood Circulating.

Apps for PPM:

Float

- Guided Breath Sessions
- Self Checks (1,3,5 minute)
- 16 Breathwork Exercises

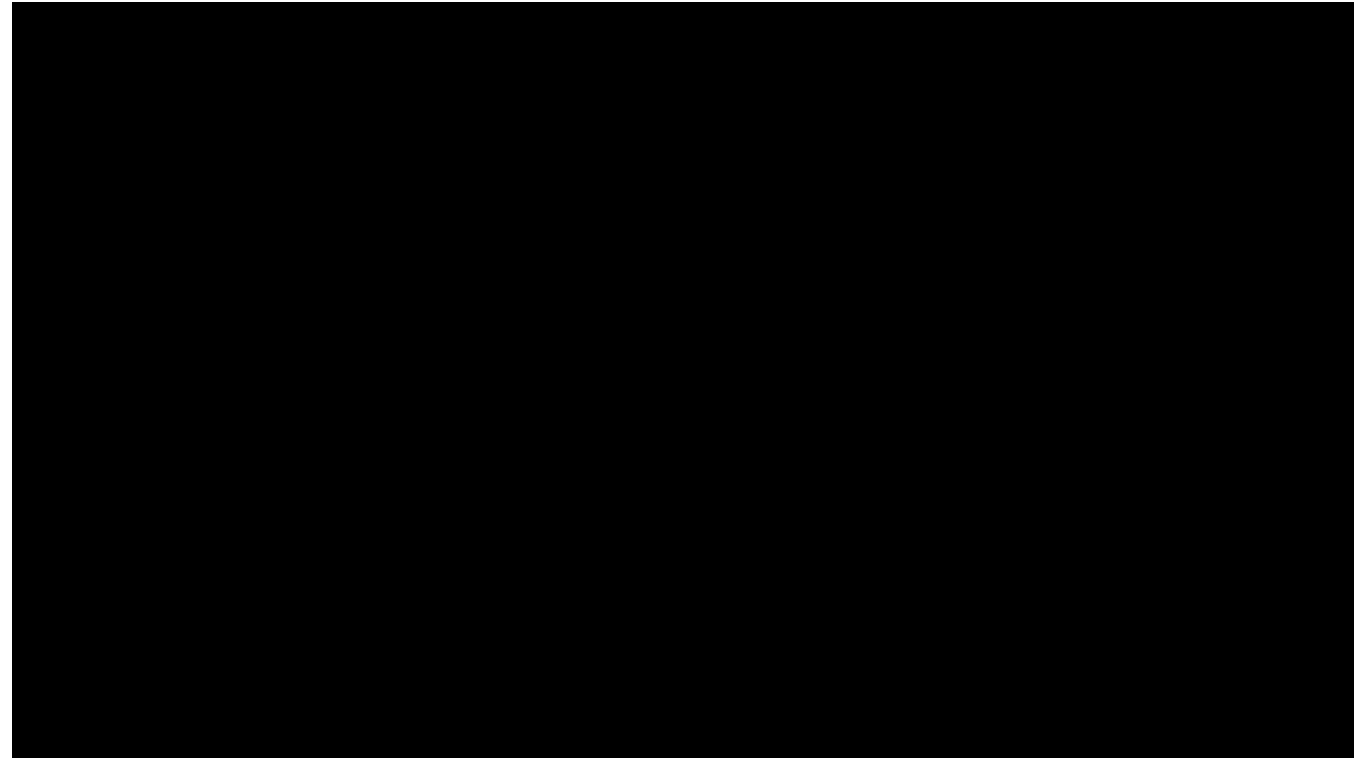
Float



Let's Try a Breathwork Tool now: *BAMO Breath* (from *My Steady Mind*)

- **B**reath
- **A**nd
- **M**ove
- **O**n

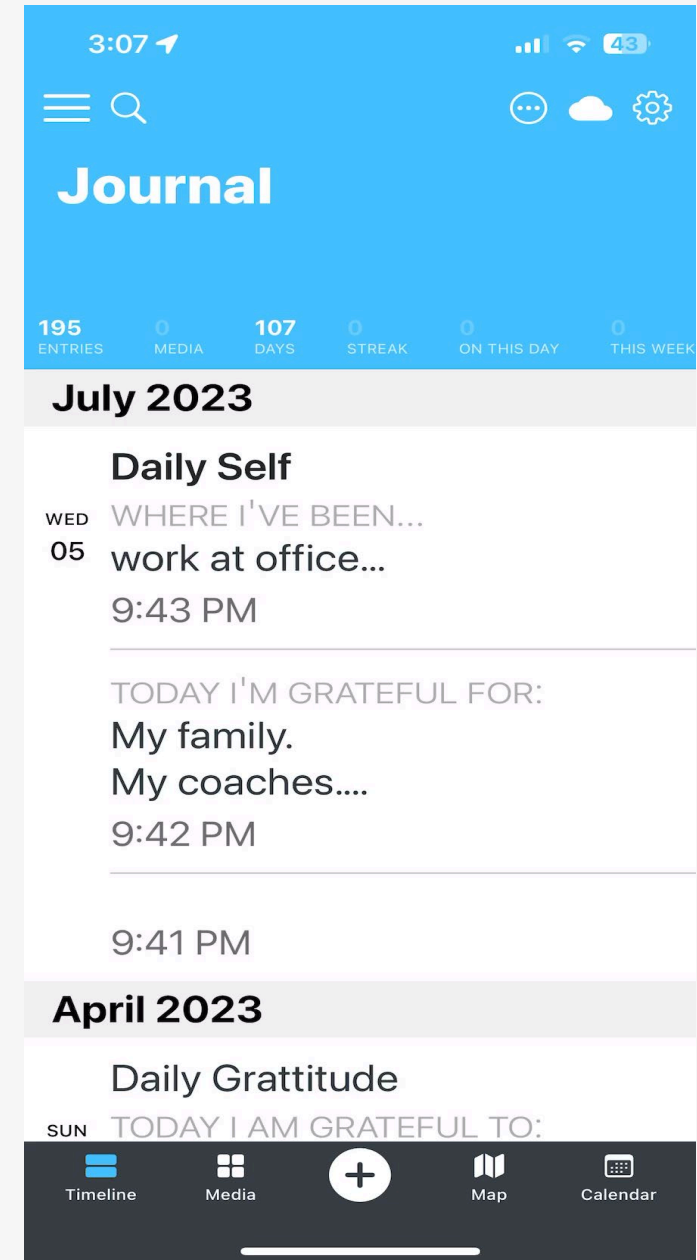
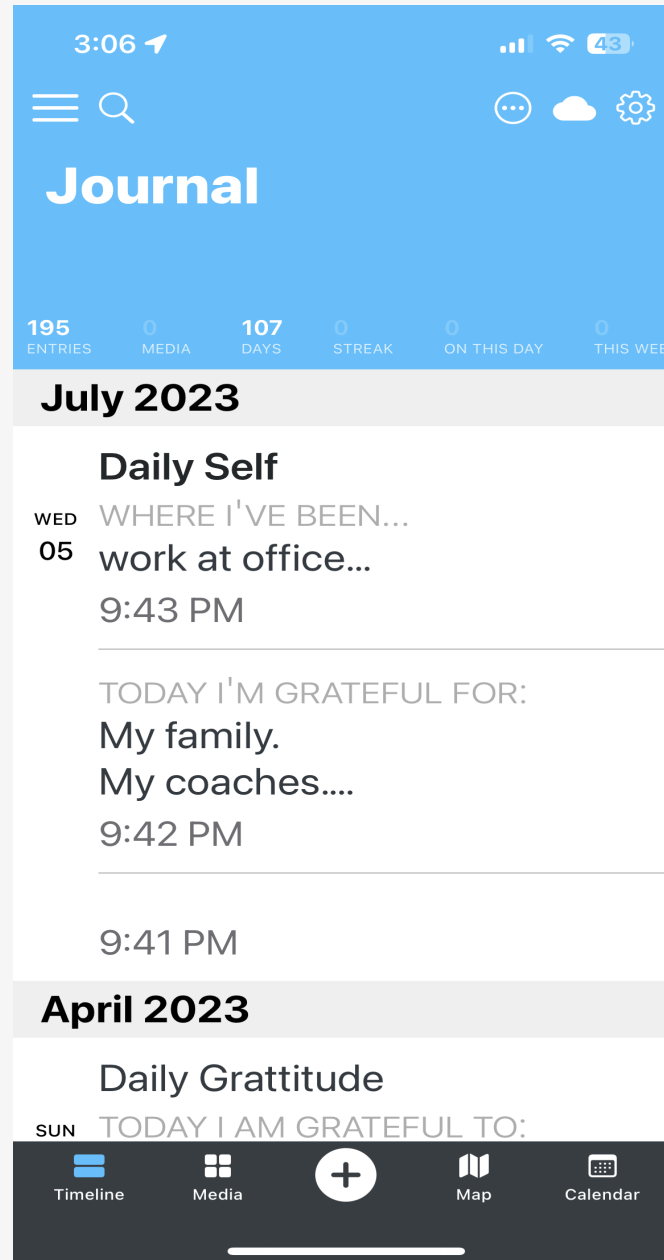
- Inhale for 4 seconds (count to 4 in your head).
- Exhale for 4 seconds (count to 4 in your head).



Apps for PPM:

Day One:

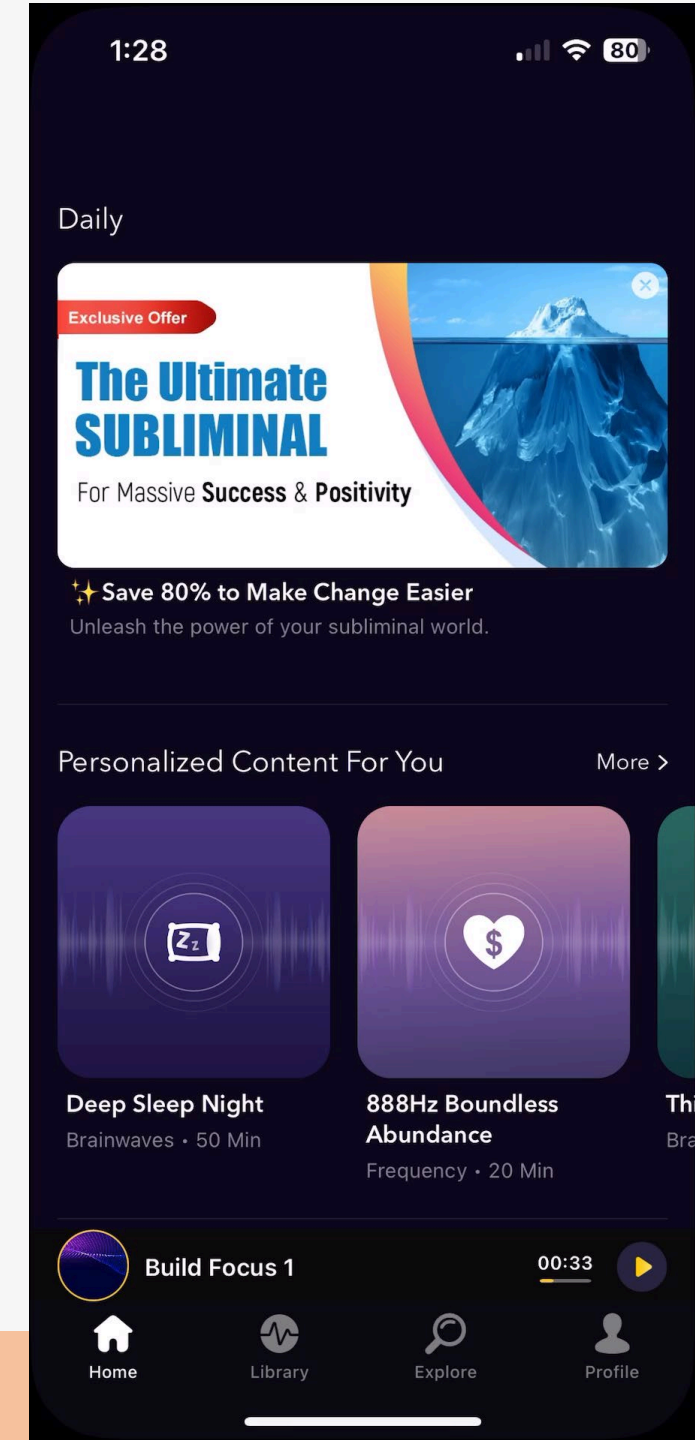
- Guided Journaling
- Add Photos & Videos
- Text to journal
- Metrics to review
- Free Version



Apps for PPM:

Brainwaves App:

- Binaural tones, soundwaves and music to listen to.
- Alpha, Beta, Delta, Gamma, and Theta waves.
- 4 Hz to 40 Hz wave options for stimulation.
- Increase melatonin / Decrease Cortisol



Apps for PPM:

Brain FM:

- Focused Attention Meditation (FAM)
- Audio-Visual Meditation App
- Combines engaging fractal visuals with relaxing music
- Haptic feedback for speed

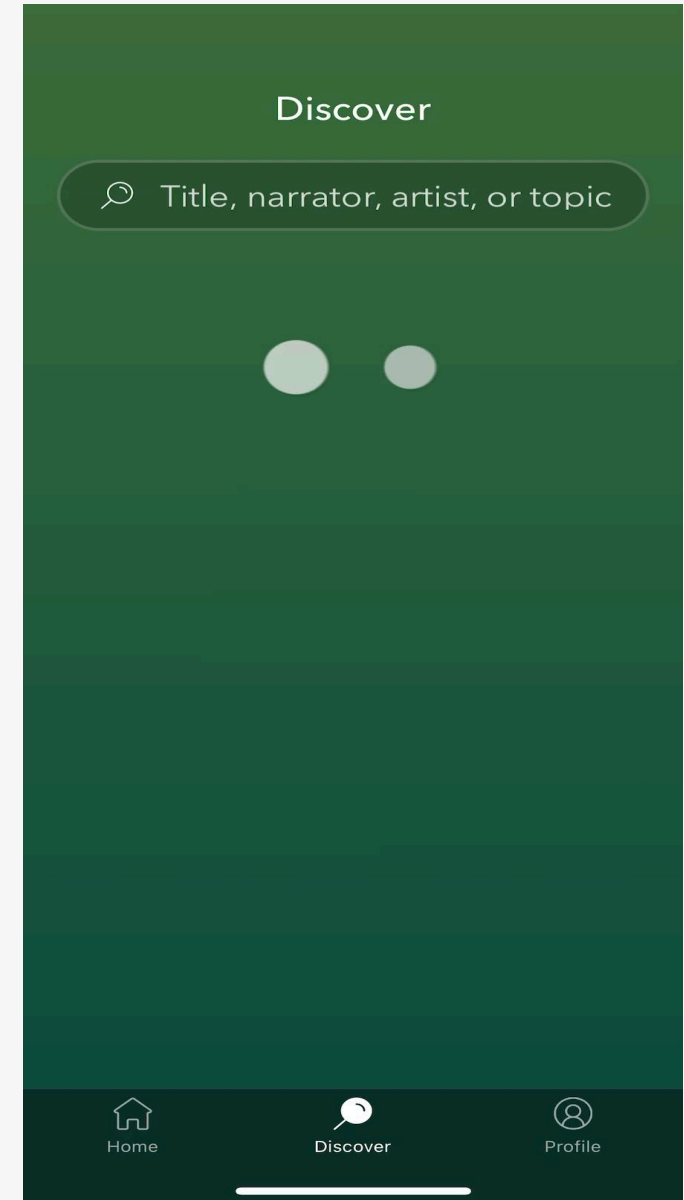
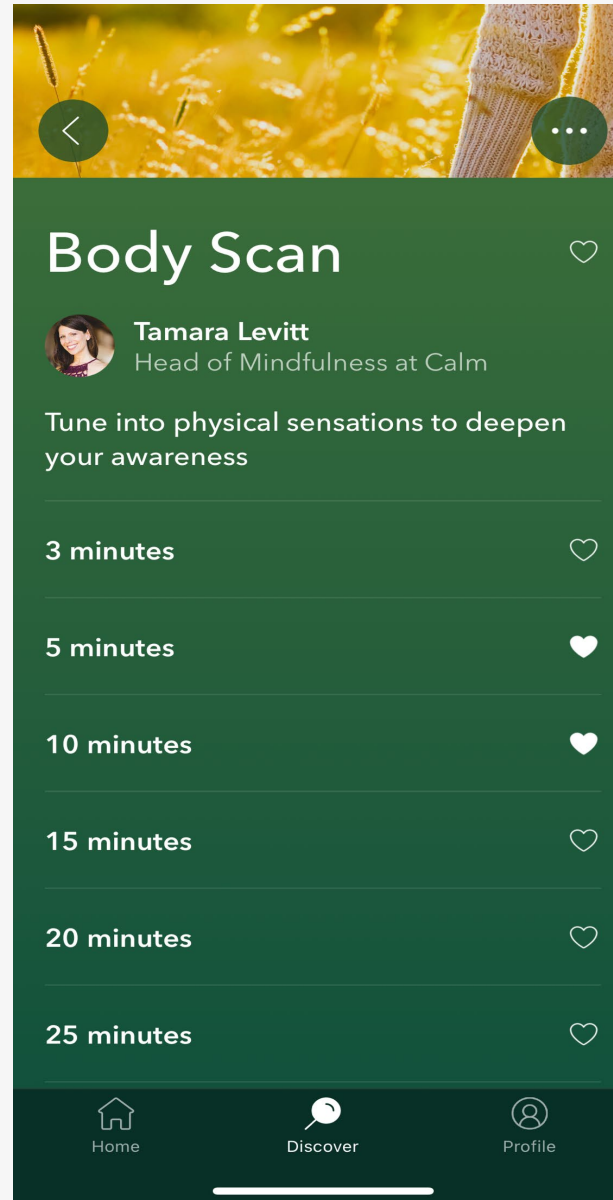


mesmerize

Apps for PPM:

Calm

- The Daily Jay (Jay Shetty)
- Body Scans (1,3,5 minute)
- Focus Music for Breathwork
- Sleep Programs
- Yoga Sessions



Apps for PPM:

Mesmerize:

- Focused Attention Meditation (FAM)
- Audio-Visual Meditation App
- Combines engaging fractal visuals with relaxing music
- Haptic feedback for speed

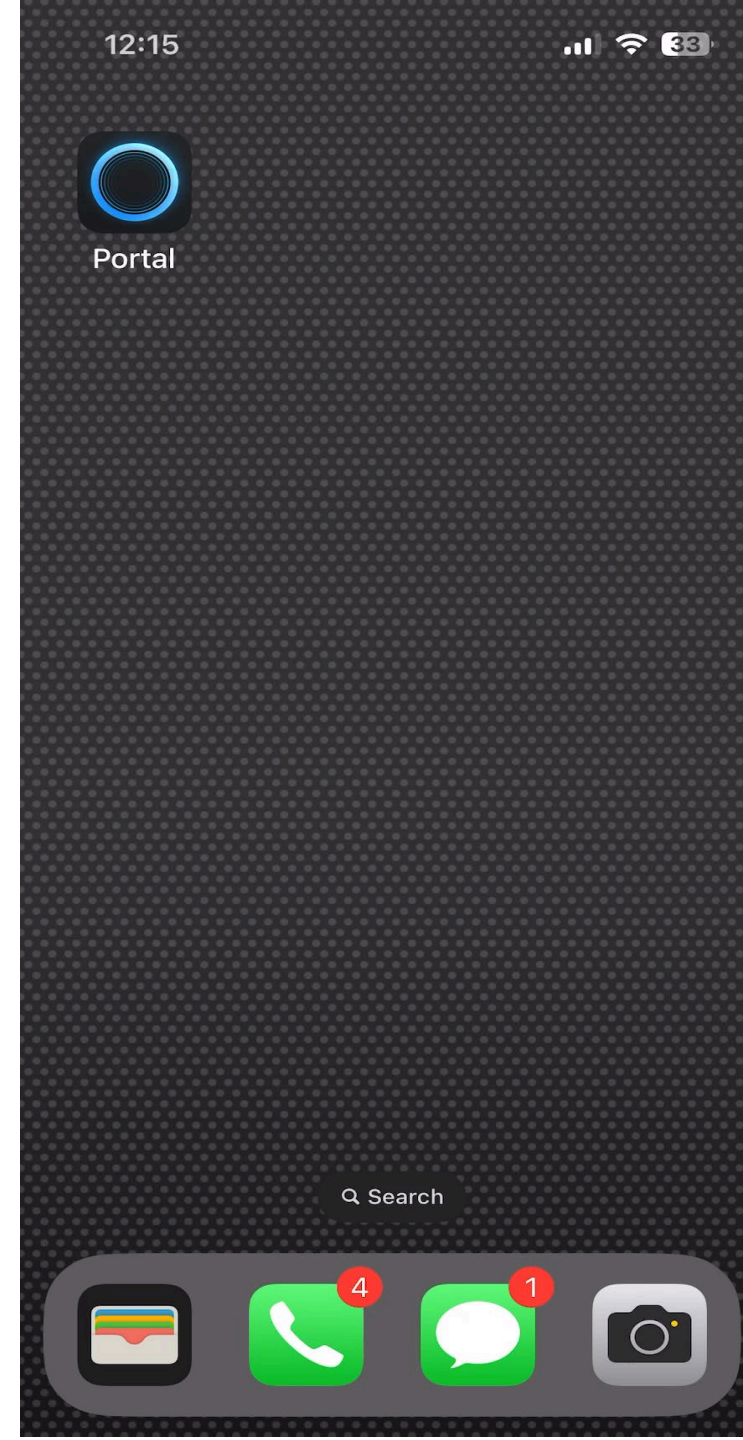


mesmerize

Apps for PPM:

Portal:

- Spatial Audio to listen to
- Retina Visuals to gaze at
- Transport yourself to the outside
- Take your mind to places it has never been
- Relax your mind by changing your focus



Apps for PPM:

Impulse:

- Games for Brain
- Cognitive Fitness
- Tra
- Take
- Relax



Apps for PPM: Therapy by Pros

- Better Help
- Talk Space
- Wysa



Five Ways Apps Can Improve Health

1. Breath Work (Control Your Brain – Body Connection)
2. Journal (Write Down Your Thoughts)
3. Meditation (Build space in your thoughts)
4. Sound (Focus Your Thoughts)
5. Movement (Get Your Blood Circulating)



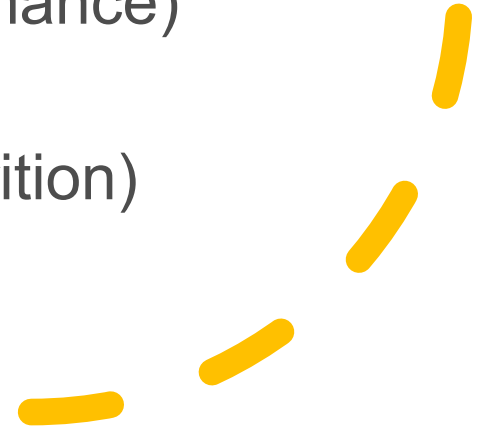
Part 4

Where do you go from here...



People to Follow and Learn From....

- Dr. Seth Hickerson (Mental Fitness)
 - My Steady Mind
- Dr. Andrew Huberman (Brain Performance)
 - Huberman Labs
- Dr. Matt Walker (Sleep)
- Dan Go (Body Fitness & Performance)
- Ashley Richmond (Diet and Nutrition)



**Is this year a time to make a
change and invest in You?**

What can you do in 2024?

Be Curious!

Try New Things!

Take Care of Yourself!



The Plan of You for 2024!

1. Know Yourself
 2. Do the Research
 3. Try Things Out
 4. Build Your Playbook
-



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Schedule a meeting >>>



SCAN ME