

## Health Anxiety Programme

Everyone worries about their health. But if those concerns become overwhelming they can start to have an impact on how you live your life. If that happens you may need help to manage how you're feeling.

SilverCloud<sup>®</sup> by Amwell<sup>®</sup> is a digital therapy programme. It can help you to understand your thoughts and feelings and how they affect what you do. By taking the *Health Anxiety* programme, you can restore balance to your thinking, and improve the quality of your life.



### Knowledge and Understanding

If you're worried about your health, you may check your body for problems more often than you need to. Any small thing you notice can increase your anxiety, which can make any symptoms feel worse. The *Health Anxiety* programme helps you to understand this cycle so you can start to explore ways to break it.



### Skills and Strategies

By tuning in to your emotions and physical feelings you can start to spot patterns and triggers. You will learn how to catch thoughts about your health and begin to challenge them. As you move through the programme, you will begin to overcome your worries in small, manageable steps.



### Forging Ahead

By the end of the programme, you will have learned how to reduce your need to check for symptoms and seek reassurance. And you'll make a plan to continue your progress and stay well in the future.

## Is this programme for me?

This programme can help you, if you want to learn about health anxiety and how to manage it.

The **Health Anxiety** programme can be accessed on mobile, desktop or tablet, wherever and whenever you need it. You can complete it at your own pace; most people take about eight weeks.

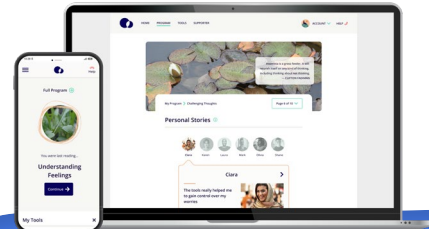
There may be days when you don't feel like using your programme – but even just taking a moment to log your mood or do a relaxation exercise can help you find balance. The smallest actions can make a real difference to how you are feeling.

## Modules in the **Health Anxiety** programme:

- **Getting Started** – Learn about CBT and how it can help you.
- **Understanding Health Anxiety** – Find out about the effects of anxiety, and start to use CBT to manage your symptoms.
- **Noticing Feelings** – Tune in to how you're feeling to find the source of any anxiety.
- **Catching Unhelpful Behaviours** – Note the things you do, which might be making your anxiety worse. Learn how to change them.
- **Facing Your Fears** – Learn how to face your fears, by breaking them down.
- **Spotting Thoughts** – Pick up on any thoughts that pop into your mind and stop you from seeing things as they really are.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Bringing it All Together** – Reflect on what you have learned and how you can put it into practice when challenges emerge.

## Cognitive behaviour therapy

This programme is based on cognitive behaviour therapy, or CBT for short. CBT has been used for many years as an effective treatment for anxiety. It allows you to become more aware of how you are feeling and teaches you to make the changes you need to feel better.



“The programme helped me break down my problems into smaller parts. This made things seem a lot more manageable. It has given me hope.”

- Sean, SilverCloud® user

## Tools and activities

The **Health Anxiety** programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people experience health anxiety and what they have learned about managing it. Most importantly, you will realise you are not alone.
- **Quizzes** – Test your knowledge about health anxiety, and increase your understanding of how it is impacting your life.
- **Relaxation and Mindfulness exercises** – Reduce tension and feel more grounded with our podcasts.
- **Personal journal** – Keeping a journal can help you to work through your thoughts and feelings, reduce stress and solve problems better.
- **Mood Monitor** – Track your moods and see how they are affected by your lifestyle choices.

Find out more



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