

# Stress Programme

This SilverCloud<sup>®</sup> programme is designed for adults and students who are experiencing stress. The programme aims to help users manage and reduce their symptoms of stress and develop resilience against stressful experiences in the future.

## Therapeutic concepts

### Psychoeducation

The cognitive behaviour therapy (CBT) cycle is highlighted in relation to stress.<sup>1</sup> Psychoeducation is provided on the impact of stress on our thoughts, feelings, behaviour and physical symptoms and an emphasis is placed on the users' ability to make changes in each of these key areas to improve their symptoms of stress.

### Resilience

Users are guided throughout the programme to reflect and develop their own personal strengths and skills to increase their ability to cope with stressful situations now and in the future.<sup>2</sup>



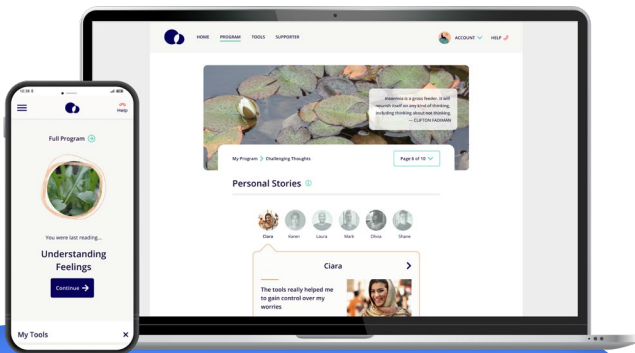
### Mindfulness

Mindfulness encourages individuals to become consciously aware of their thoughts and feelings while taking a non-judgemental attitude.<sup>3</sup> Within the programme a variety of mindfulness exercises promote the intentional and voluntary direction of attention toward present inner experience with acceptance.<sup>4</sup>

## How it works

The structure and content of the **Stress** programme follows the evidence-based principles of cognitive behaviour therapy (CBT), guiding users to reframe thinking patterns and build coping skills.<sup>1</sup>

In keeping with the principles of CBT, which endorse a structured outline and a goal-oriented focus, each module contains stress-specific information, interactive activities, homework suggestions and personal stories.<sup>6</sup>



The programme is available 24/7, allowing users to access the content at a time and place that suits them. It can be accessed using a phone, tablet or computer and can be tailored to suit the needs of the individual.

## Summary of programme modules:

- **Stress An Overview** Helps the user to better understand their stress and any circumstances that may contribute to their stressors.
- **Coping With Stress** Focusing on the strengths and resources to deal with stress, the user learns techniques to build resilience.
- **Taking Action** The user is introduced to stress management techniques such as goal-setting, problem-solving, and time-management, as well as learning how to pay more attention to the present moment.
- **De-Stressing Thoughts** Identifies the role of thoughts in stress and encourages the user to identify unhelpful thoughts.
- **Lifestyle Choices** Helps the user to identify and track their lifestyle choices and mood. Also introduces the user to the benefits of making connections with others.
- **Communication & Relationships** Focusing on how we communicate to others, the user explores different communication styles and relationships, learning to become more assertive.
- **Moving Forward** Prepares the user for coming to the end of the programme and focuses on helping them stay well in the future.

### References:

1. Beck, J. S., & Beck, A. T. (2011). Cognitive behavior therapy. New York: Basics and beyond. Guilford Publication.
2. Grant, L., & Kinman, G. (2015). Guide to developing emotional resilience. Community Care Inform.
3. Teasdale, J. D. et al. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of consulting and clinical psychology*, 68(4), 615.
4. Hayes, S. C., Follette, V. M., & Linehan, M. (Eds.). (2004). *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*. Guilford Press.
5. Maerov, P. J. (2006). Demystifying CBT: Effective, easy-to-use treatment for depression and anxiety. *Current Psychiatry*, 5(8), 26.

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