

# Generalised Anxiety Disorder (GAD) Programme

If you have been diagnosed with Generalised Anxiety Disorder (GAD), it's likely to be having a major impact on your life. Although GAD may feel overwhelming, you can learn to manage your symptoms.

SilverCloud® by Amwell® is a digital therapy programme. It can help you to feel better by learning new ways of thinking. By taking the **GAD** programme, you can reduce your anxiety symptoms and improve the quality of your life.



## Knowledge and Understanding

You will learn about the anxiety cycle, which shows how your emotions, thoughts, physical sensations and actions are connected. Using the tools provided by the programme you can start to address the issues that are affecting how you are feeling.



## 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 negative thoughts and start to challenge them. As you move through the programme, you will begin to overcome your fears in small, manageable steps.



## Forging Ahead

At the end of the programme, you will have learned how to manage your worries in a more balanced way. You'll make a plan to continue your progress and stay well.

## Is this programme for me?

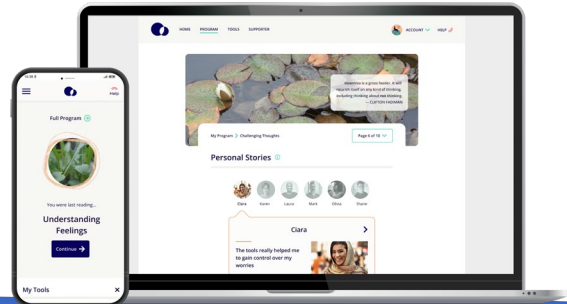
This programme can help you learn to manage the emotional and physical symptoms of GAD.

You can access the **GAD** programme on your phone, computer or tablet, wherever and whenever you need it. There are eight modules to work through at your own pace. For most people it takes 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 to keep going. The smallest actions can make a real difference to how you're feeling.

## 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 GAD. It allows you to become more aware of how you are feeling and teaches you to make the changes you need to feel better.



"I was always on high alert for things that could potentially go wrong. The more I tried to stop thoughts, the more intense they became. It was exhausting! By following the programme, I was able to cope with my anxiety better."

- Adam, SilverCloud® user

## Modules in the GAD programme:

- **Getting Started** – Learn how CBT can help you to feel better.
- **Understanding GAD** – 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 identify the source of any anxiety you may be experiencing.
- **Managing Worry** – See the role that worry plays in anxiety and learn how to manage it.
- **Spotting Thoughts** – Spot those 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.

## Tools and activities

The **GAD** 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** – Feel grounded and reduce tension, with our relaxation podcasts.
- **Personal journal** – Keeping a journal can help you to unpick your thoughts and feelings, reduce stress and solve problems better.
- **Mood Monitor** – Track your moods and how they are affected by your lifestyle choices.

Find out more



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