

Anxiety Programme for Teens

[EN-GB, EN-US]

Using Cognitive Behavioural Therapy (CBT), teens, ages 15-18, can learn to better understand their thoughts, feelings, and behaviours and how to make positive changes relating to anxiety.

The *Anxiety Programme for Teens* applies the principles of CBT, providing users with psychoeducation, and a range of skill-based strategies - proven to be effective in reducing anxiety symptoms and improving overall quality of life.



Skills & Strategies

Teens will learn about the anxiety cycle and the physical sensations and emotions associated with it. They will then gain the tools and techniques to better understand and manage their anxiety. The programme also encourages teens to break down and analyse their fears so that they can gradually overcome them.



Balancing Thoughts

Learning about thinking traps will help teenagers to identify their negative, unhelpful, or 'hot thoughts' so they can take action with alternative ways of thinking and helpful self-talk.



Forging Ahead

Teens will walk away with strategies and techniques to think and feel better in the future. They will have a better understanding of their mood, as well as their triggers and the warning signs of anxiety. They will also be equipped with techniques for preventing a relapse, building a social network, and strategies for maintaining long lasting results



Modules

Getting Started ● Understanding Anxiety ● Noticing Feelings ●
Facing Your Fears ● Spotting Thoughts ● Challenging Thoughts ●
Managing Worry ● Bringing it All Together ● Going Forward



Proven Tools

Mood Monitor ● Worry Tree ● Quizzes ● Staying in the Present Tools ●
CBT Cycle ● Body Scan ● Mapping Your Lifestyle ● Staying Well Plan



Talk to us today

