

## Low Mood Programme for Teens

[EN-GB, EN-US]

The *Low Mood Programme for Teens* has been designed to relieve the symptoms of low mood by encouraging teens, ages 15 – 18, to develop more flexible ways of thinking. The programme promotes awareness and understanding of emotions while highlighting the importance of increasing activity and motivation in their daily lives. Using Cognitive Behavioural Therapy (CBT), teens will learn to better understand their feelings, as well as how to make positive changes to how they think and feel.



### Skills & Strategies

Inactivity and lack of motivation are common issues associated with low mood. Throughout the programme, teens will learn how to motivate themselves to engage in enjoyable activities or ones that provide a sense of achievement. They will also learn key strategies for tackling the unpleasant physical feelings associated with low mood.



### Balancing Thoughts

Learning about thinking traps will help teens 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 for lasting results. They will have gained a better understanding of their mood, as well as their triggers, and warning signs. They will also be equipped with techniques for building a reliable social network and skills to address any setbacks in the future.



### Modules

Getting Started ● Understanding Low Mood ● Noticing Feelings ● Boosting Behaviour ● Spotting Thoughts ● Challenging Thoughts ● Core Beliefs (unlockable by a Supporter) ● Bringing it All Together ●



### Proven Tools

Mood Monitor ● My CBT Cycle ● Staying in the Present ● Facing Your Fears ● Worry Tree ● Staying Well Plan



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