

# Anxiety Programme

It's normal to feel anxious sometimes. If your anxiety becomes overwhelming, or is having an impact on how you live your life, 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 get to grips with your thoughts and feelings, and how they affect what you do. By taking the **Anxiety** programme, you can reduce your anxiety symptoms and improve the quality of your life.



## Knowledge and Understanding

You will learn about the anxiety cycle. That explains how your emotions, thoughts, physical sensations and actions are connected. Using the tools provided by the programme you can start to untangle 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'll learn how to catch your thoughts and challenge them. As you move through the programme, you'll 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?

The programme can help you learn how to manage the tough emotional and physical symptoms of anxiety.

You can access the **Anxiety** programme on your phone, computer or tablet, wherever and whenever you need it. There are seven 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 taking a moment to log your mood or do a relaxation exercise can help you to keep going. The smallest actions can affect how you're feeling.

## Cognitive behaviour therapy

This SilverCloud 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.

### Modules in the *Anxiety* programme:

- **Getting Started** – Learn how CBT can help you feel better.
- **Understanding 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 notice the source of any anxiety you may be experiencing.
- **Facing Your Fears** – Learn how to face your fears by breaking them down into small steps.
- **Spotting Thoughts** – Catch 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 use your new skills when challenges emerge.



"I hadn't realised how much I was missing out on because of my anxiety. I feel like I'm getting my life back."

- Allister, SilverCloud® user

## Tools and activities

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

- **Personal stories** – Find out how other people experience anxiety and what they have learned about managing it. This will also help you to realise you are not alone.
- **Quizzes** – Test your knowledge about anxiety, and increase your understanding of how it is impacting on your life.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our podcasts.
- **Personal journal** – Keeping a journal can help you to clarify your thoughts and feelings, reduce stress and solve problems.
- **Mood Monitor** – Track your moods and see how they are affected by your lifestyle choices.

Find out more



amwell 