



# Space from Low Mood & Anxiety for Teens

[EN-GB, EN-US]

Using Cognitive Behaviour 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 Space from Anxiety programme 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.



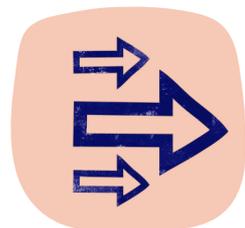
## Skills & Strategies

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 you to identify your negative, unhelpful, or 'hot thoughts' so you 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.

This programme is best suited for teens, ages 15-18. Copyright © 2022 SilverCloud Health. All rights reserved.



## 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
- CBT Cycle
- Staying in the Present Tools
- Quizzes
- Body Scan
- Mapping Your Lifestyle
- Worry Tree
- Staying Well Plan




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