

# Space from Low Mood for Teens

[EN-GB, EN-US]

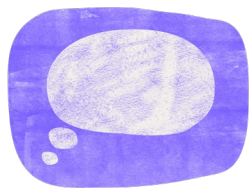
The *Space from Low Mood for Teens* programme has been designed to relieve the symptoms of low mood by encouraging you to develop more flexible ways of thinking. The programme promotes awareness and understanding of emotions, while highlighting the importance of increasing activity and motivation in your daily life. Using Cognitive Behaviour Therapy (CBT), you will learn to better understand your feelings, as well as how to make positive changes to how you think and feel.



## Skills & Strategies

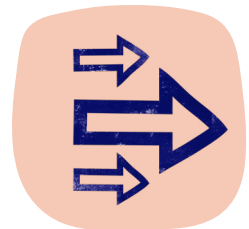


Inactivity and lack of motivation are common issues associated with low mood. Throughout the programme, you will learn how to motivate yourself to engage in enjoyable activities or ones that provide a sense of achievement. You will also learn key strategies for tackling the unpleasant physical feelings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



## Balanced 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

You will walk away with strategies and techniques for lasting results. You will gain a better understanding of your mood, as well as your triggers, and warning signs of low mood. You 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

## Interactive Tools

Facing Your Fears

Worry Tree

Staying Well Plan

Mood Monitor

My CBT Cycle

Staying in the Present

Talk to us today

Contact Us

