



# Space from Low Mood & Anxiety for Teens

[EN-GB, EN-US]

Using Cognitive Behaviour Therapy (CBT), you will learn to better understand your thoughts, feelings, and behaviours and how to make positive changes relating to anxiety. The Space from Anxiety programme applies the principles of CBT, providing you with psychoeducation, and a range of skill-based strategies - proven to be effective in reducing anxiety symptoms and improving overall quality of life.

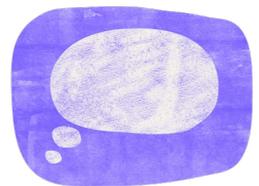
## Skills & Strategies

You will learn about the anxiety cycle and the associated physical sensations and emotions. You will then gain the tools and techniques to better understand and manage your anxiety. The programme also encourages you to break down and analyze your fears so that you can gradually overcome them.



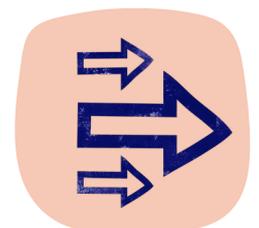
## Positive Thoughts

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 to think and feel better in the future. You will have a better understanding of your mood, as well as your triggers and the warning signs of anxiety. You will also be equipped with techniques for preventing a relapse and building a social network to maintain 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

CBT Cycle

Staying in the Present Tools

Quizzes

Body Scan

Worry Tree

Mapping Your Lifestyle

Muscle Relaxation



Talk to us today

Contact Us

For more info visit:

