



# Space from Low Mood & Anxiety for Teens

[EN-GB, EN-US]

The *Space from Low Mood & Anxiety for Teens* programme has been designed to relieve your symptoms by helping you to identify your negative thoughts and develop more flexible ways of thinking. The programme also encourages you to become aware and better understand your emotions, while increasing activity and motivation in your daily life. Using Cognitive Behavioural Therapy (CBT), you can better understand your thoughts, feelings, and behaviours and learn how to make positive changes relating to low mood and anxiety.



## Skills & Strategies



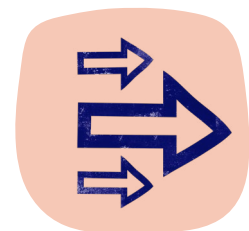
Inactivity and lack of motivation are common issues associated with low mood and anxiety. Through this programme, you will learn to motivate yourself to engage in enjoyable activities or ones that provide a sense of achievement. You will also learn key strategies to tackle the unpleasant physical feelings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

## 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 help you think and feel better in the future. You will have a better understanding of your mood, as well as triggers and warning signs of low mood and anxiety. You will also be equipped with techniques for preventing a relapse, building a social network, and strategies for maintaining long lasting results.

## Modules

Getting Started

Understanding Low Mood & Anxiety

Noticing Feelings

Boosting Behaviour

Spotting Thoughts

Challenging Thoughts

Managing Worry

Core Beliefs  
(unlockable by Supporter)

Facing Your Fears  
(unlockable by Supporter)

Bringing it All Together

## Interactive Tools

Mood Monitor

My CBT Cycle

Staying in the Present

Activity Scheduling

My Helpful Thoughts

Worry Tree

Talk to us today

Contact Us

