

# Space From Anxiety

Online tools to help manage your anxiety



Everyone experiences anxiety, it can play a healthy role in alerting us to problems or challenges.

Our online programme for anxiety in young people provides early access to support, when it's needed.

**Space from Anxiety** helps you to understand your anxiety and how to manage it. It's easy to use, with tools and activities help you put what you have learnt into practice.

Content is based on **Cognitive Behavioural Therapy (CBT)** an effective way to manage anxiety.



"In regards to the programme I've learned everything I needed to know in terms of my mental health. I'm now having a fresh start and feel better about everything. I wanted to say thank you for all of your help, I truly appreciate it."

SilverCloud Young Person User

## It's easy to access

Safe, anonymous and accessible, when you need it.

## It's supportive

A trained supporter will help you through the programme. They can answer any questions you have.

It works:

**87%** of young people found it helpful

**91%** found it interesting

# Space From Anxiety

## What You Will Learn

### Understanding Anxiety

Understand how anxiety affects you and how CBT can help improve your anxiety.

### Noticing feelings

Learn about your emotions. Using physical sensations to tune in to your emotions.

### Facing your fears

Breaking your fears down into small steps to face them.

### Spotting thoughts

Understand how thoughts affect how you feel. Become aware of any negative thinking patterns.

### Challenging thoughts

Learn how to generate more balanced thoughts.

### Managing worry

See the role that worry plays in your anxiety and learn how to manage worry.

### Bringing it all together

Maintain the healthy habits and skills you've learned.

### Managing Study and Exam Stress

Learn how to establish a study routine and handle stress around exams.

### Getting Active and Eating Well

Learn how to focus on your overall health by eating well and becoming physically active.

### Sleeping Better

Understand sleeping difficulties and develop a healthy sleeping routine.

### Friendships & Social Groups

Learn how to make and maintain good friendships.

### Getting on with your Family

Helps users to understand the impact of self-esteem on their mood and ways to improve their self-esteem.

### My Self-Esteem and I

Understand the impact of self-esteem on your mood and ways to improve your self-esteem.

### Relaxation

Learn techniques and strategies for relaxation.

To find out more visit

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Talk to us today

Contact Us

