

Anxiety Programme for Teens

It's normal to feel anxious sometimes. But if it feels like worries and fears are taking over your life, you may need help to manage how you're feeling.

SilverCloud® by Amwell® is a mental health platform you can access whenever you need to. Our programmes are based on Cognitive Behavioural Therapy, or CBT for short. The *Anxiety* programme is designed to help you understand your thoughts and feelings. You'll learn why you might feel the way you do, and what you can do to start feeling better.



Knowledge and

You'll learn how your emotions, feelings and

actions are linked. It **Learning** will help to hard to change things.



Skills and Lots of reasons. By becoming you can start to spot thoughts and begin to



Moving Ahead At the end of your anxiety and face



make sense of what you're experiencing, and why it can sometimes be

young people experience anxiety but for different **Strategies**

aware your emotions and physical feelings

your own patterns and triggers. You'll learn how to catch negative challenge them.

the programme, you'll have learned how to tackle your fears in small, manageable steps.

You'll be able to spot the warning signs that your anxiety is getting worse again, and what you can do to help yourself stay well.

Is this programme right for me?

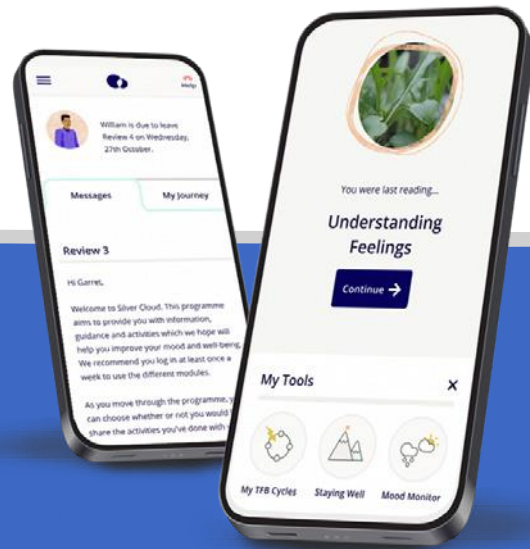
This programme can show you how to manage the emotional and physical symptoms of your anxiety.

You can access the *Anxiety* programme on your phone, computer or tablet – wherever and whenever you need it.

There may be days when you don't feel like using your programme, but just doing a little bit every day can make a real difference to how you're feeling.

Cognitive Behavioural Therapy (CBT)

CBT is a very effective treatment for anxiety. It helps you to understand what's going on and make changes to feel better.



Doing an online programme gave me the support I needed. It might sound weird, but it was comforting to know I could log on any time I was struggling with my emotions.

Aleksandra, SilverCloud® programme user

Modules in the *Anxiety* programme:

Understanding Anxiety – Find out about the effects of anxiety and how CBT can help.

- **Noticing Feelings** – Explore your feelings and emotions, and learn how you can change them.
- **Facing Your Fears** – Learn how to face your fears by breaking them down.
- **Spotting Thoughts** – Catch those negative thoughts that pop into your mind and stop you from seeing things as they really are.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Managing Worry** – Find new ways to understand and manage your worries.

Bringing it All Together – Combine the skills you have learned and make a plan to help you stay well in the future.

Tools and Activities

The *Anxiety* programme includes many helpful tools and activities including:

- **Personal stories** – Find out how other young people experience anxiety. It can help to know that you're not alone.
- **Quizzes** – Test your knowledge of anxiety and separate the myths from the facts.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our podcasts.
- **Personal journal** – Keeping a journal can help to sort out your thoughts and feelings, reduce stress and solve problems.
- **Mood Monitor** – Track your moods and see how they are affected by your lifestyle choices. ●

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