



# Space from Low Mood & Anxiety for Teens

The *Space from Low Mood & Anxiety for Teens* programme has been designed to relieve the symptoms of low mood and anxiety by developing more flexible ways of thinking. The programme also encourages teens, ages 15-18, to develop awareness and understanding of their emotions, while increasing activity and motivation in their daily lives. Using Cognitive Behavioural Therapy (CBT), teens can better understand their thoughts, feelings, and behaviours and learn how to make positive changes relating to low mood and anxiety.

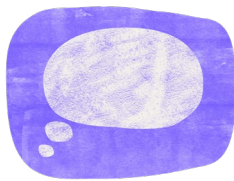


## Skills & Strategies



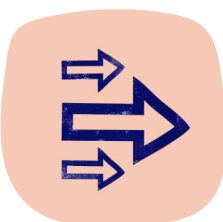
Inactivity and lack of motivation are common issues associated with low mood and anxiety. Through this programme, teens will learn to motivate themselves to engage in enjoyable activities or ones that provide a sense of achievement. They will also learn key strategies to tackle the unpleasant physical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

## Balancing Thoughts



Learning about thinking traps will help teens to identify their negative, unhelpful, or 'hot thoughts' so they can take action with alternative ways of thinking and helpful self-talk.

## Forging Ahead



Teens will walk away with strategies and techniques to think and feel better in the future. They will have a better understanding of their mood, as well as triggers and warning signs of low mood and anxiety. They 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

**To find out more visit**

**Calderdale Open Minds website:**  
<https://openmindscamhs.org.uk/silvercloud/>

**or telephone Open Minds CAMHS**

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