

## Depression & Anxiety Programme for Lung Conditions

Living with chronic obstructive pulmonary disease (COPD) can have a major impact on your mental health and wellbeing.

SilverCloud® by Amwell® is a digital therapy course. It will help you to learn about the link between COPD, low mood and worry. By taking the *Lung Conditions* programme, you can find new ways to manage your symptoms, and begin to make positive changes.



### Knowledge and Understanding

The breathlessness and tiredness that come with COPD, can affect many aspects of your life. So, it's not a surprise that many people with COPD experience depression and anxiety. Feeling this way can stop you from doing things you enjoy or that will help you to feel better. Through this programme you'll learn about the connection between your mental and physical health – and how improving one can help with the other.



### Skills and Strategies

You'll learn how to catch unhelpful thoughts, and deal with them so they don't take over your thinking. The programme will help you to find things you enjoy and to feel confident doing them. You will learn it all in small, easy steps.



### Forging Ahead

At the end of the programme, you will understand your condition better and know how to manage it. And you will make a plan to continue your progress in the future.

## Is this programme for me?

This programme can help you learn how to manage the emotional and physical symptoms of COPD.

You can access the programme on your phone, computer or tablet – wherever and whenever you need it. There are nine modules to work through at your own pace. For most people it takes about eight weeks.

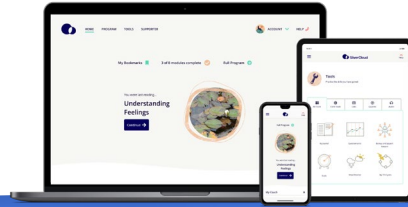
There may be days when you don't feel like using your programme – but even just taking a moment to log your mood or do a relaxation exercise can help you to keep going. The smallest actions can make a real difference to how you're feeling.

## Modules in the *Lung Conditions* programme:

- **Getting Started** – Find out about CBT and how it can help you to feel better.
- **Understanding Feelings** – Tune in to how you're feeling to identify the source of any anxiety you may be experiencing.
- **Boosting Behaviour** – Doing things differently can boost your mood. This module shows you how.
- **Spotting Thoughts** – Spot those negative thoughts that pop into your mind and prevent you from seeing things as they really are.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Facing Your Fears** – Learn how to face your fears by breaking them down.
- **Managing Worry** – See the role that worry plays in anxiety and learn how to manage it.
- **Bringing it All Together** – Reflect on what you have learned and how you can put it into practice whenever challenges emerge.

## Cognitive behaviour therapy

This programme is based on cognitive behaviour therapy, or CBT for short. CBT has been used for many years, as an effective treatment for anxiety and depression. It allows you to become more aware of how you are feeling and teaches you how to make the changes you need to feel better.



"My GP recommended trying SilverCloud to help me manage how my lung condition was affecting my mood. Some days it's harder than others, especially if I'm worried about my symptoms getting worse. But my new outlook makes me see things in a new light and things seem more manageable now."

- Allister, SilverCloud® user

## The *Lung Conditions* programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people experience depression and anxiety linked to COPD and how this programme helped them. It can help if you realise you are not alone.
- **Quizzes** – Test your knowledge about COPD and wellbeing. Learn about the factors that influence it.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our relaxation podcasts.
- **Personal journal** – Keeping a journal can clarify your thoughts and feelings. It can help you to solve problems, too.
- **Worry Tree** – Break down problems and find some solutions.
- **Mood Monitor** – Track your mood. See how it is impacted by your lifestyle choices.

**Simply ask your GP or other healthcare professional to make a referral to SilverCloud on your behalf**

