

Stress Programme

We all experience stress but sometimes it can become too much. If stress is having a negative effect on your life, there are things you can do to make your life less stressful, and more enjoyable.

SilverCloud[®] by Amwell[®] is a digital therapy course. It can help you to feel better by learning new ways of thinking. By taking the **Stress** programme, you can learn to manage your stress and find balance in your life.



Knowledge and Understanding

You will learn about the causes of stress. You'll see how your emotions, thoughts, physical sensations and actions are connected, and can affect your stress levels. Using the tools in the programme, you can start to untangle the issues that are affecting how you feel.



Skills and Strategies

Using techniques based on Cognitive Behavioural Therapy (CBT), you'll tune in to your emotions and physical feelings, so you can start to spot patterns and triggers related to your stress. You'll learn problem solving and time management techniques, which you can use every day to help manage your stress levels.



Forging Ahead

At the end of the programme, you will have learned how to manage your stress in a more balanced way. And you'll have a plan to continue your progress and stay well.

Is this programme for me?

This programme can help you learn how to manage stress if you're feeling overwhelmed.

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

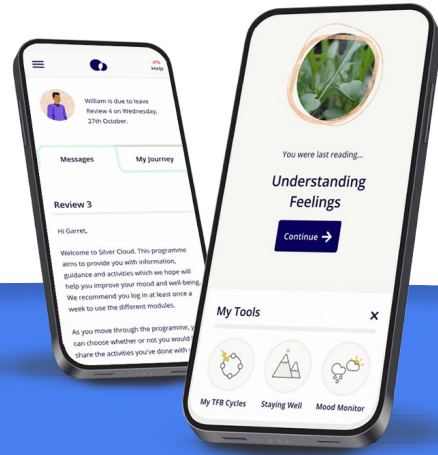
There may be days when you don't feel like using your programme – but even just taking a moment to log your mood or do a relaxation exercise can help you to keep going. The smallest actions can make a real difference to how you're feeling.

"I was missing the bigger picture, but now things seem so much more manageable."

- Melanie, SilverCloud® user

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 way to improve wellbeing. 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.



Modules in the *Stress* programme:

- **Overview of Stress** – Start thinking about what causes you to feel stressed and how stress is impacting your life.
- **Coping with Stress** – Learn to deal with stress, and find better balance in your life.
- **Taking Action** – Identify what you can change to help you manage stress better.
- **De-Stressing Thoughts** – Find out about the role your thoughts play in fuelling stress.
- **Lifestyle Choices** – Learn how exercise, diet and sleep can impact on stress levels for better or worse.
- **Communication and Relationships** – Build and maintain positive and stress-free relationships.
- **Moving Forward** – Make a plan to stay on top of stress in the future and keep moving towards your life goals.

The *Stress* programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people experience stress and how this programme has helped them. Just knowing that you're not alone can help.
- **Quizzes** – Test your knowledge about stress. Learn 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 help you to sort through your thoughts and feelings. It can help you solve problems, too.
- **Life Areas** – Achieve balance in your life, by mapping what matters to you.
- **Mood Monitor** – Track your mood. See how it's impacted by your lifestyle choices.

You can access this program right away: [click here to visit the Lanarkshire Mind Matters sign-up page](#)

