

Chronic Heart Conditions Programme

The *Chronic Heart Conditions* programme is designed to help individuals diagnosed with a heart condition who are experiencing symptoms of anxiety and depression. Applying principles of Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT), the programme helps individuals adjust to living with a heart condition, improving their psychological wellbeing and overall quality of life.



Skills & Strategies

Concerns about physical health can lead to the development of unhelpful behaviours. This programme helps individuals to understand their own negative thoughts about their diagnosis and care and pinpoint areas where they can make improvements. Participants are encouraged to select goals informed by their passions and values and use more flexible ways of thinking to brainstorm how they can meaningfully engage with them again.



Balancing Thoughts

Negative thinking impacts both mood and behaviour. With a strong focus on the acceptance of thoughts, participants learn how to recognise when thoughts are helpful, and when they are of no value to their wellbeing and so should just be accepted and allowed to pass by.



Forging Ahead

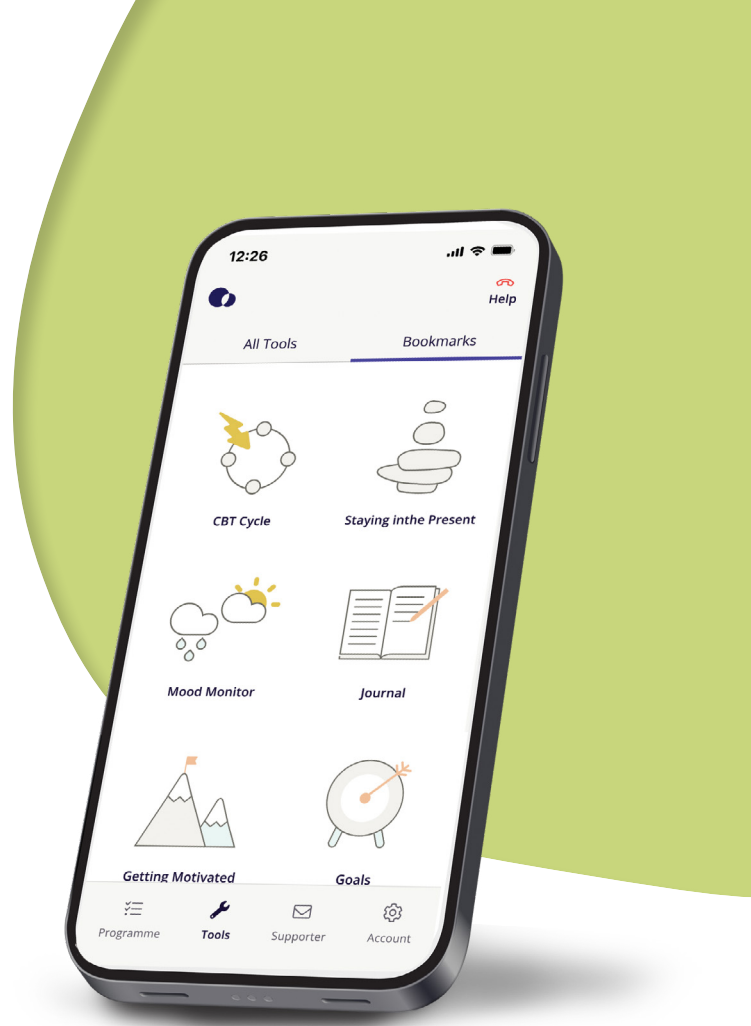
At the end of the programme, participants are supported to stay well in the future. Using the strategies and techniques they have learned, they are encouraged to build a social network and set new goals to prevent relapse and continue to think and feel better.

Who Should Consider Taking This Programme?

People with a heart condition who want to learn strategies to tackle some of the common mental health challenges associated with heart conditions including stress, low mood, shame, anxiety and anger.

Behaviour Based Therapies

With Cognitive Behavioural Therapy (CBT), participants will better understand how their thoughts, feelings, and behaviours are connected and learn how to make positive changes. Acceptance and Commitment Therapy (ACT) uses a range of methods to help people to accept challenging emotions and create meaning in their lives.



Interactive Tools

- Resilience Star
- Goal Setting
- My Values & My Passions
- Emotions Monitor
- Staying in the Present
- Mindfulness
- Activity Tracker
- CBT Cycle
- My Support Network
- Problem Solving

Modules

- Getting Started
- Your Heart and You
- Your Heart and Your Mood
- Coping with a Heart Condition
- Your Heart and Your Mind
- Your Heart and Relationships
- Committed Action
- Moving Forward

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

