



## Space from Anxiety



### An online course for young people

The programme provides education and tools for young people to understand and manage their anxiety. Content is based on Cognitive Behavioural Therapy (CBT) - an effective way to reduce anxiety symptoms.

[www.accesstherapiesfife.scot.uk](http://www.accesstherapiesfife.scot.uk)

NHS Fife Child and Family Psychology Service

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## About Space from Anxiety

### What you will learn ...

#### Getting Started

Learn how to think and feel better using Cognitive Behavioural Therapy (CBT)

#### Understanding Anxiety

Understand how anxiety affects you and use CBT to help manage your symptoms.

#### Noticing Feelings

Learn about emotions and what impacts them. Use physical sensations to tune in to your emotions.

#### Facing your Fears

Break your fears down into small steps in order to face them, using a CBT technique called “graded exposure”.

#### Spotting Thoughts

Understand how your thoughts affect how you feel and become aware of any negative thinking patterns.

#### Challenging thoughts

Learn how to generate more balanced thoughts and tackle negative thinking patterns.

#### Managing Worry

See the role that worry plays in anxiety and learn how to manage your worry.

#### Bringing It All Together

In this final module you can bring together all the skills you have learned and the ideas you have gathered so far.

**Additional modules:** Getting Active and Eating Well, Managing Study and Exam Stress, Sleeping Better, Getting on with your Family, Friendships & Social Groups, My Self-Esteem and I, Relaxation, Low Mood & Getting Active, Anger Management, Grief & Loss

**It's easy to access** - Accessible online, when it's needed. Young people work through content at their own pace.

**It's supportive** - A human supporter guides the young person through the programme, answering any questions they have.

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