

Stress

COGNITIVE-BEHAVIORAL THERAPY (CBT)- CALMING YOUR ANXIETY *(ADULT VERSION & STUDENT VERSION)*

MODULE 1: UNDERSTANDING ANXIETY AND WORRY

Session 1: Program Introduction (15m)

Session 2: Goal Setting (15m)

Session 3: Motivation (15m)

Session 4: What is Anxiety? (15m)

Session 5: The Cognitive Response System (15m)

Session 6: Causes of Anxiety and Unhelpful Practices (15m)

► MODULE 2: RELAXATION AND ANXIETY REDUCTION

Session 1: Relaxation (15m)

Session 2: Progressive Muscle Relaxation (15m)

Session 3: Deep Breathing (10m)

Session 4: Guided Imagery (20m)

► MODULE 3: THOUGHTS, ASSUMPTIONS, AND CORE BELIEFS

Session 1: Defining Thoughts, Assumptions, and Core Beliefs (15m)

Session 2: Unhelpful Thoughts (10m)

Session 3: Challenging Thoughts (15m)

Session 4: Challenging Assumptions (30m)

Session 5: Core Beliefs (30m)

Session 6: Challenging Core Beliefs (15m)

MODULE 4: MINDFULNESS

Session 1: Mindfulness (ADULT VERSION 15m, STUDENT VERSION 10m)

Session 2: Mindfulness Tips (10m)

Session 3: Mindfulness Exercise (15m)

MODULE 5: FACING YOUR FEARS

Session 1: Facing Fears (15m)

Session 2: Exposure (30m)

► MODULE 6: LIFESTYLE FACTORS

Session 1: Lifestyle Factors (ADULT VERSION 10m, STUDENT VERSION 25m)

Session 2: Nutrition (10m)

Session 3: Physical exercise and sleep habits (10m)

MODULE 7: ANXIETY REVIEW

ADULT

Session 1: Identify Early Warning Signs (10m)

Session 2: Take Action to Continue Recovery (25m)

STUDENT

Session 1: Review and the Way Forward (60m)

ACCEPTANCE AND COMMITMENT THERAPY (ACT)- *LET GO AND BE WELL*

MODULE 1: INTRODUCTION TO ACCEPTANCE AND COMMITMENT THERAPY

Session 1: Getting Stuck in Our Thoughts (25m)

Session 2: The Six Core Principles of ACT (15m)

► MODULE 2: FUSION AND DEFUSION

Session 1: Fusion and Defusion (20m)

Session 2: Defusion Strategies (20m)

MODULE 3: THINKING MIND VS. OBSERVING MIND AND ACCEPTANCE

Session 1: Thinking Mind vs. Observing Mind (25m)

Session 2: Acceptance (20m)

COMMUNICATIONS AND INTERPERSONAL RELATIONSHIPS

MANAGING ANGER (45M)

COMMUNICATION STRATEGIES (45M)

RELATIONSHIPS (45M)

COMMUNICATION STYLES

Session 1: Different Types of Communication (45m)

Session 2: Understanding and Avoiding Drama in Relationships (25m)

PROBLEM SOLVING

Session 1: Problem Solving Model (25m)

Session 2: Thinking Habits (25m)

