



Space from **Depression** and **Anxiety**

Comorbid: Depression & Anxiety Content Descriptor

| Modules | Topics | Goals | Activities |
|-------------------------------|---|---|--|
| Getting Started | <ul style="list-style-type: none"> • Psychoeducation about depression and anxiety • Applying CBT to depression and anxiety • The TFB Cycle • Personal stories | <ul style="list-style-type: none"> • Improve understanding of depression and anxiety • Introduce the TFB Cycle • Learn about the role of thoughts, feelings and behaviours in depression and anxiety • Learn about CBT • Connect with the present moment | <ul style="list-style-type: none"> • Myths & Facts Quiz • Understanding My Situation • Mood Monitor • Staying in the Present (Breathe) |
| Understanding Feelings | <ul style="list-style-type: none"> • Understanding emotions and their function • Emotions that are difficult to cope with • Physical body reactions and mood • Lifestyle choices • Personal stories | <ul style="list-style-type: none"> • Learn about emotions and their role in the TFB Cycle • Recognise emotions that are difficult to cope with • Recognise physical body reactions • Explore the impact of lifestyle choices on depression, anxiety and general wellbeing | <ul style="list-style-type: none"> • Emotions & Your Body Quiz • The TFB Cycle • Mapping Lifestyle Choices • Staying in the Present (Body Scan) |
| Boosting Behaviour | <ul style="list-style-type: none"> • Psychoeducation about mood boosting behaviours • Behavioural traps in depression • Increasing activity level • Helpful and unhelpful supports • Getting motivated | <ul style="list-style-type: none"> • Learn about the link between mood and behaviours • Improve knowledge of common behavioural traps and how to beat them • Learn tips on how to get motivated during periods of low mood | <ul style="list-style-type: none"> • Mood & Behaviour Quiz • My Motivational Tips • My Activities • Your Mood and Your Body • Activity Scheduling |

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| | <ul style="list-style-type: none"> • The importance of achievements and pleasurable activities • Changing physical body reactions to improve mood • Personal stories | <ul style="list-style-type: none"> • Recognise the importance of pleasurable activities and achievements in boosting mood • Identify activities to target distressing physical sensations associated with depression | <ul style="list-style-type: none"> • Staying in The Present (Mindful Eating) |
| Spotting Thoughts | <ul style="list-style-type: none"> • Automatic thoughts and mood • Thinking traps • Catching unhelpful thoughts • Personal stories | <ul style="list-style-type: none"> • Learn about the role of thoughts in depression and anxiety within the TFB Cycle • Recognise negative automatic thoughts • Understand and recognise thinking traps | <ul style="list-style-type: none"> • Me & My Thoughts Quiz • The TFB Cycle • Staying in the Present (Watching Thoughts) |
| Challenging Thoughts | <ul style="list-style-type: none"> • Hot thoughts • Challenging negative thoughts • Tackling thinking traps • Coping with difficult situations • Personal stories | <ul style="list-style-type: none"> • Learn about hot thoughts and how to recognise them • Learn to challenge negative thoughts • Learn how to overcome specific thinking traps • Recognise situations where it is necessary to use thoughts to cope | <ul style="list-style-type: none"> • Your Thinking Style Quiz • My Helpful Thoughts • The TFB Cycle (identifying hot thoughts and generating more balanced alternative thoughts) • Staying in the Present (Watching Thoughts) |
| Managing Worry | <ul style="list-style-type: none"> • The role of worry in maintaining anxiety • Practical vs. hypothetical worries • The Worry Tree • Managing worries • Personal stories | <ul style="list-style-type: none"> • Improve knowledge of worry and its role in anxiety • Recognise practical or hypothetical worries • Use the Worry Tree to manage worries • Identify and use other strategies to manage worry | <ul style="list-style-type: none"> • Anxious Thoughts & Worry Quiz • My Worries • Worry Tree • Staying in the Present (Breathe) |
| Core Beliefs (Unlockable) | <ul style="list-style-type: none"> • What are core beliefs • Where do core beliefs come from • Identifying core beliefs • Challenging core beliefs • Balancing core beliefs • Personal stories | <ul style="list-style-type: none"> • Improve understanding of core beliefs and where they come from • Improve knowledge on how to recognise hot thought themes and underlying core beliefs • Learn how to challenge core beliefs by finding evidence | <ul style="list-style-type: none"> • Core Beliefs Quiz • Core Beliefs (Identifying, challenging, balancing, and strengthening) |

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| | | <ul style="list-style-type: none"> • Learn to balance core beliefs using balanced alternatives • Gain insight into experiences of core beliefs | |
| Facing Your Fears (Unlockable) | <ul style="list-style-type: none"> • Avoidance and why it should be avoided • Safety behaviours • Graded exposure • Personal stories | <ul style="list-style-type: none"> • Learn about the role of avoidance in maintaining fears and anxiety • Recognise safety behaviours • Face fears using graded exposure | <ul style="list-style-type: none"> • Facing Your Fears Quiz • My Safety Behaviours • Facing Your Fears |
| Bringing it All Together | <ul style="list-style-type: none"> • Finishing up • Warning signs and planning for wellness • Social support • Preparing for the future • Preparing for relapse • Personal stories | <ul style="list-style-type: none"> • Preparation for coming to the end of the programme • Recognise the importance of social support in staying well • Identify warning signs • Planning for staying well • Set goals for the future | <ul style="list-style-type: none"> • Your Backup and Support Network • Staying Well Plan • Goals • Taking Stock • Staying in the Present (Sounds) |