



Space from Health Anxiety

Health Anxiety Descriptor

Module	Topics	Goals	Activities
Getting Started	<ul style="list-style-type: none"> • Psychoeducation about anxiety • Psychoeducation about health anxiety • Applying CBT to anxiety • The TFB Cycle • Personal stories 	<ul style="list-style-type: none"> • Improve knowledge of anxiety in general • Improve understanding of health anxiety • Introduce the TFB Cycle • Learn about the role of thoughts, feelings and behaviours in anxiety • Learn about CBT • Connect with the present moment 	<ul style="list-style-type: none"> • Anxiety 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 anxiety and well-being 	<ul style="list-style-type: none"> • Emotions & Your Body Quiz • The TFB Cycle • Mapping Lifestyle Choices • Staying in the Present (Body Scan)
Catching Unhelpful Behaviours	<ul style="list-style-type: none"> • Common unhelpful behaviours in health anxiety • Identifying unhelpful behaviours • Changing unhelpful behaviours • Personal stories 	<ul style="list-style-type: none"> • Learn about unhelpful behaviours in health anxiety • Understand the role of unhelpful behaviours in maintaining anxiety 	<ul style="list-style-type: none"> • Catching Unhelpful Behaviours Quiz • Understanding My Unhelpful Behaviours

Module	Topics	Goals	Activities
		<ul style="list-style-type: none"> Learn how to recognise and change unhelpful behaviours 	
Facing Your Fears	<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
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 anxiety within the TFB Cycle Recognise negative automatic thoughts Understand and recognise thinking traps 	<ul style="list-style-type: none"> 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)
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)
Managing Worry (Unlockable)	<ul style="list-style-type: none"> The role of worry in maintaining anxiety Practical vs. hypothetical worries The Worry Tree 	<ul style="list-style-type: none"> Improve knowledge of worry and its role in anxiety Recognise practical or hypothetical worries 	<ul style="list-style-type: none"> My Worries Worry Tree Staying in the Present (Breathe)

Module	Topics	Goals	Activities
	<ul style="list-style-type: none">• Managing worries• Personal stories	<ul style="list-style-type: none">• Use the Worry Tree to manage worries• Identify and use other strategies to manage worry	
