

Space from Panic Descriptor

Table: Module, Topics, Goals and Activities of the programme

Modules	Topics	Goals	Activities
Getting Started	<ul style="list-style-type: none"> • Psychoeducation about anxiety • Psychoeducation about panic • Applying CBT to anxiety • The TFB Cycle • Personal stories 	<ul style="list-style-type: none"> • Improve knowledge of anxiety in general • Improve understanding of panic • 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 	<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 	<ul style="list-style-type: none"> • Emotions & Your Body Quiz • The TFB Cycle • Mapping Lifestyle Choices • Staying in the Present (Body Scan)

	<ul style="list-style-type: none"> • Lifestyle choices • Personal stories 	<ul style="list-style-type: none"> • Explore the impact of lifestyle choices on anxiety and well-being 	
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 • 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"> • 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)

			<ul style="list-style-type: none"> • 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"> • Staying Well Plan • Your Backup and Support Network • 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 • 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)