Space from Stress Program Guide

**Stress An Overview**
Introduces the user to some of the main aspects of stress, gets them thinking about what causes them to feel stressed and how stress can impact them.

**Coping With Stress**
Focuses on using the individual's own strengths and resources to deal with stress and to find a better balance in life.

**Taking Action**
Looks at the skills that can help to keep stress from becoming too much. Including, how to set goals, how to solve problems with practical solutions and effective time management strategies.

**Lifestyle Choices**
Examines how exercise, diet, social relationships and sleep can impact on stress levels and includes practical tips for making positive changes.

**Communication And Relationships**
This module focuses on what can be done to de-stress relationships and make them more satisfying including practical techniques to improve communication skills.

**De-stressing Thoughts**
Looks at the role unhelpful thoughts can play in fueling stress. This module also explores the benefits of balanced optimism.

**Moving Forward**
This module brings all the module topics together and provides a space to reflect on what concepts from the program may continue to be useful in the future.

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<table>
<thead>
<tr>
<th>MODULE</th>
<th>KEY TOPICS</th>
<th>GOALS</th>
<th>TOOLS</th>
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</table>
| Stress An Overview | • Introduces the topic of stress  
• Identifying personal sources of stress  
• Resources to deal with stress | • Learn how stress impacts emotions, physical symptoms, behavior and thinking patterns  
• Gain insight into personal causes of stress  
• Identify and cultivate personal resources to manage stress | • Stress Response  
• Understanding my Stressors  
• Relaxation Exercise (Belly Breathing) |
| Coping With Stress | • Common coping styles  
• Psychoeducation on resilience  
• Life areas, values and balance  
• Importance of self-care  
• Managing stress in the workplace/college/unemployment | • Learn about common coping styles  
• Facilitate the recognition of unhelpful coping styles  
• Identify life areas and reflect on the importance and time spent on each  
• Support the cultivation of self-care strategies | • My Strengths  
• Your Life Areas  
• Mindfulness Exercise (Breathe Audio) |
| Taking Action | • Psychoeducation on how to make realistic changes  
• Tools to manage stress  
• Setting SMART Goals  
• Problem solving  
• Time management  
• Battling procrastination | • Learn and use techniques to reduce and manage stress  
• Use SMART goals  
• Enhance problem solving skills  
• Learn techniques to manage time more effectively  
• Tackle procrastination | • Problem Solving  
• Time Management Tool  
• Mindfulness (Sounds Audio) |
| De-stressing Thoughts | • The impact of unhelpful thinking styles on stress  
• Noticing thoughts and assessing their impact on stress  
• Identifying unhelpful thinking styles  
• Questioning unhelpful thinking styles  
• Balanced optimism | • Learn about the impact of distorted thoughts on mood  
• Recognize distorted thinking styles  
• Learn to challenge unhelpful thinking styles  
• Learn about the benefits of balanced optimism  
• Empower the development of balanced optimism | • Questioning Your Unhelpful Thinking  
• Mindfulness Exercise (Watching Thoughts Audio) |
| Lifestyle Choices | • The impact of lifestyle factors on stress  
• Using exercise as a stress management tool  
• Reducing the impact of stress on diet  
• The importance of social relationships  
• Sleep hygiene strategies | • Learn about the impact of lifestyle factors such as exercise, diet, sleep and relationships on mood  
• Make changes to lifestyles factors that are impacting on stress  
• Supported to incorporate exercise into a busy schedule  
• Improve diet and sleep patterns  
• Identify the importance of social relationships to enhance wellbeing | • My Exercise  
• My Lifestyle Choices |
| Communication And Relationships | • Communication styles  
• Assessing levels of assertiveness  
• Learning to become more assertive  
• Improving communication in relationships: active listening, showing appreciation, gratitude and forgiveness  
• De-stressing relationships | • Learn about assertive, aggressive and passive communication styles  
• Identify your own communication style and the impact relationships can have on stress  
• Improve assertive communication skills  
• Learn tools to improve communication in relationships through active listening, gratitude and forgiveness | • Unassertive Beliefs  
• Gratitude Letter  
• Social Support  
• Mindfulness Exercise (Having a laugh Audio) |
| Moving Forward | • Finishing up and taking stock  
• Personal stress plan  
• Moving forward | • Consolidate learning on techniques and strategies to manage stress  
• Learn to identify early warning signs  
• Know how to utilize social support  
• Set goals for the future | • Spotting Warning Signs  
• Your Stress Plan  
• Visualization Exercise (Moving Forward) |

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