

Social Anxiety Programme

It's normal to feel anxious in social situations sometimes. But if you worry a lot about what other people think about you, and it's affecting how you live your life, it could be time to get help.

SilverCloud® by Amwell® is a digital therapy programme. It can help you to unpick your thoughts and feelings, and how they affect what you do. Through the *Social Anxiety* programme, you can restore balance to your thinking and improve the quality of your life.



Knowledge and Understanding

You will learn about the anxiety cycle, which shows how your emotions, thoughts, physical sensations and actions are connected. Using the tools provided by the programme you can start to work through the issues that are affecting how you are feeling.



Skills and Strategies

By tuning in to your emotions and physical feelings you can start to spot patterns and triggers. You'll learn how to catch negative thoughts and start to challenge them. As you move through the programme, you'll begin to overcome your fears about social situations in small, manageable steps.



Forging Ahead

By the end of the programme, you will have learned how to worry less about what others seem to think of you. And you'll make a plan to continue your progress and stay feeling better in the future.

Is this programme for me?

This programme can help you, if you want to learn about social anxiety and how to manage it.

The **Social Anxiety** programme can be accessed on mobile, desktop or tablet, wherever and whenever you need. You can complete it at your own pace; most people take about eight weeks.

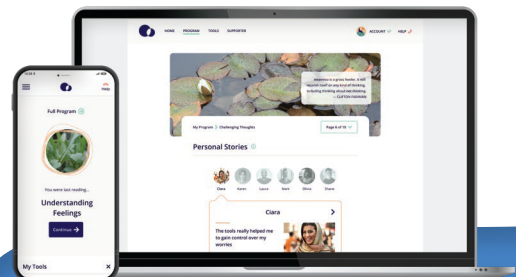
There may be days when you don't feel like using your programme – but even just taking a moment to log your mood or do a relaxation exercise can help you find balance. The smallest actions can make a real difference to how you are feeling.

Modules in the Social Anxiety programme:

- **Getting Started** – Learn how CBT can help you to feel better.
- **Understanding Social Anxiety** – Find out about the effects of social anxiety and start to use CBT to manage your symptoms.
- **Noticing Feelings** – Tune in to your emotions and physical feelings; think about how they connect to your anxiety in social situations.
- **Reducing Self-Focus** – Learn to refocus so you don't feel as self-conscious when you meet people.
- **Challenging Your Fears** – Find out how the things we do to make ourselves feel better can make us feel worse in the long term. Start to make small changes, to help you achieve your goals.
- **Spotting Thoughts** – Catch any thoughts that pop into your mind and stop you from seeing things as they really are.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Managing Worry** – See the role that worry plays in anxiety and learn how to manage it.
- **Bringing it All Together** – Reflect on what you have learned and how you can put it into practice when challenges emerge.

Cognitive Behavioural Therapy

This programme is based on Cognitive Behavioural Therapy, or CBT for short. CBT has been used for many years as an effective treatment for anxiety. It allows you to become more aware of how you are feeling and teaches you to make the changes you need to feel better.



“Now I can enjoy myself without constantly worrying about what other people think of me. I hadn't realised how much I was missing out on because of my anxiety. I feel like I'm getting my life back.”

- Adam, SilverCloud® user

Tools and activities

The *Social Anxiety* programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people experience social anxiety and what they have learned about managing it. Most importantly, you will realise you are not alone.
- **Quizzes** – Test your knowledge about social anxiety, and get to know how it is impacting your life.
- **Relaxation and Mindfulness exercises** – Feel more grounded and relaxed.
- **Personal journal** – Keeping a journal can help you to work through your thoughts and feelings, reduce stress and solve problems better.
- **Mood Monitor** – Track your moods and see how they are affected by your lifestyle choices.



Find out more

