



SilverCloud

MAKING SPACE FOR HEALTHY MINDS



Space from **Depression**

## Space from Depression Descriptor

The Space from Depression programme has been designed to relieve the symptoms of depression by:

- Focusing on developing more flexible ways of thinking
- Increasing awareness and understanding of emotions
- Increasing activity and motivation in daily life.

The programme is accessible 24/7, allowing users to access the programme at a time that suits them and in the comfort of their own home.

## Programme Modules

### Getting Started

This module introduces the user to Cognitive Behavioural Therapy and how the Thoughts, Feelings Behaviour (TFB) Cycle can be a useful tool in understanding depression. This module also contains a psycho-educational component to introduce the user to the cycle of depression and



the emotional, cognitive and behavioural aspects of depression. The user is also provided with a number of activities to enable them to become more aware of their mood and to understand their situation.

### Understanding Feelings

This module focuses on the “feelings” component of the TFB Cycle in Depression. The aim of this module is to help the user to understand and identify their emotions and their association with low mood. This module also addresses the physical body reactions that are associated with depression, and the importance of considering the impact of lifestyle choices on low mood. The user can begin to build their own TFB cycles and track the impact of their lifestyle choices on their low mood in this module.

### Boosting Behaviour

This module focuses on one of the core issues of depression – inactivity and a lack of motivation. The user is introduced to the cycle of inactivity and its role in maintaining depression. This module helps to user to identify ways to motivate themselves to engage in pleasurable activities and activities that provide a sense of achievement. The user also learns about practical strategies to tackle the unpleasant physical feelings associated with depression.

### Spotting Thoughts

This module focuses on the “thoughts” component of the TFB cycle and introduces the user to negative thinking and its impact on mood. The user is introduced to a number of thinking traps and is encouraged to examine the outcomes of TFB cycles. The activities allow the user to continue to build their TFB cycle and evaluate the outcome of each cycle they create.

### Challenging Thoughts

This module focuses on taking action against negative thoughts. The user is introduced to “hot thoughts” and their impact on their low mood. This module helps the user to learn techniques to tackle the various thinking traps that are common in depression and to identify alternative ways of thinking. This module also introduces the user to coping thoughts and helpful self-talk thoughts.



## Bringing It Altogether

This module prepares the user for coming to the end of the programme and focuses on helping the user to stay well in the future. The user learns about warning signs that their mood is deteriorating and how to plan to ensure that they stay well. This module also highlights the importance of social support and continuing to use the skills and techniques that they have learned to prevent future relapse. The user has the opportunity to review the expectations that they had at the start of the programme and can set goals for the future.

## Core Beliefs (Unlockable content)

Many people with depression struggle with the “thoughts” component of the TFB cycle. Although they may be able to identify unhelpful thoughts and thinking traps, they may struggle to identify alternatives or generate coping thoughts. The *Core Beliefs* module was developed to specifically target the deeply-held core beliefs that are the underlying root of these unhelpful thoughts and keep the cycle of depression and low mood going. This module helps the user to identify healthy and unhealthy core beliefs and teaches them strategies to challenge core beliefs and generate more balanced core beliefs.

Modules	Topics	Goals	Activities
<b>Getting Started</b>	<ul style="list-style-type: none"><li>• Psychoeducation regarding depression</li><li>• Applying CBT to depression</li><li>• The TFB Cycle</li><li>• Personal stories</li></ul>	<ul style="list-style-type: none"><li>• Improve understanding of depression</li><li>• Introduce the TFB Cycle</li><li>• Learn about the role of thoughts, feelings and behaviors in depression</li><li>• Learn about CBT</li><li>• Connect with the present moment</li></ul>	<ul style="list-style-type: none"><li>• Depression Myths &amp; Facts Quiz</li><li>• Understanding My Situation</li><li>• Mood Monitor</li><li>• Staying in the Present (Breathe)</li></ul>



### Understanding Feelings

- Understanding emotions and their function
- Managing emotions that are difficult to cope with
- Physical body reactions and mood
- Lifestyle choices
- Personal stories
- Learn about emotions and their role in the TFB Cycle
- Recognize emotions that are difficult to cope with
- Recognize physical body reactions
- Explore the impact of lifestyle choices on depression and well-being
- Emotions & Your Body Quiz
- The TFB Cycle
- Mapping Lifestyle Choices
- Staying in the Present (Body Scan)

### Boosting Behaviour

- Psychoeducation regarding the role of behavior in boosting mood
- Behavioral traps in depression
- Increasing activity level
- Helpful and unhelpful supports
- Getting motivated
- The importance of achievements and pleasurable activities
- Changing physical body reactions to improve mood
- Personal stories
- Learn about the link between mood and behaviors
- Improve knowledge of common behavioral traps and how to beat them
- Learn tips on how to get motivated during periods of low mood
- Recognize the importance of pleasurable activities and achievements in boosting mood
- Identify activities to target distressing physical sensations associated with depression
- Mood & Behaviour Quiz
- Your Backup and Support Network
- My Motivational Tips
- My Activities
- Your Mood and Your Body
- Activity Scheduling
- Staying in The Present (Mindful Eating)



### Spotting Thoughts

- Automatic thoughts and mood
- Thinking traps
- Catching unhelpful thoughts
- Personal stories
- Learn about the role of thoughts in depression within the TFB Cycle
- Recognize negative automatic thoughts
- Understand and recognize thinking traps
- Me & My Thoughts Quiz
- The TFB Cycle
- Staying in the Present (Watching Thoughts)

### Challenging Thoughts

- Hot thoughts
- Challenging negative thoughts
- Tackling thinking traps
- Coping with difficult situations
- Personal stories
- Learn about hot thoughts and how to recognize them
- Learn to challenge negative thoughts
- Learn how to overcome specific thinking traps
- Recognize situations where it is necessary to use thoughts to cope
- 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)



## Core Beliefs

### (Unlockable)

- What are core beliefs
- Where do core beliefs come from
- Identifying core beliefs
- Challenging core beliefs
- Balancing core beliefs
- Personal stories
- Improve understanding of core beliefs and where they come from
- Improve knowledge on how to recognize hot thought themes and underlying core beliefs
- Learn how to challenge core beliefs by finding evidence
- Learn to balance core beliefs using balanced alternatives
- Gain insight into experiences of core beliefs
- Core Beliefs Quiz
- Core Beliefs:(identifying, challenging, balancing, and strengthening)



### **Bringing it All Together**

- Finishing up
- Warning signs and planning for wellness
- Social support
- Preparing for the future
- Preparing for relapse
- Personal Stories
- Preparation for coming to the end of the program
- Recognize the importance of social support in staying well
- Identify warning signs
- Planning for staying well
- Set goals for the future
- Your Backup and Support Network
- Staying Well Plan
- Goals
- Taking Stock
- Staying in the Present (Sounds)