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**Health Anxiety Descriptor**

| Module | Topics | Goals | Activities |
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| Getting Started | * Psychoeducation about anxiety * Psychoeducation about health anxiety * Applying CBT to anxiety * The TFB Cycle * Personal stories | * 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 | * Anxiety Myths & Facts Quiz * Understanding My Situation * Mood Monitor * Staying in the Present (Breathe) |
| Understanding Feelings | * Understanding emotions and their function * 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 * Recognise emotions that are difficult to cope with * Recognise physical body reactions * Explore the impact of lifestyle choices on anxiety and well-being | * Emotions & Your Body Quiz * The TFB Cycle * Mapping Lifestyle Choices * Staying in the Present (Body Scan) |
| Catching Unhelpful Behaviours | * Common unhelpful behaviours in health anxiety * Identifying unhelpful behaviours * Changing unhelpful behaviours * Personal stories | * Learn about unhelpful behaviours in health anxiety * Understand the role of unhelpful behaviours in maintaining anxiety * Learn how to recognise and change unhelpful behaviours | * Catching Unhelpful Behaviours Quiz * Understanding My Unhelpful Behaviours |
| Facing Your Fears | * Avoidance and why it should be avoided * Safety behaviours * Graded exposure * Personal stories | * Learn about the role of avoidance in maintaining fears and anxiety * Recognise safety behaviours * Face fears using graded exposure | * Facing Your Fears Quiz * My Safety Behaviours * Facing Your Fears |
| Spotting Thoughts | * Automatic thoughts and mood * Thinking traps * Catching unhelpful thoughts * Personal stories | * Learn about the role of thoughts in anxiety within the TFB Cycle * Recognise negative automatic thoughts * Understand and recognise thinking traps | * 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 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 | * 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 | * 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 programme * Recognise 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) |
| Managing Worry  (Unlockable) | * The role of worry in maintaining anxiety * Practical vs. hypothetical worries * The Worry Tree * Managing worries * Personal stories | * 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 | * My Worries * Worry Tree * Staying in the Present (Breathe) |