

Anxiety and Worry Online Program



The Anxiety and Worry Online program is a free, 12-module, self-paced program based on the gold standard psychological therapy for anxiety: cognitive behavioural therapy (CBT). This program is appropriate for anyone experiencing anxiety and worry (including those with a diagnosis of Generalised Anxiety disorder) and aims to help clients understand the nature of anxiety and worry, and learn strategies to manage anxiety.

There are a few ways clients may benefit from this program:

- Clients can work through the online modules independently. They will be provided with different types of resources including **information, videos, worksheets, audio files** and **homework** tasks.
- You can support the client to complete the worksheets and homework tasks as part of your clinical work.
- Clients can be supported by our **Therapist Assist Program**, which involves 12 weeks of therapist contact via email and optional live sessions (video or live chat). Therapists support clients to work through program content and tailor the information to their needs.
- You can use relevant activities and worksheets to use with clients in your practice.



Behavioural Interventions

Relaxation
(Modules 2 & 3)

Mindfulness
(Module 11)

**Exposure & Stopping
Worry Behaviours**
(Modules 8 & 9)



Cognitive Interventions

Thoughts Monitoring
(Modules 4)

**Challenging Negative
Thinking/Beliefs**
(Module 5)

Coping with Worry
(Modules 6)



Lifestyle Interventions

Problem Solving
(Modules 7)

Improving Sleep
(Module 10)

Exercise & Nutrition
(Modules 10 & 11)



Some clients don't notice the benefits of relaxation right away – support them by reminding them that practice is the key.



Avoidance goes hand in hand with anxiety – support clients by gently checking in about progress and providing encouragement along the way.



Worry exposure can be daunting. You can help your client start small, by identifying some less intimidating worries.

Module 1 - Understanding Anxiety

Psychoeducation about anxiety symptoms, treatments and processes - the worry cycle and fight-or-flight response.

- Introduction to the program
- Understanding anxiety symptoms: fight-or-flight response, the worry cycle, treatments
- Learning to monitor anxious thoughts and behaviours.



Goals Worksheet



Worry Record

Modules 2 & 3 - Relaxation

Introduction to the relaxation response - letting go of tension and enabling the body's fight-or-flight response to turn off.

- Understanding the body's relaxation response
- Gaining control of physical reactions
- Practicing relaxation exercises Overcoming barriers to relaxation.



Relaxation Record



Progressive Muscle Relaxation



Slow/Mindful Breathing

Module 4 - Our thoughts

Explores the role of unhelpful thoughts, and the assumptions and core beliefs which underpin these.

- Understanding how our thoughts influence our feelings and behaviours
- Identifying unhelpful thought patterns
- Identifying assumptions and beliefs.



Thoughts, Assumptions & Beliefs Record

Module 5 - Challenging & changing thoughts

Strategies for challenging unhelpful thoughts, assumptions, and beliefs, and replacing them with more realistic and accurate alternatives.

- Challenging unhelpful thoughts
- Challenging assumptions
- Challenging beliefs



Challenging Assumptions and Beliefs Record



Challenging Automatic Thoughts Record



Module 6 - Coping with worry



Introduces types of worry - about external or internal events, and worrying about worry (i.e., negative or positive beliefs about worry).

- Understanding types of worry
- Reducing and managing worry



My Negative Beliefs About Worry Worksheet



Comparing Worries & Actual Events Worksheet

Module 7 - Problem Solving



Explores problem-solving, including how we often avoid or doubt our ability to solve problems, leading to missing opportunities to find effective solutions for them.

- Learning problem-solving techniques
- Learning time-management skills
- Understanding and developing assertiveness skills.



Problem Solving Worksheet



Assertiveness Exercise

Modules 8 & 9 - Approaching & Avoidance



Focuses on the role of avoidance in maintaining anxiety and explores how exposure can reduce anxiety by approaching situations until we learn feared outcomes do not occur.

- Understanding the role of avoidance in maintaining worry
- Assessing and confronting avoidance
- Understanding how coping strategies can exacerbate worry
- Worry behaviour prevention



What Situations Do I Avoid Exercise



My Worry Behaviour Worksheet



Worries Exposure Recorded

Module 10 & 11 - Lifestyle Factors



Explores the essential role lifestyle factors play in maintaining or managing anxiety, including sleep, eating healthily, physical activity, and mindfulness.

- Understanding factors that contribute to sleeping difficulties
- Improving sleep
- Healthy eating for well-being
- Becoming more physically active
- Understanding mindfulness and how it can reduce worry



Sleep Diary



Food Diary



Physical Activity Worksheet



My Level of Mindfulness Exercise

Module 12 - Maintaining gains

Relapse prevention by developing a plan to continue practising the skills taught in the program to maintain positive changes, continue to improve, and manage setbacks.

- Review of the main messages from Anxiety and Worry Online
- Preparing for the end of the program
- Continuing with practice
- Preparing for setbacks



Setting Goals for Future Hopes Exercise



Anxiety Management Plan