



Welcome to Beating the Blues, please press next to continue.

**Urgent Support**



**NEXT >**



The Beating the Blues program has been proven to help people who have issues with stress, tension, depression or anxiety, regardless of the cause of those feelings.

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Beating the Blues

https://courses.beatingthebluesuk.com/... Incognito (3)

Beating the Blues

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**If you are feeling distressed or feeling like you want to hurt yourself or someone else, it is important that you tell somebody immediately.**



Help and support is available right now if you need it. You do not have to struggle with difficult feelings alone.




Call your GP and ask for an emergency appointment.  
Call **111** out of hours and they will help you find the support you need.

**Important: Is your life in danger?**  
If you or anyone else is in **immediate danger or harm** call **999** for an ambulance or go straight to A&E. Or ask someone else to call 999 or take you to A&E.

**Phone a Helpline**  
These free helplines are there to help when you are feeling down or desperate.

Close





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# Take a tour of Beating the Blues



Tour



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Home

THE TOUR >

BEATING THE BLUES

Session 3

> 3.1 Problem Solving part 1



START MODULE >

MY PROJECTS

> Thought recording (ABC model)

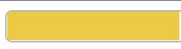
> Pleasurable activities

REVIEW PREVIOUS SESSIONS >



Here is a short tour of the program

Urgent Support



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# Take a tour of Beating the Blues



Tour



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Session 3

> 3.1 Problem Solving part 1



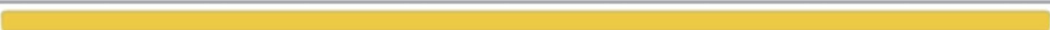
START MODULE >

MY PROJECTS

> Thought recording (ABC model)

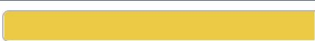
> Pleasurable activities

REVIEW PREVIOUS SESSIONS >



to show you around and answer some of your questions.

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> 3.1 Problem Solving part 1



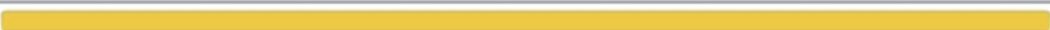
START MODULE >

MY PROJECTS

> Thought recording (ABC model)

> Pleasurable activities

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When you finish a module or project

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# Take a tour of Beating the Blues



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Session 3

> 3.1 Problem Solving part 1



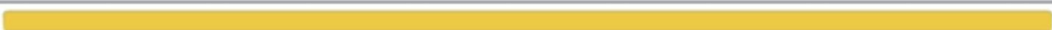
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MY PROJECTS

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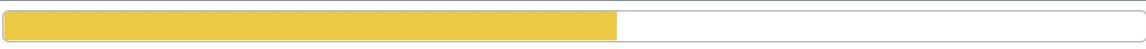
> Pleasurable activities

REVIEW PREVIOUS SESSIONS >



you'll be taken here.

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# Take a tour of Beating the Blues



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Session 3

> 3.1 Problem Solving part 1



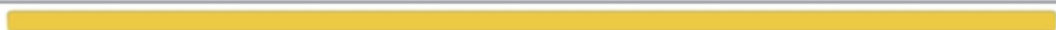
START MODULE >

MY PROJECTS

> Thought recording (ABC model)

> Pleasurable activities

REVIEW PREVIOUS SESSIONS >



This screen will tell you where you are in the program.

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# Take a tour of Beating the Blues



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BEATING THE BLUES

Session 3

> 3.1 Problem Solving part 1



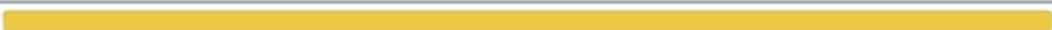
START MODULE >

MY PROJECTS

> Thought recording (ABC model)

> Pleasurable activities

REVIEW PREVIOUS SESSIONS >



It will also show you what comes next

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# Take a tour of Beating the Blues



Tour



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Session 3

> 3.1 Problem Solving part 1



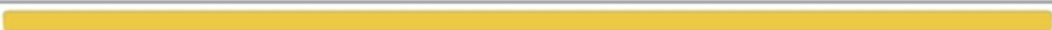
START MODULE >

MY PROJECTS

> Thought recording (ABC model)

> Pleasurable activities

REVIEW PREVIOUS SESSIONS >



and what activities you could go back and do again.

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## Take a tour of Beating the Blues



Tour

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Home **THE TOUR >**

BEATING THE BLUES

Session 3

> 3.1 Problem Solving part 1

**START MODULE >**

**MY PROJECTS**

- > Thought recording (ABC model)
- > Pleasurable activities

**REVIEW PREVIOUS SESSIONS >**

The Section on the right-hand side of the screen shows you the projects

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# Take a tour of Beating the Blues



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BEATING THE BLUES

Session 3

> 3.1 Problem Solving part 1



START MODULE >

MY PROJECTS

> Thought recording (ABC model)

> Pleasurable activities

REVIEW PREVIOUS SESSIONS >



that you have available to you.

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## Take a tour of Beating the Blues



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BEATING THE BLUES

Session 3

> 3.1 Problem Solving part 1



START MODULE >



MY PROJECTS

> Thought recording (ABC model)

> Pleasurable activities

REVIEW PREVIOUS SESSIONS >



You will see your available projects here.

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## Take a tour of Beating the Blues




Tour

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### Home

[THE TOUR >](#)

BEATING THE BLUES	MY PROJECTS
Session 3	> Thought recording (ABC model)
> 3.1 Problem Solving part 1	> Pleasurable activities



START MODULE >

REVIEW PREVIOUS SESSIONS >



If you ever want to review a previous session, you can do that by pressing this button.

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NEXT >

## Take a tour of Beating the Blues



Tour



### How to use Beating the Blues

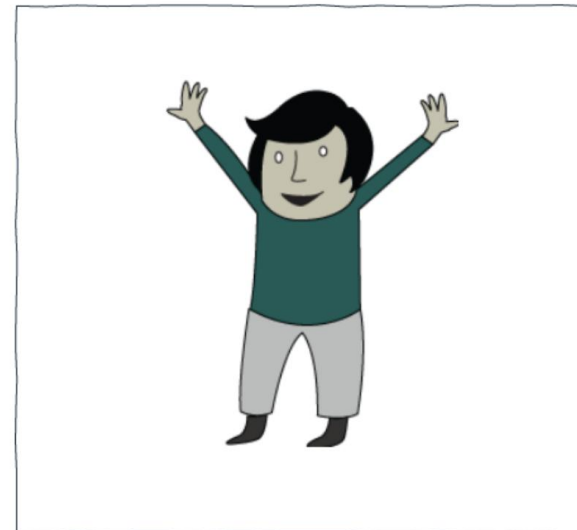


Module 1.1



Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learnt the better you will feel
- Most people start to feel better after a few sessions
- Completing the program means you will have skills for life.



Most people start to feel better well before they finish the program. But by completing the program you will learn all the skills that will help you cope better in the future. So even if you start to feel better it's best to continue to the end. Completing all 8 sessions will help you feel much better and stay better.



< PREV

NEXT >

The last thing to mention is the navigation bar.

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NEXT >



## Take a tour of Beating the Blues



Tour



### How to use Beating the Blues



Module 1.1



Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learnt the better you will feel
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< PREV

NEXT >

You will see it on every screen and you can use to pause or rewind what is on the screen.

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NEXT >



Beating the Blues

https://courses.beatingthebluesuk.com/... Incognito (4)


# Home

THE TOUR >

BEATING THE BLUES

Session 1

> 1.1 Starting Beating the Blues



MY PROJECTS

> As you work through Beating the Blues, small projects for you to do between modules will appear here

REVIEW PREVIOUS SESSIONS >

Beating the Blues

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Welcome

Module 1.10%

In this first week,

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Beating the Blues

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Incognito (4)

Welcome

Module 1.10%

I'm going to tell you a little about the program

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II

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NEXT

## Welcome



Module 1.1

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and introduce you to some people who have been helped by Beating the Blues.

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◀ PREV

NEXT ▶

# Welcome



Module 1.1



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Then I'll show you how your feelings are affected by two main factors:

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NEXT

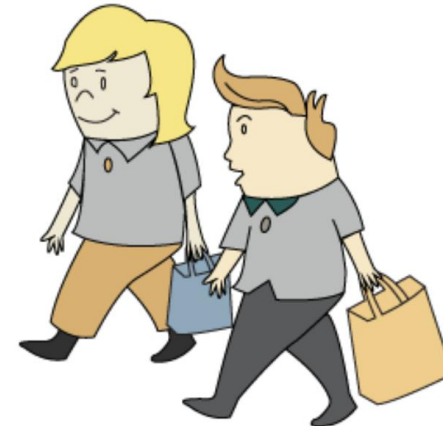
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Module 1.1



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what you think (the way you interpret things that happen to you)

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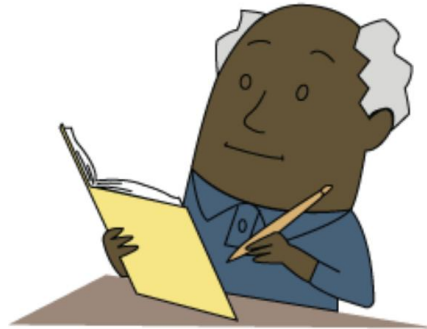
NEXT >

## Welcome



Module 1.1

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what you think (the way you interpret things that happen to you)

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NEXT >



## Welcome



Module 1.1

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and what you do (your activities).

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◀ PREV

NEXT ▶

## Welcome



Module 1.1

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So now I'd like to explain what the program is, and who it is suitable for.

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← PREV

NEXT →

# Welcome



Module 1.1



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I'll also give you some guidance about how it can be best used.

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# Welcome



Beating the Blues is an online program of Cognitive Behavioural Therapy CBT for short.

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## Welcome



Module 1.1

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The program is successful in helping people cope with a variety of problems

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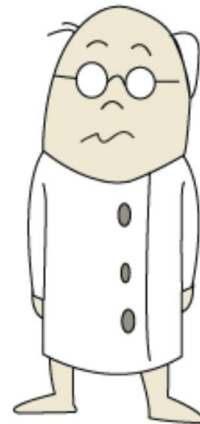
NEXT >

# Welcome



Module 1.1

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or challenges that can cause them to feel stress, tension, anxiety or depression.

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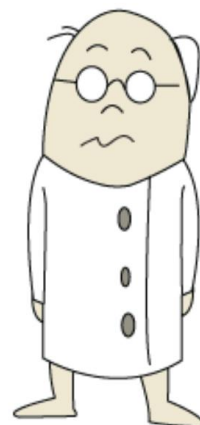
NEXT

## Welcome



Module 1.1

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Many people experience stress, tension,

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NEXT

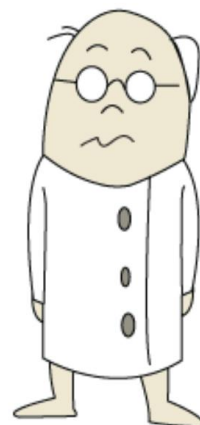


## Welcome



Module 1.1

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anxiety and depression at some point in their lives.

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NEXT

# Welcome



Module 1.1



These feelings and experiences are extremely common.

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NEXT ▶

# Welcome



Module 1.1

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In fact, one in every five people have symptoms of one of these every year.

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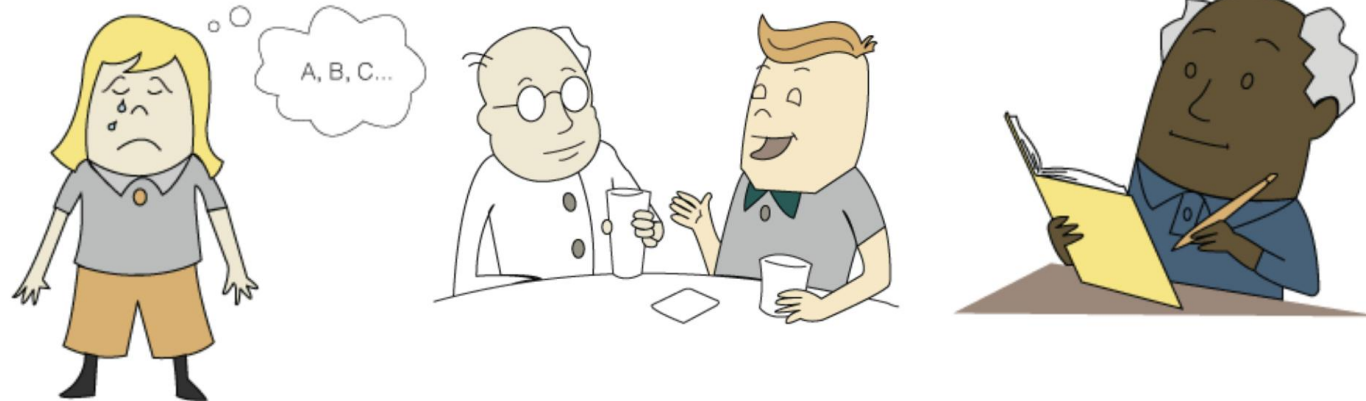
NEXT >

## Welcome



Module 1.1

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But the good news is that there are things that you can do to feel better.

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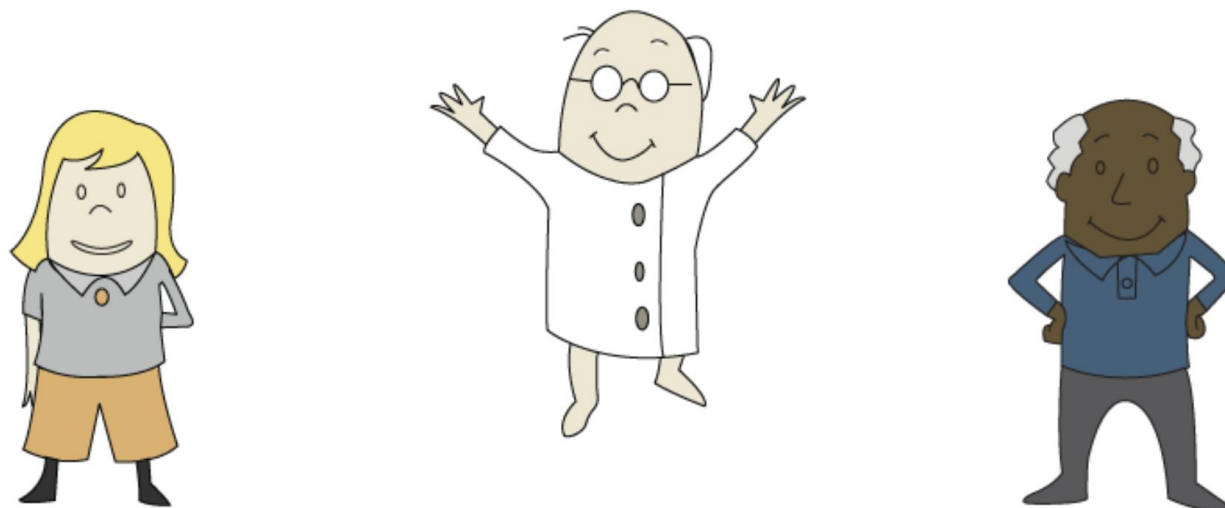
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NEXT >

## Welcome



Module 1.1



Beating the Blues will teach you strategies to help you feel better,

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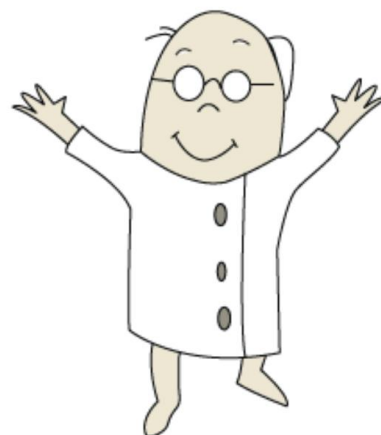
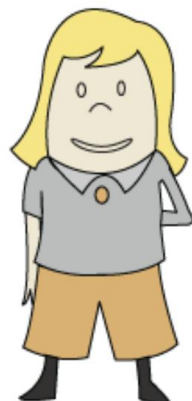
◀ PREV

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## Welcome



Module 1.1



and stay better through the ups and downs of life.

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Incognito (4)

# What is Cognitive Behavioural Therapy?

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So what is Cognitive Behavioural Therapy and how can it help you?

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## What is Cognitive Behavioural Therapy?

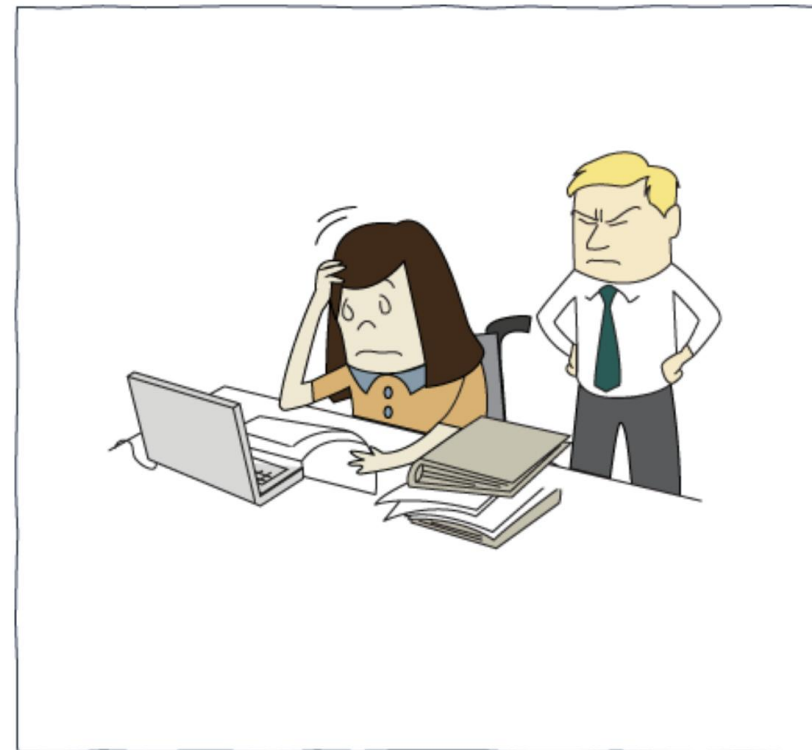


Module 1.1



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You may of noticed when you're stressed or tense that:



You may have noticed that when you're feeling stressed or tense,

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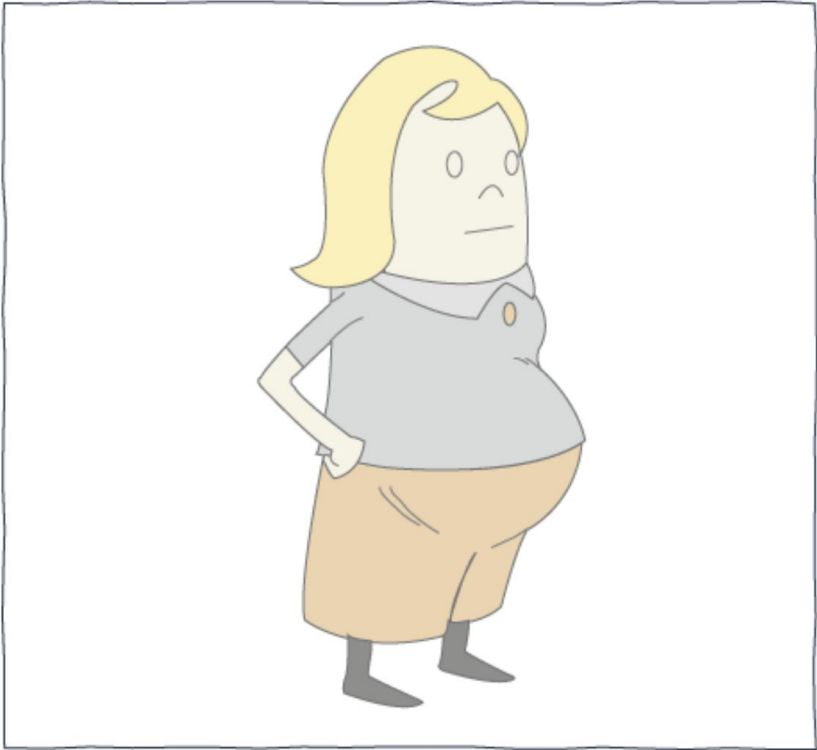
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# What is Cognitive Behavioural Therapy?

You may of noticed when you're stressed or tense that:

- Situations seem more overwhelming



things are more likely to seem overwhelming.

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## What is Cognitive Behavioural Therapy?



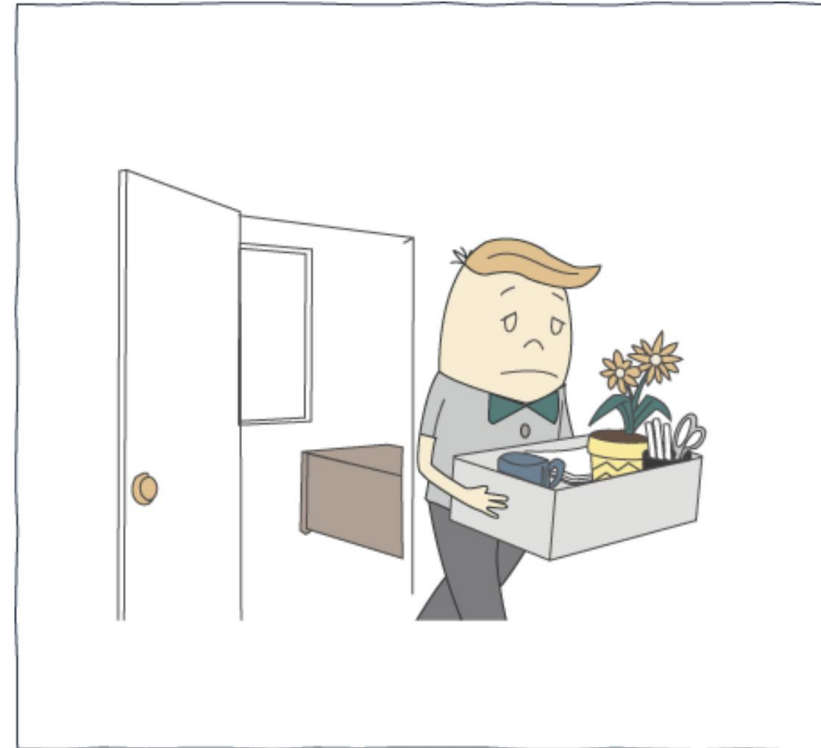
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You may of noticed when you're stressed or tense that:

- Situations seem more overwhelming
- Your thoughts can be more negative



Your thoughts can become more negative or self-critical

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# What is Cognitive Behavioural Therapy?

You may of noticed when you're stressed or tense that:

- Situations seem more overwhelming
- Your thoughts can be more negative
- You might be unhappy more often



and you may feel unhappy a great deal of the time.

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## What is Cognitive Behavioural Therapy?



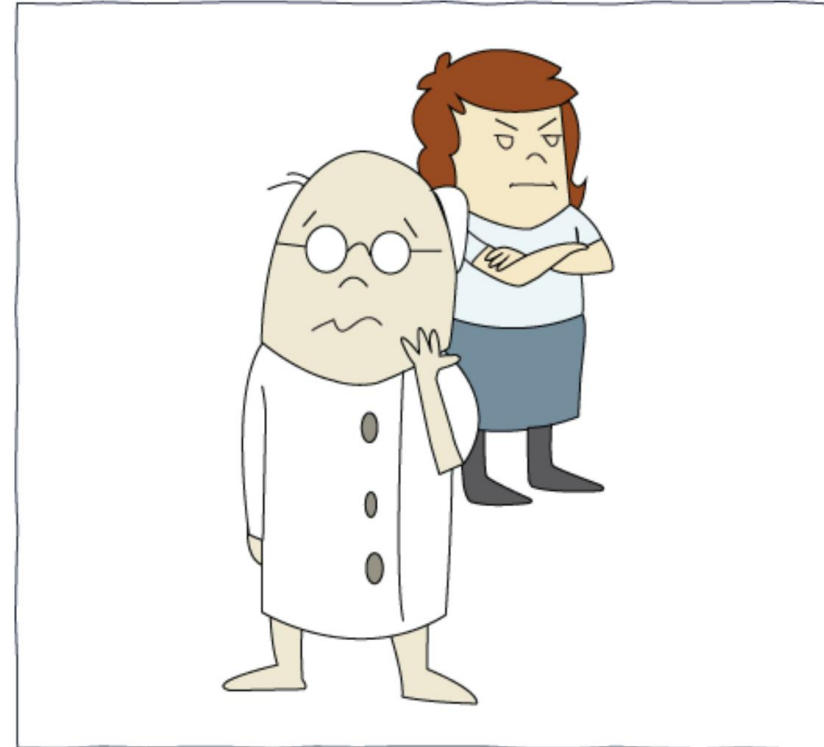
Module 1.1



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You may of noticed when you're stressed or tense that:

- Situations seem more overwhelming
- Your thoughts can be more negative
- You might be unhappy more often
- You might be more reactive to other people



You may also react more strongly to the people around you.

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## What is Cognitive Behavioural Therapy?



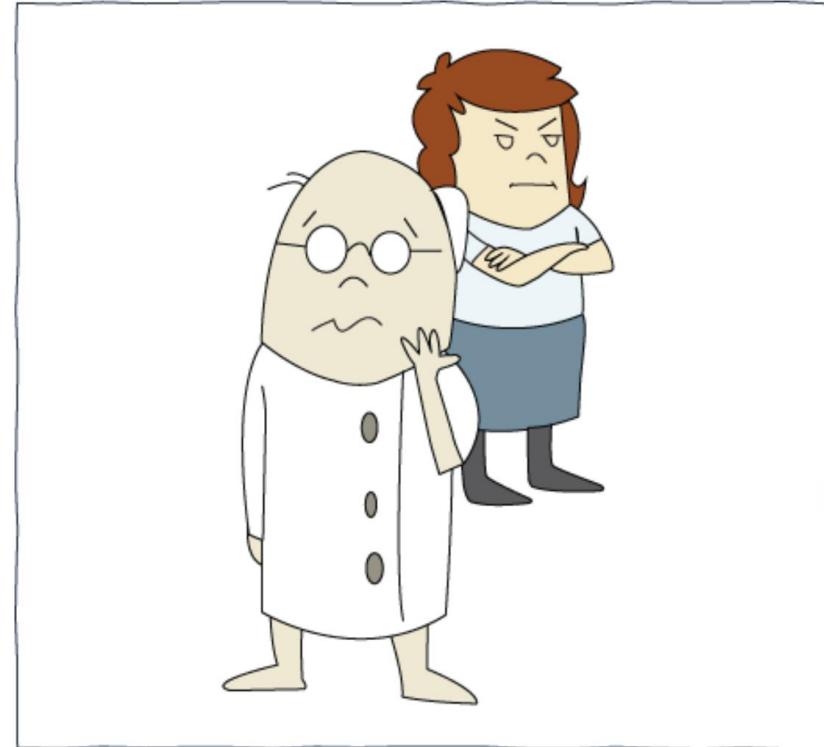
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You may of noticed when you're stressed or tense that:

- Situations seem more overwhelming
- Your thoughts can be more negative
- You might be unhappy more often
- You might be more reactive to other people



Everyone occasionally experiences these kinds of feelings, but for some of us, at times,

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## What is Cognitive Behavioural Therapy?

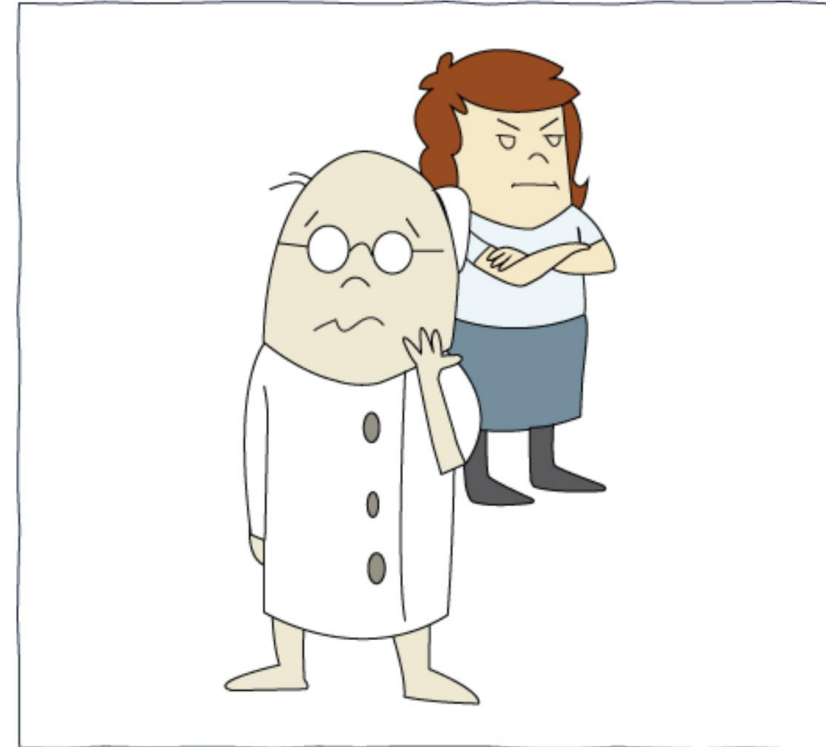


Module 1.1

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You may have noticed when you're stressed or tense that:

- Situations seem more overwhelming
- Your thoughts can be more negative
- You might be unhappy more often
- You might be more reactive to other people



these feelings happen more often.

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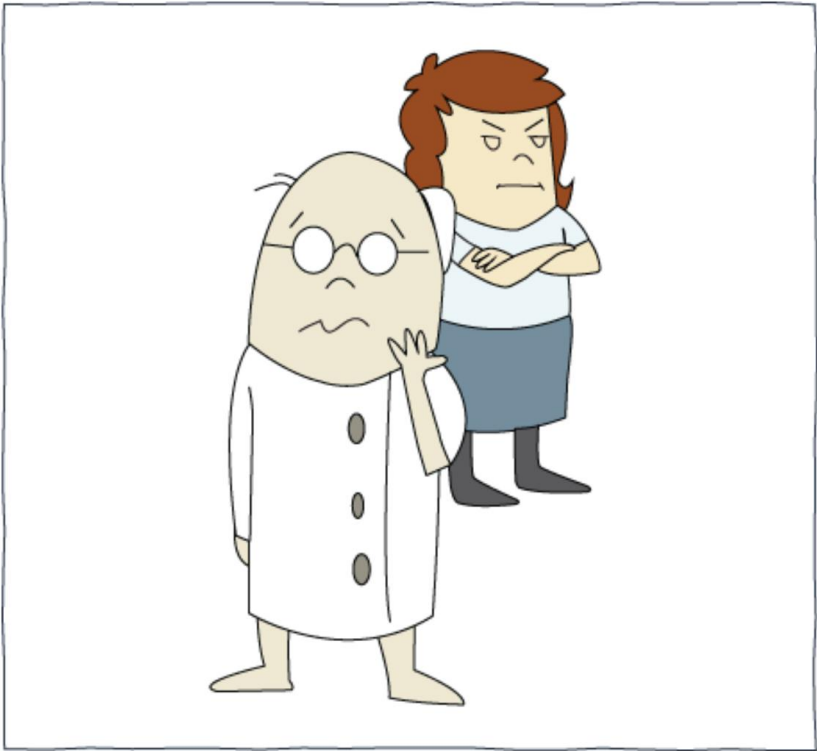


# What is Cognitive Behavioural Therapy?

You may of noticed when you're stressed or tense that:

- Situations seem more overwhelming
- Your thoughts can be more negative
- You might be unhappy more often
- You might be more reactive to other people

Beating the Blues can help.



That's when Beating the Blues can help.

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Beating the Blues

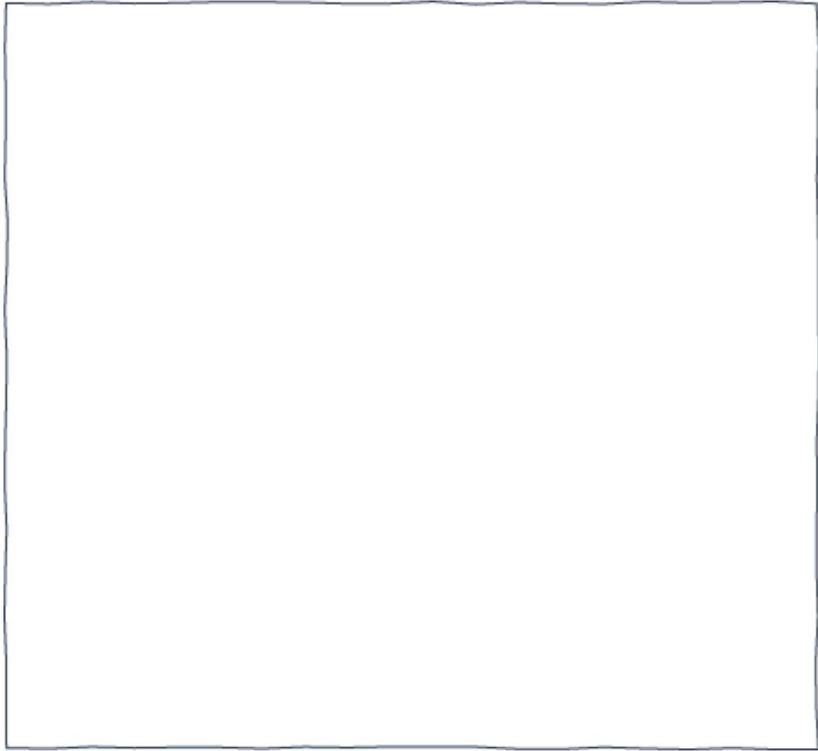
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How CBT helps



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You might also notice:




It's not just your feelings that are affected when you are stressed or tense.

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## How CBT helps



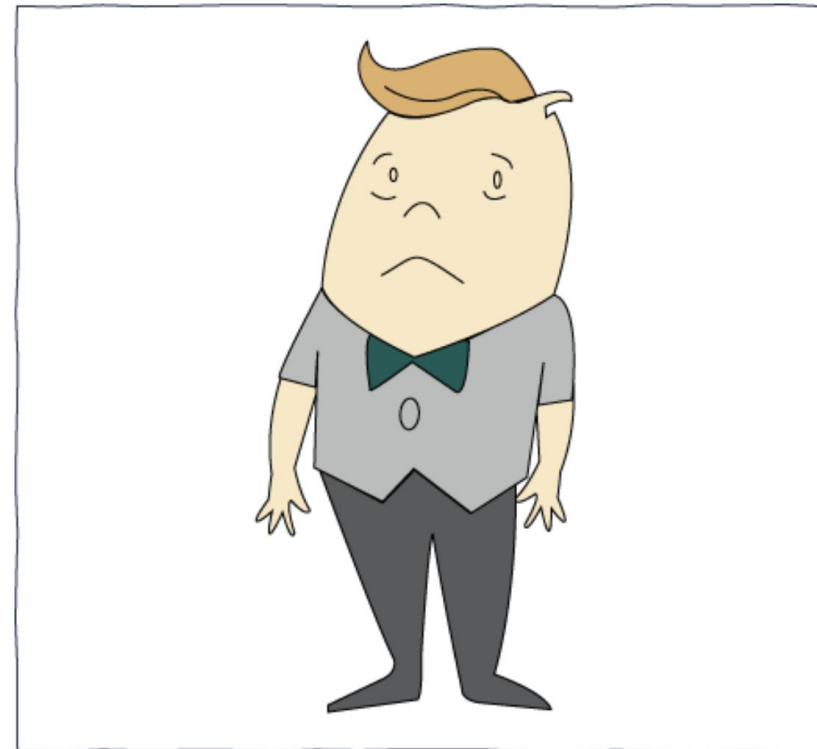
Module 1.1



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You might also notice:

- Problems sleeping



Your stress may cause you to have trouble sleeping and feel dizzy or sweaty.

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## How CBT helps



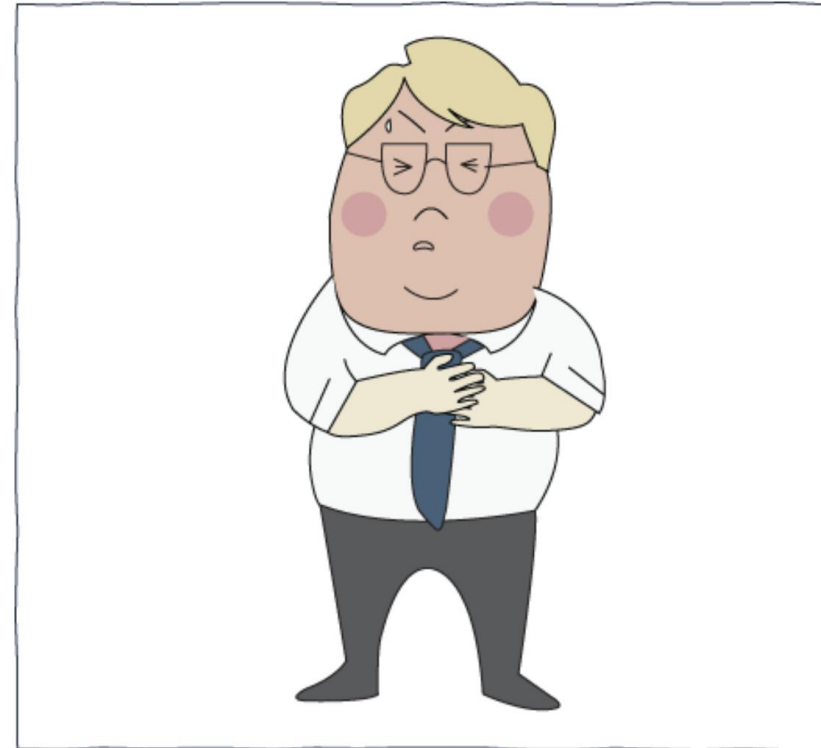
Module 1.1



12%

You might also notice:

- Problems sleeping
- Body sensations like dizziness, sweating



Your stress may cause you to have trouble sleeping and feel dizzy or sweaty.

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## How CBT helps



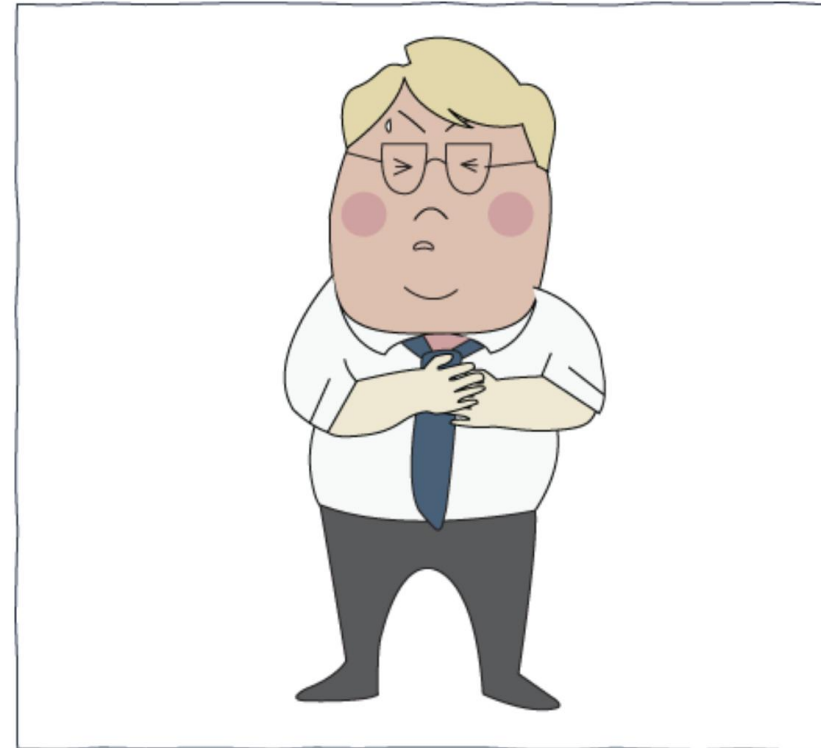
Module 1.1



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You might also notice:

- Problems sleeping
- Body sensations like dizziness, sweating
- Less enjoyment from activities you usually like to do



You might stop enjoying doing the things that usually give you pleasure

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## How CBT helps



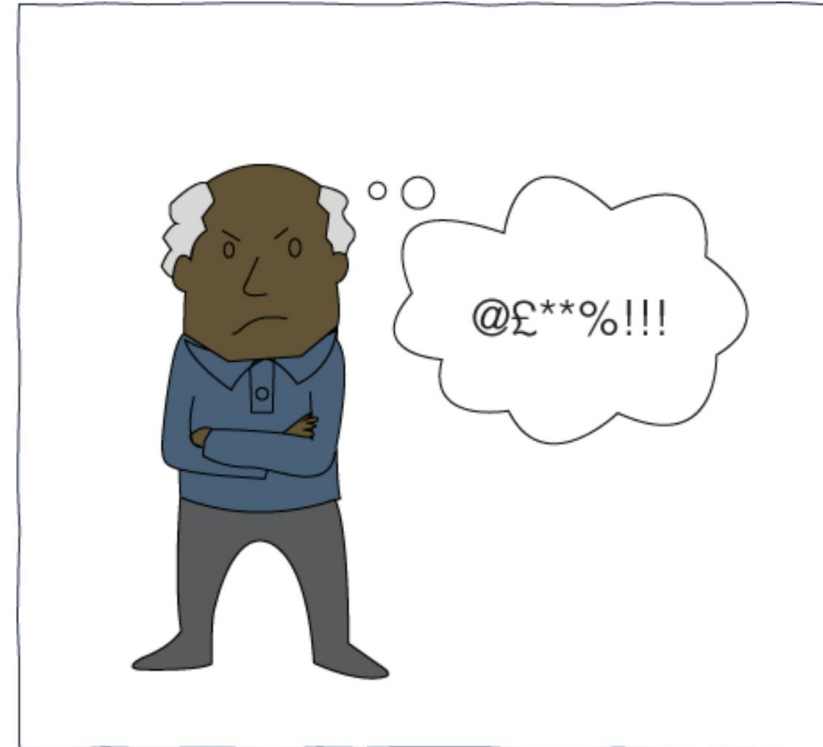
Module 1.1



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You might also notice:

- Problems sleeping
- Body sensations like dizziness, sweating
- Less enjoyment from activities you usually like to do
- You might stop work, social or personal activities



and sometimes you might even stop doing these things altogether.

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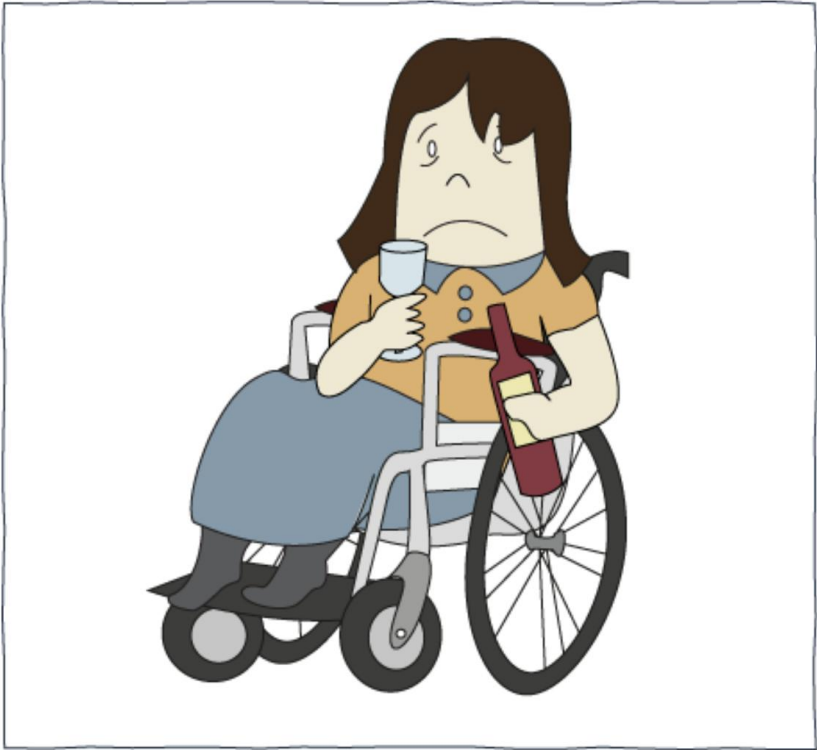
NEXT &gt;

# How CBT helps

You might also notice:

- Problems sleeping
- Body sensations like dizziness, sweating
- Less enjoyment from activities you usually like to do
- You might stop work, social or personal activities

But this can set up a vicious cycle, which causes more stress and tension.



This makes you feel even worse, and so a vicious cycle is created.

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## How CBT helps



Module 1.1



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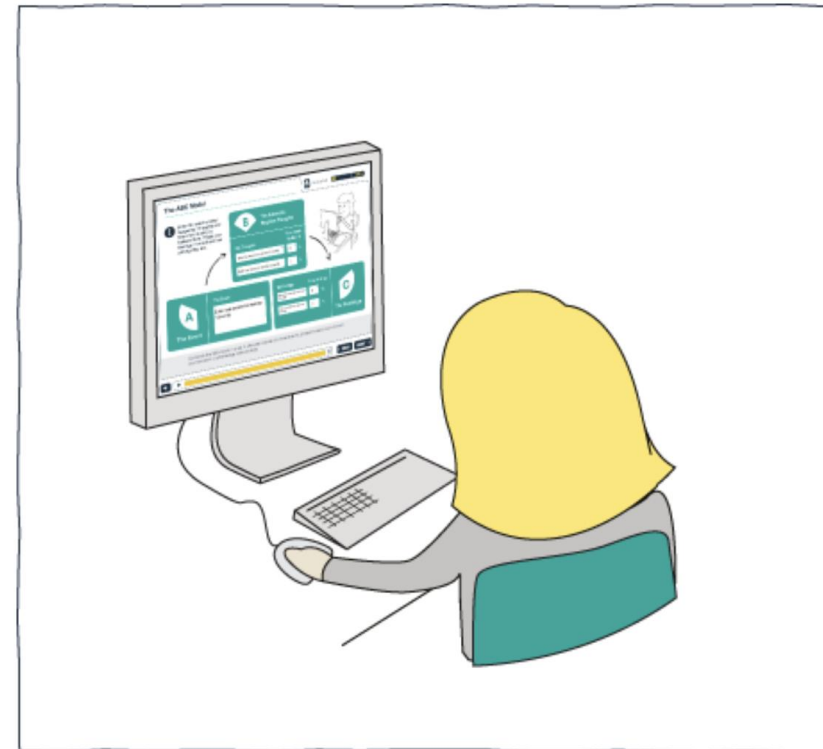
You might also notice:

- Problems sleeping
- Body sensations like dizziness, sweating
- Less enjoyment from activities you usually like to do
- You might stop work, social or personal activities

But this can set up a vicious cycle, which causes more stress and tension.

**C**ognitive  
**B**ehavioral  
**T**herapy

Helps you to break this cycle by changing:



CBT helps you to break the cycle

**Urgent Support**



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NEXT ▶

# How CBT helps

You might also notice:

- Problems sleeping
- Body sensations like dizziness, sweating
- Less enjoyment from activities you usually like to do
- You might stop work, social or personal activities

But this can set up a vicious cycle, which causes more stress and tension.

## Cognitive Behavioral Therapy

Helps you to break this cycle by changing:

- The way you think about events in your life



by changing the way you think about events in your life (this is the cognitive part of CBT)

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## How CBT helps



Module 1.1



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You might also notice:

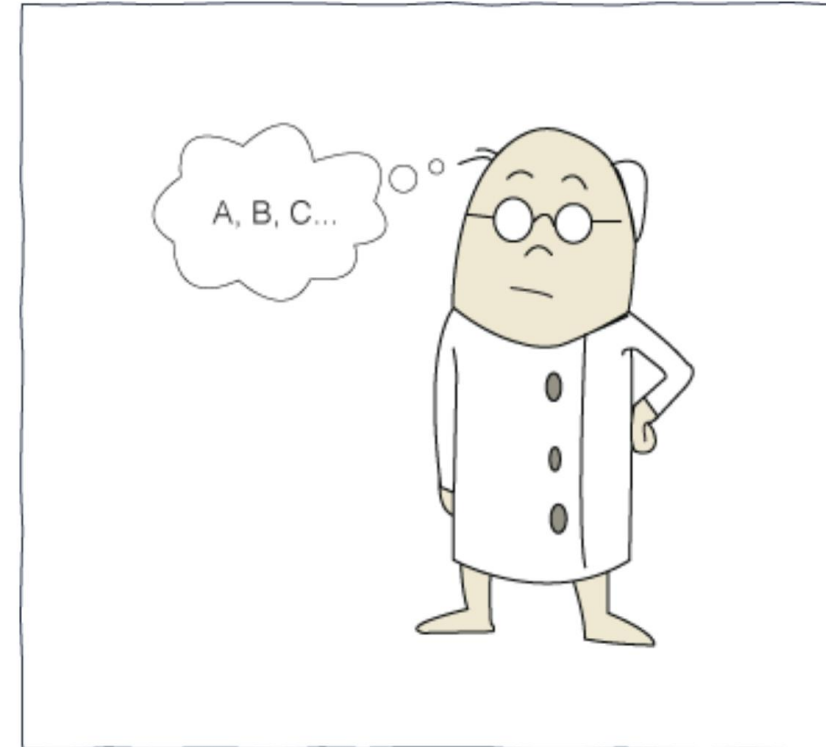
- Problems sleeping
- Body sensations like dizziness, sweating
- Less enjoyment from activities you usually like to do
- You might stop work, social or personal activities

But this can set up a vicious cycle, which causes more stress and tension.

**C**ognitive  
**B**ehavioral  
**T**herapy

Helps you to break this cycle by changing:

- The way you think about events in your life
- And the things you do



and the things you do (your behaviour).

**Urgent Support**



&lt; PREV

NEXT &gt;

## How CBT helps



Module 1.1



12%

You might also notice:

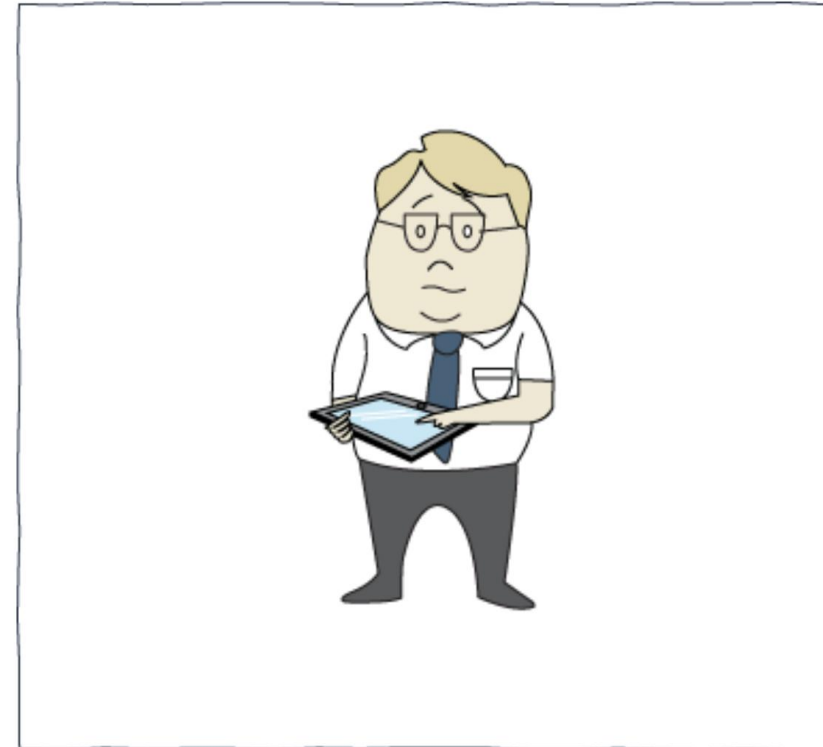
- Problems sleeping
- Body sensations like dizziness, sweating
- Less enjoyment from activities you usually like to do
- You might stop work, social or personal activities

But this can set up a vicious cycle, which causes more stress and tension.

**C**ognitive  
**B**ehavioral  
**T**herapy

Helps you to break this cycle by changing:

- The way you think about events in your life
- And the things you do



But CBT is not a magic cure.

**Urgent Support**



◀ PREV

NEXT ▶

## How CBT helps



Module 1.1



12%

You might also notice:

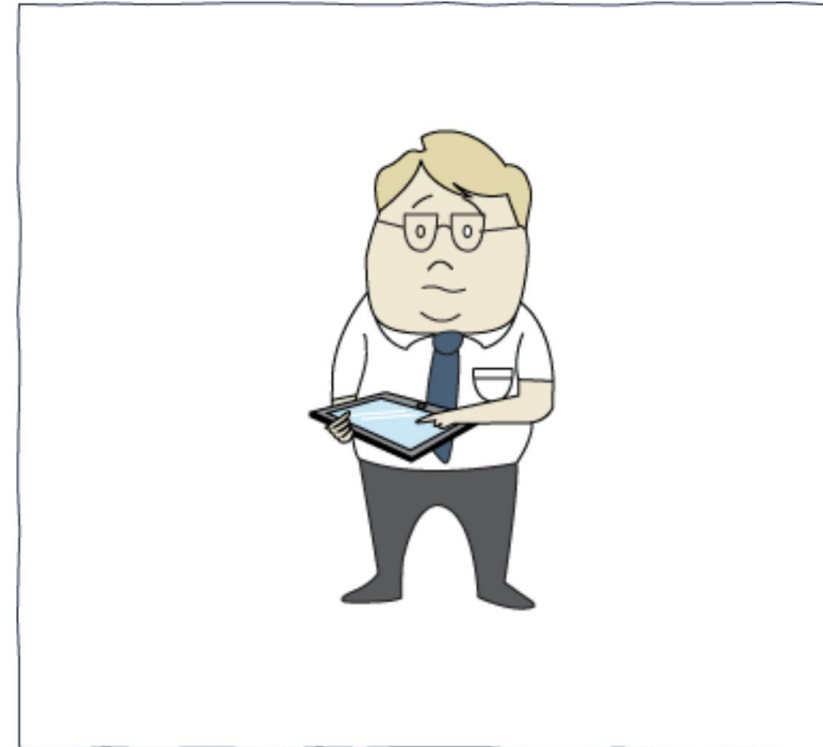
- Problems sleeping
- Body sensations like dizziness, sweating
- Less enjoyment from activities you usually like to do
- You might stop work, social or personal activities

But this can set up a vicious cycle, which causes more stress and tension.

**C**ognitive  
**B**ehavioral  
**T**herapy

Helps you to break this cycle by changing:

- The way you think about events in your life
- And the things you do



The more you put into it, the more you'll get out of it.

**Urgent Support**



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Beating the Blues

https://courses.beatingthebluesuk.com/... Incognito (4)

How to use Beating the Blues

Module 1.1 16%

Beating the Blues has 8 sessions.

Beating the Blues is made up of 8 sessions.

Urgent Support

11

PREV

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## How to use Beating the Blues



Module 1.1



16%

Beating the Blues has 8 sessions.

Each session has 3-5 modules (which take around 15 minutes each to complete).



You should try to do one session per week.

**Urgent Support**



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## How to use Beating the Blues



Module 1.1

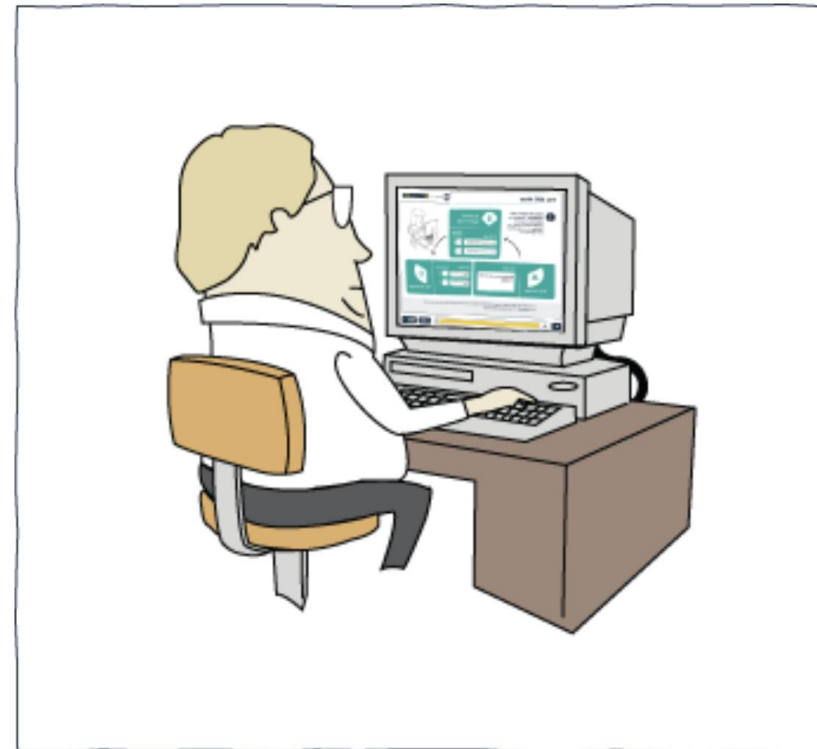


16%

Beating the Blues has 8 sessions.

Each session has 3-5 modules (which take around 15 minutes each to complete).

Aim to do around a session a week, and complete the whole program in 8-12 weeks.



For the best outcome try to get the whole program done within 8 to 12 weeks.

**Urgent Support**



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NEXT >

## How to use Beating the Blues



Module 1.1

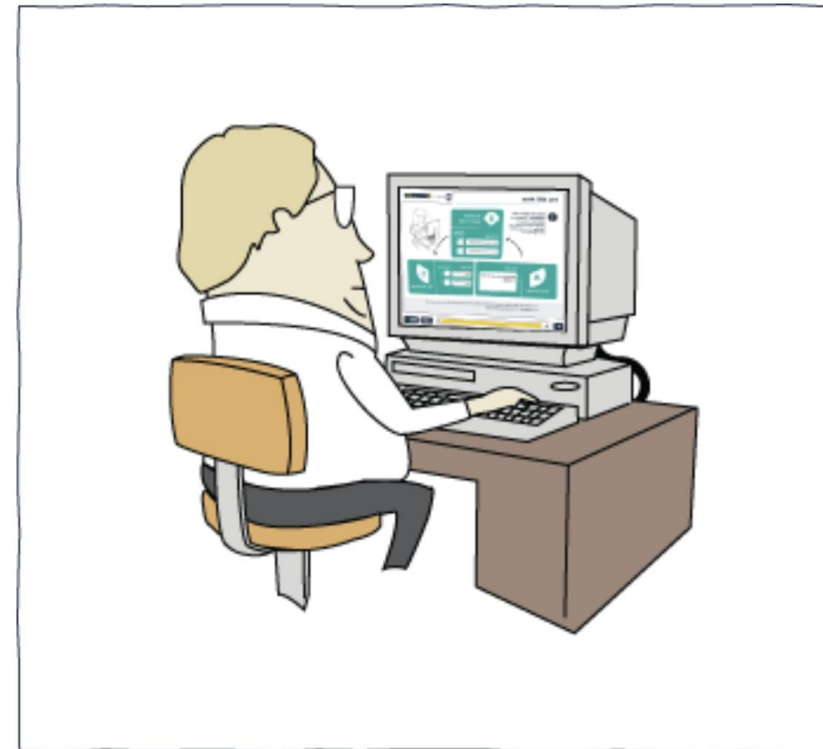


16%

Beating the Blues has 8 sessions.

Each session has 3-5 modules (which take around 15 minutes each to complete).

Aim to do around a session a week, and complete the whole program in 8-12 weeks.



This way you can quickly put into practise all that you learn.

**Urgent Support**



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## How to use Beating the Blues



Module 1.1



16%

Beating the Blues has 8 sessions.

Each session has 3-5 modules (which take around 15 minutes each to complete).

Aim to do around a session a week, and complete the whole program in 8-12 weeks.



To help you put things into practise,

**Urgent Support**



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## How to use Beating the Blues



Module 1.1

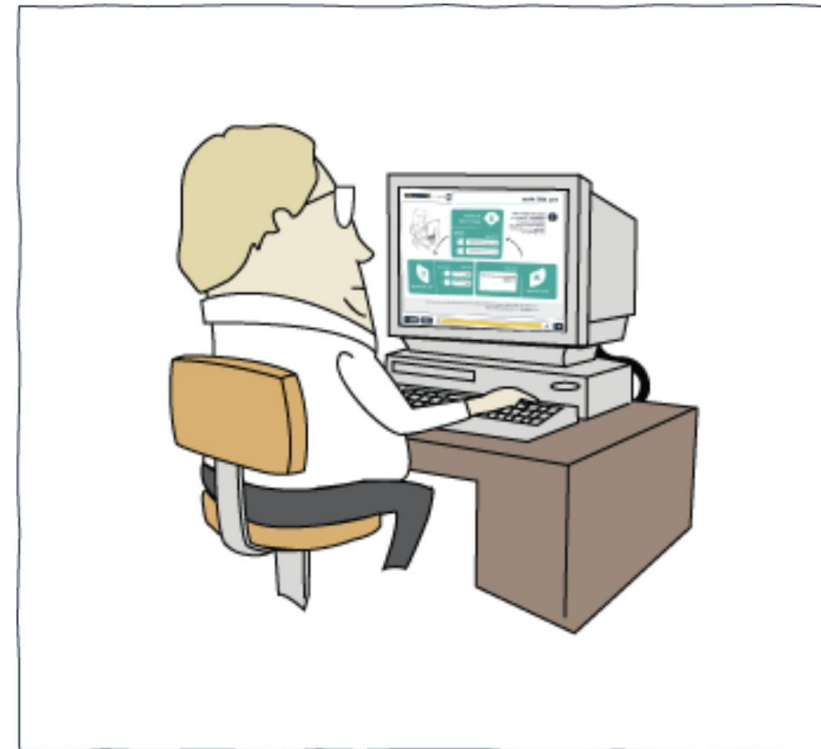


16%

Beating the Blues has 8 sessions.

Each session has 3-5 modules (which take around 15 minutes each to complete).

Aim to do around a session a week, and complete the whole program in 8-12 weeks.



there are projects for you to do between the sessions.

**Urgent Support**



< PREV

NEXT >

## How to use Beating the Blues



Module 1.1



16%

Beating the Blues has 8 sessions.

Each session has 3-5 modules (which take around 15 minutes each to complete).

Aim to do around a session a week, and complete the whole program in 8-12 weeks.

Projects help you practice what you have learned.



It's really important to do these if you can.

**Urgent Support**



< PREV

NEXT >

## How to use Beating the Blues



Module 1.1



16%

Beating the Blues has 8 sessions.

Each session has 3-5 modules (which take around 15 minutes each to complete).

Aim to do around a session a week, and complete the whole program in 8-12 weeks.

Projects help you practice what you have learned.



But if you find that you are having difficulty with one of the sessions

**Urgent Support**



< PREV

NEXT >



## How to use Beating the Blues



Module 1.1



16%

Beating the Blues has 8 sessions.

Each session has 3-5 modules (which take around 15 minutes each to complete).

Aim to do around a session a week, and complete the whole program in 8-12 weeks.

Projects help you practice what you have learned.



or with the project, it's OK to repeat it.

**Urgent Support**



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## How to use Beating the Blues



Module 1.1



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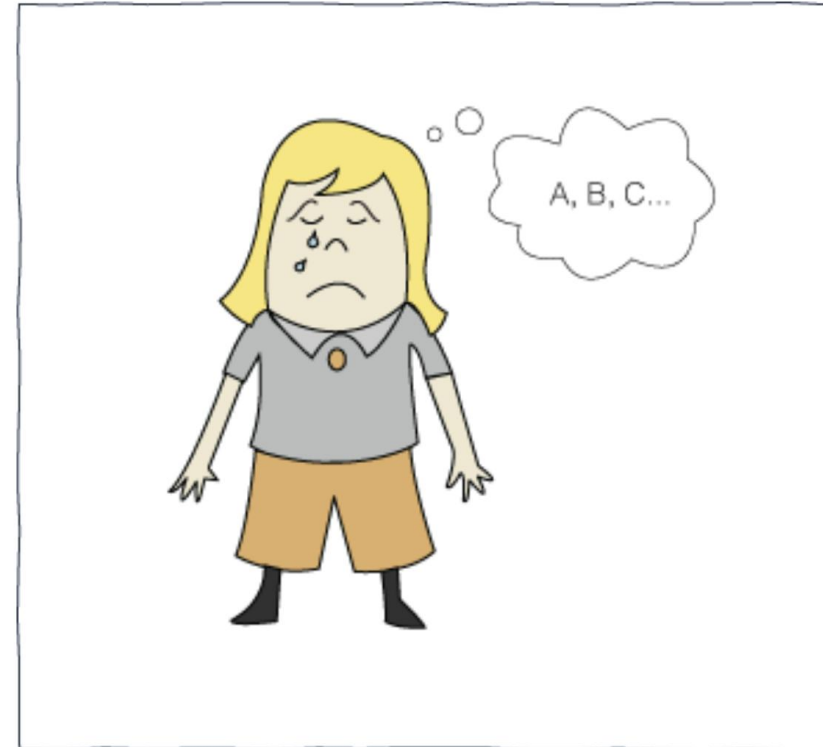
Beating the Blues has 8 sessions.

Each session has 3-5 modules (which take around 15 minutes each to complete).

Aim to do around a session a week, and complete the whole program in 8-12 weeks.

Projects help you practice what you have learned.

You can repeat sessions or the projects.



The important thing is to use the program regularly.

**Urgent Support**



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NEXT >

## How to use Beating the Blues



Module 1.1



16%

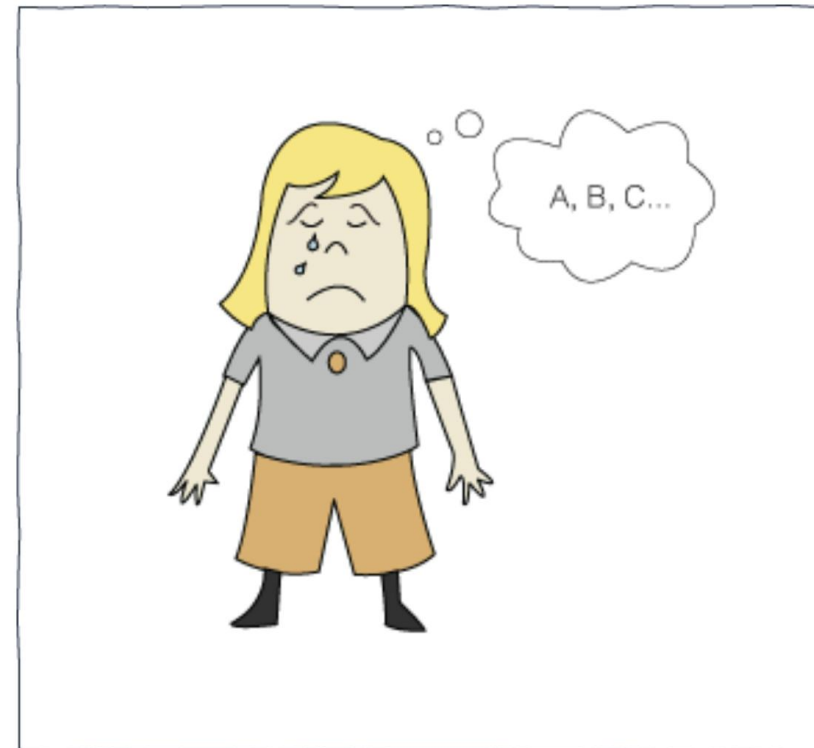
Beating the Blues has 8 sessions.

Each session has 3-5 modules (which take around 15 minutes each to complete).

Aim to do around a session a week, and complete the whole program in 8-12 weeks.

Projects help you practice what you have learned.

You can repeat sessions or the projects.



This will help you recover more quickly.

**Urgent Support**



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NEXT >

## How to use Beating the Blues



Module 1.1



16%

Beating the Blues has 8 sessions.

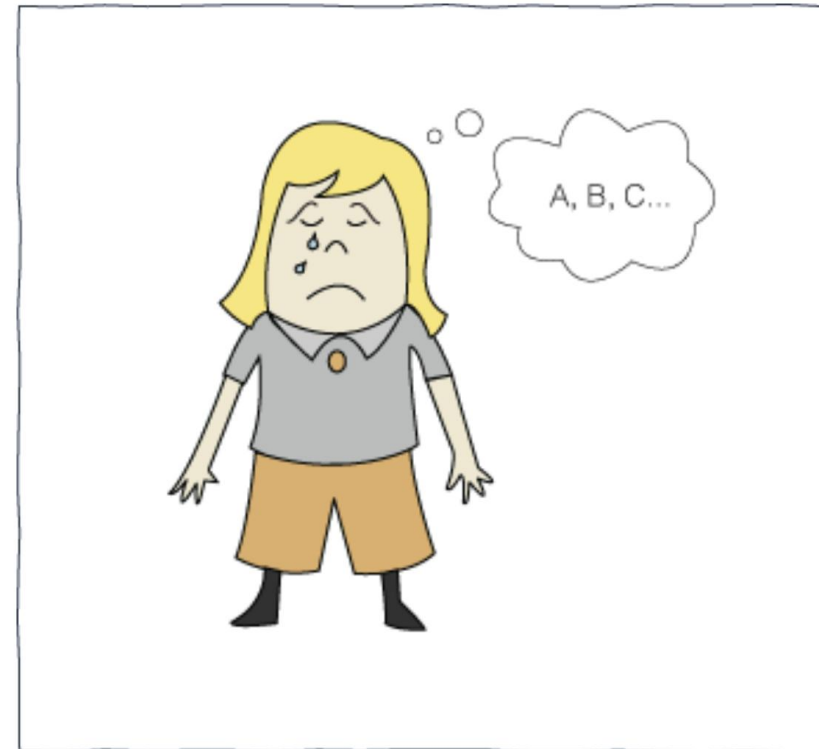
Each session has 3-5 modules (which take around 15 minutes each to complete).

Aim to do around a session a week, and complete the whole program in 8-12 weeks.

Projects help you practice what you have learned.

You can repeat sessions or the projects.

Beating the Blues will help you recover more quickly if you use it regularly and put it into practice - the projects will help you do this.



So aim to complete a session and the projects for that session each week.

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NEXT >

## How to use Beating the Blues

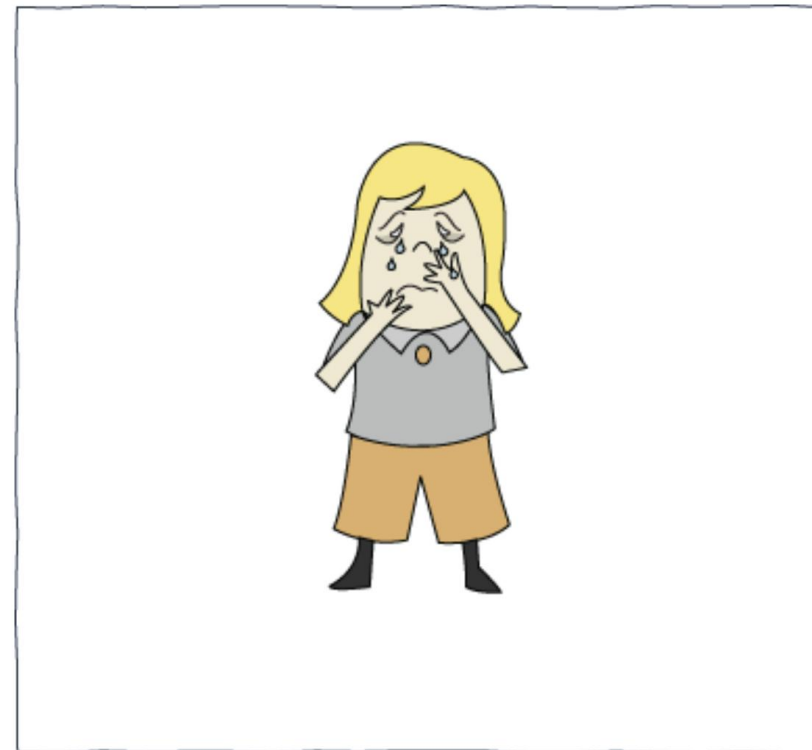


Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...



The research, that proves that CBT works,

**Urgent Support**



◀ PREV

NEXT ▶

## How to use Beating the Blues

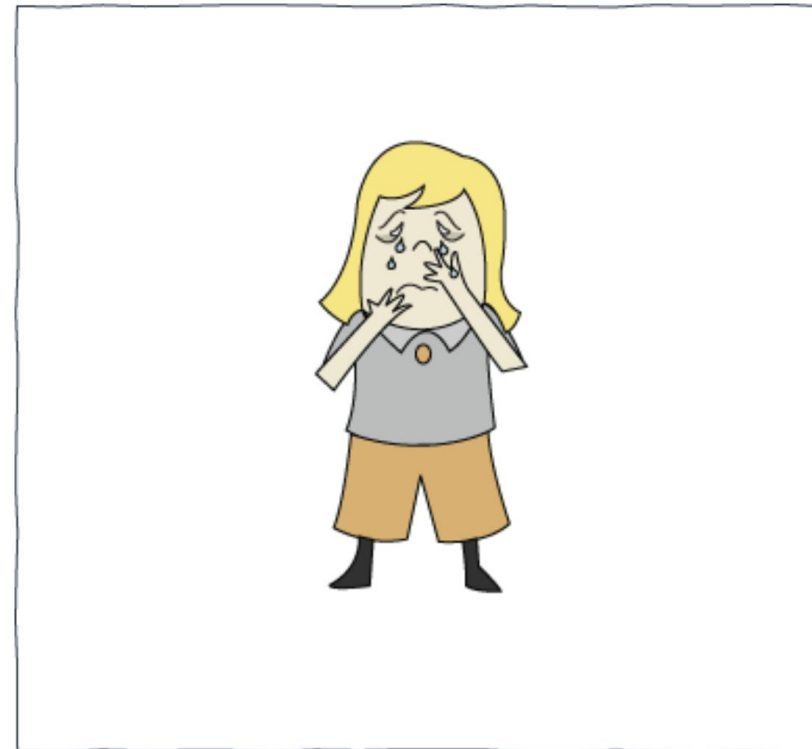


Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...



found that people get much more out of the program

**Urgent Support**



◀ PREV

NEXT ▶

## How to use Beating the Blues



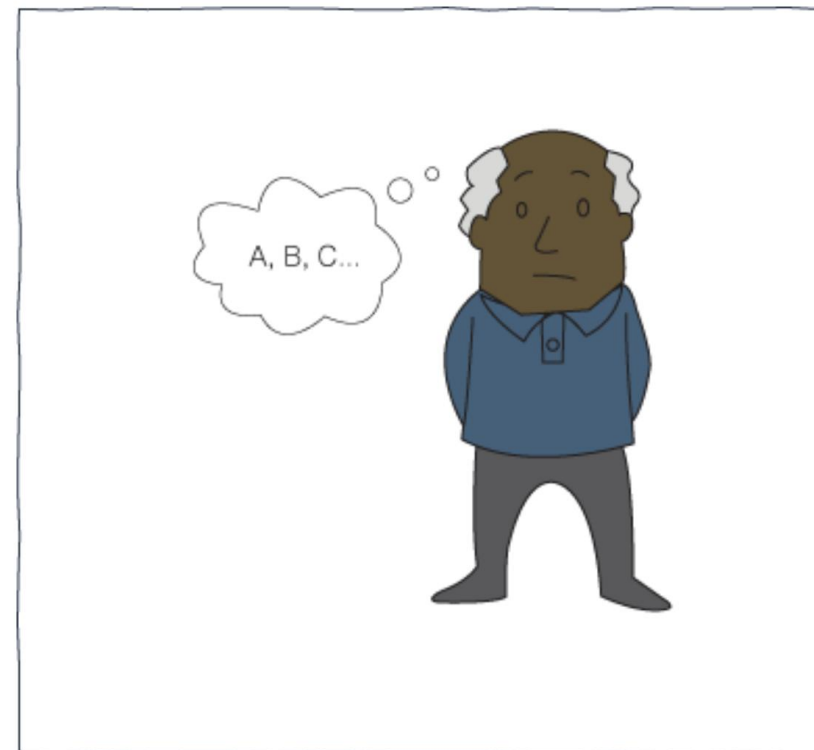
Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects



if they do all the modules and projects.

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## How to use Beating the Blues



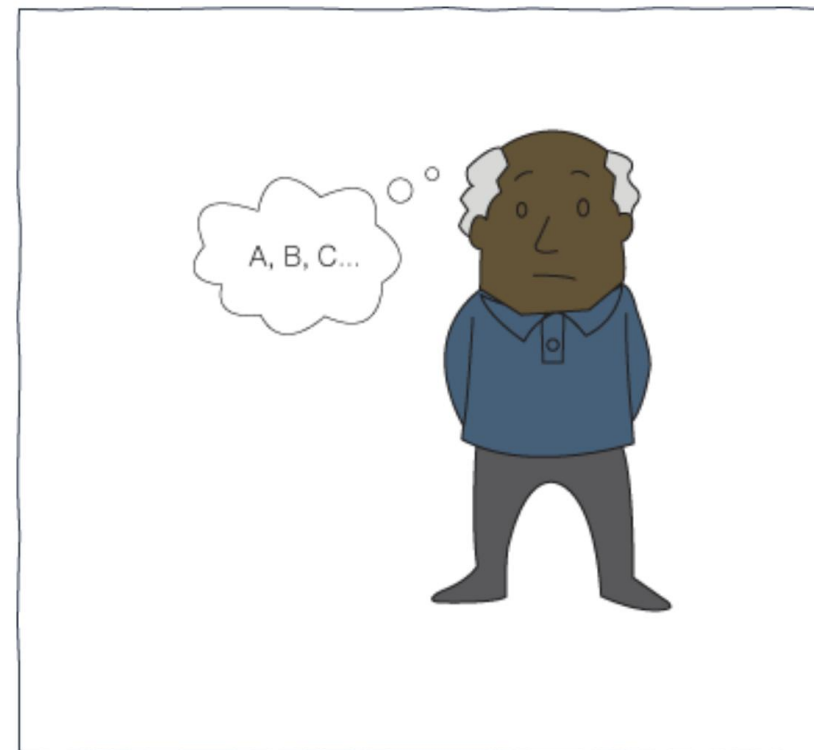
Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects



The projects are a really important part of the program.

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## How to use Beating the Blues



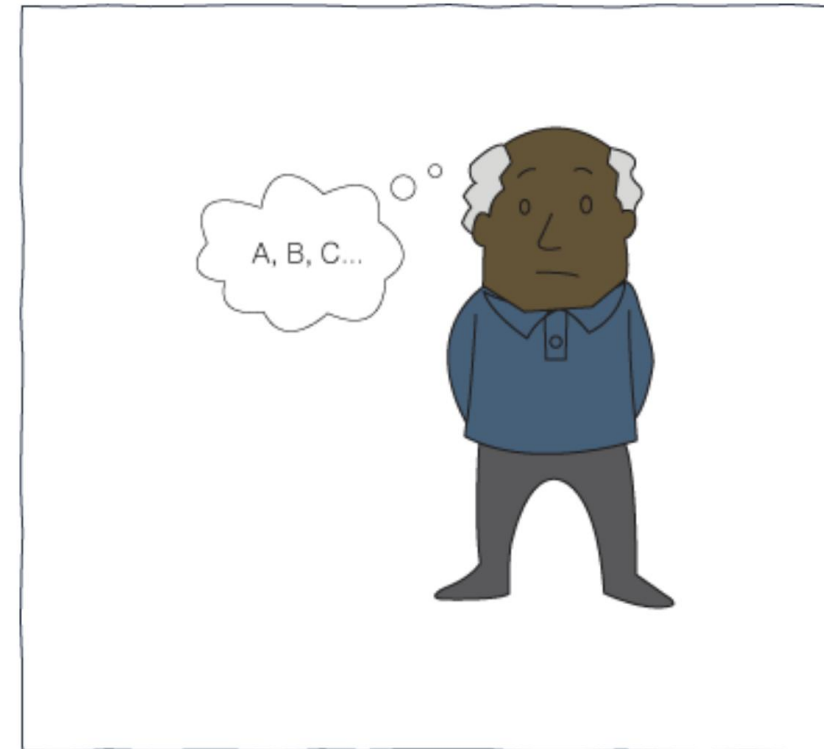
Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects



You are learning new skills and should give yourself time to practise them.

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NEXT ▶

## How to use Beating the Blues



Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learned the better you will feel



The more you practise,

**Urgent Support**



◀ PREV

NEXT ▶

## How to use Beating the Blues



Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learned the better you will feel



the easier it becomes to use the new skills in your everyday life

**Urgent Support**



PREV

NEXT

## How to use Beating the Blues



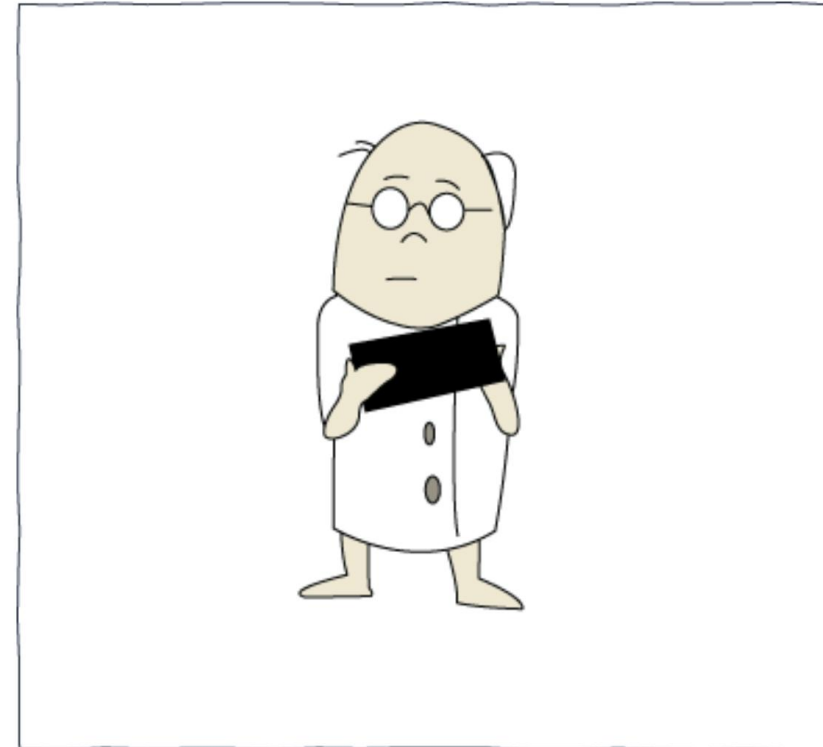
Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learned the better you will feel



so that they become second nature.

**Urgent Support**



◀ PREV

NEXT ▶

## How to use Beating the Blues



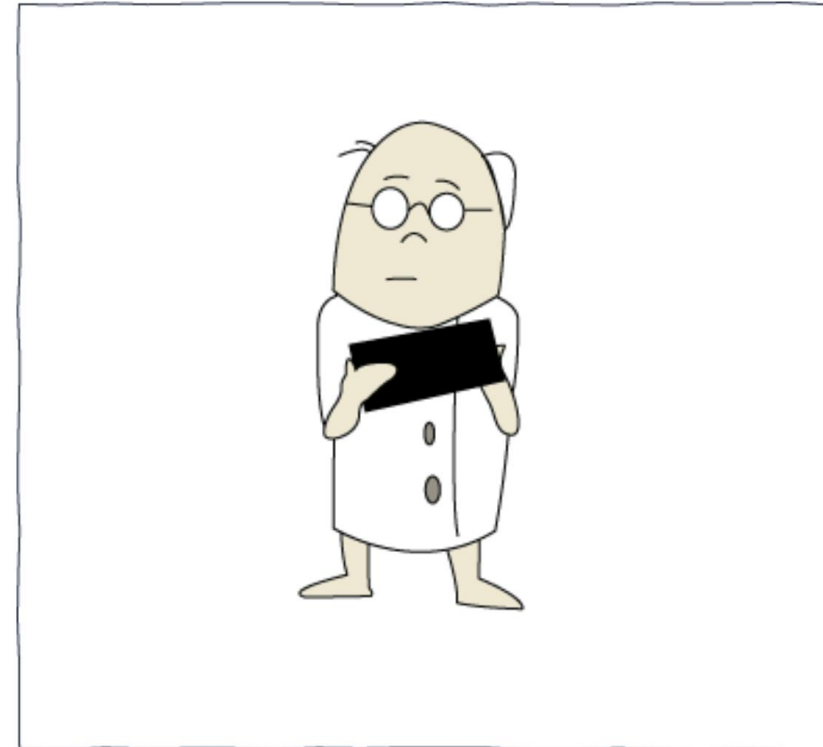
Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learned the better you will feel



The more you use the skills,

**Urgent Support**



◀ PREV

NEXT ▶

## How to use Beating the Blues



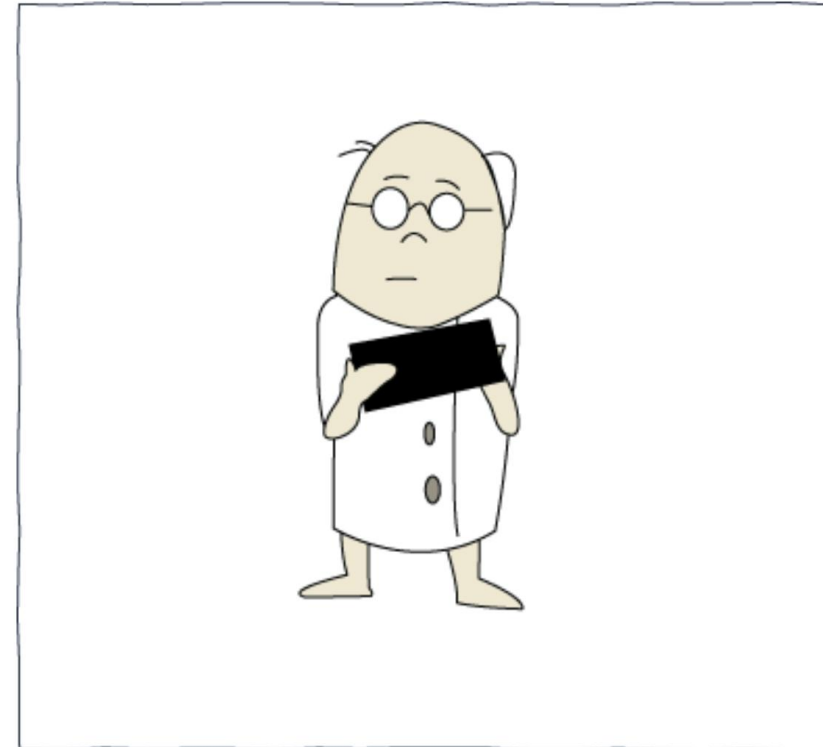
Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learned the better you will feel



the sooner that you will be feeling stronger and less stressed.

**Urgent Support**



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NEXT ▶

## How to use Beating the Blues



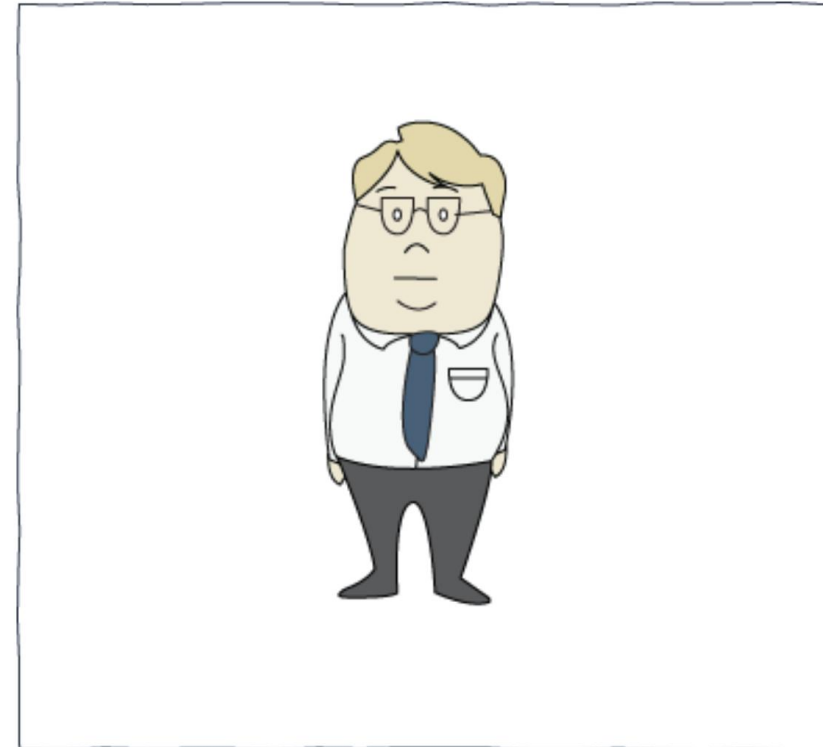
Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learned the better you will feel



Don't worry if you can't remember everything that is covered,

**Urgent Support**



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NEXT ▶



## How to use Beating the Blues



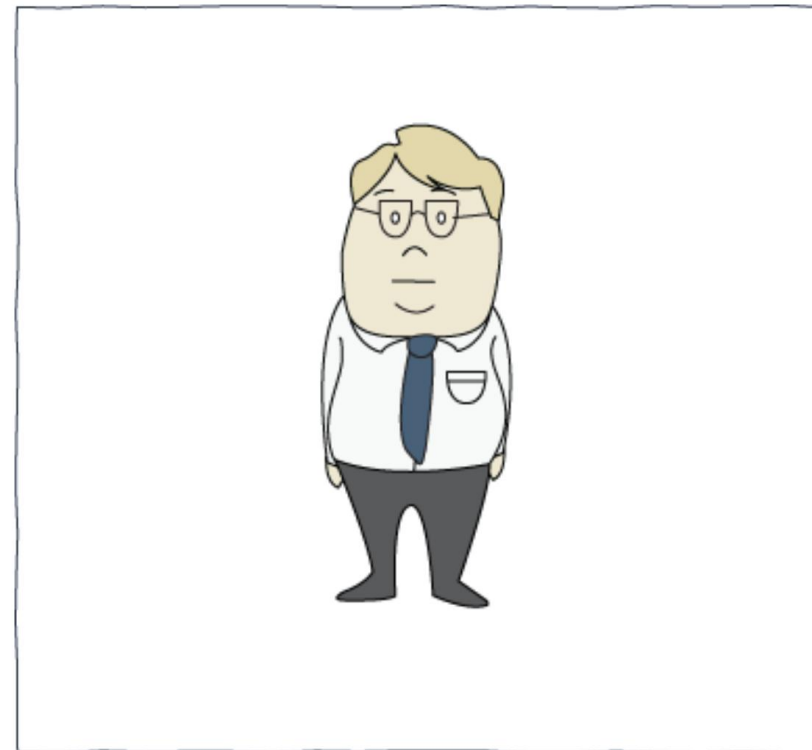
Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learned the better you will feel



you can come back at any time.

**Urgent Support**



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NEXT ▶

## How to use Beating the Blues



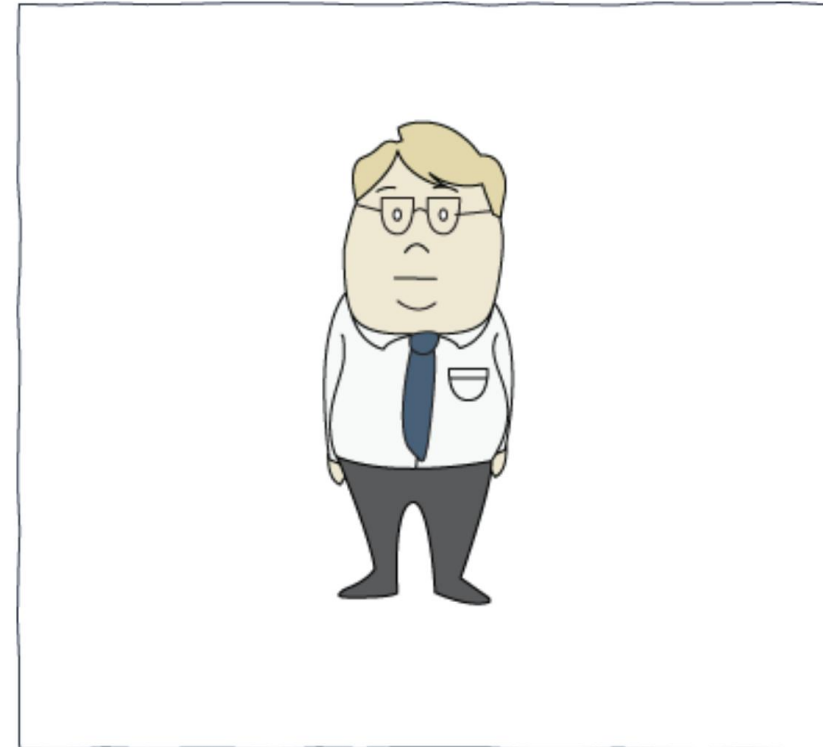
Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learned the better you will feel



There are summaries of each module to remind you about what has been covered.

**Urgent Support**



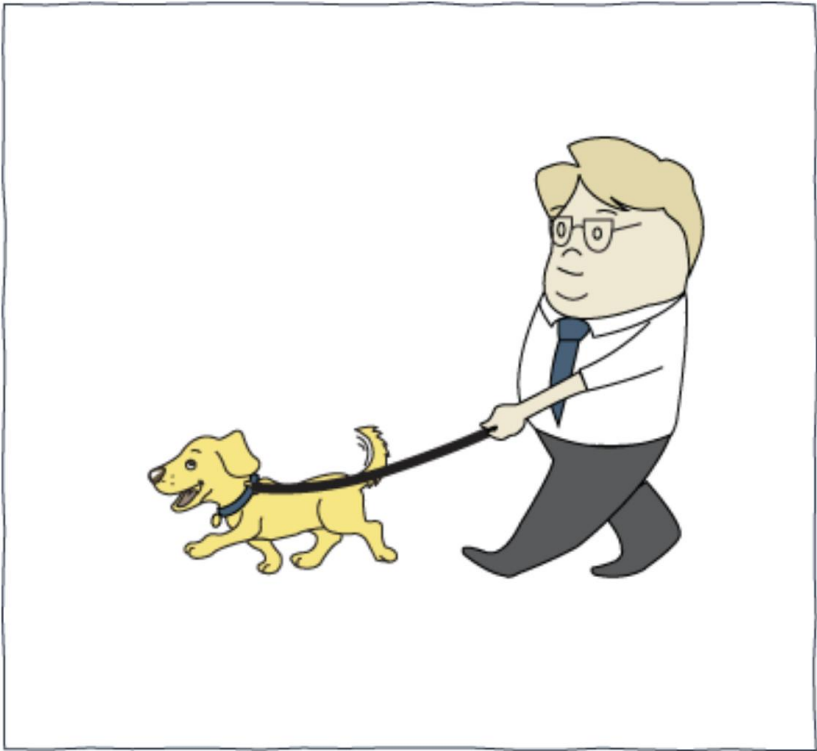
◀ PREV

NEXT ▶

# How to use Beating the Blues

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learned the better you will feel
- Most people start to feel better after a few sessions



Most people start to feel better well before they finish the program.

**Urgent Support**



## How to use Beating the Blues



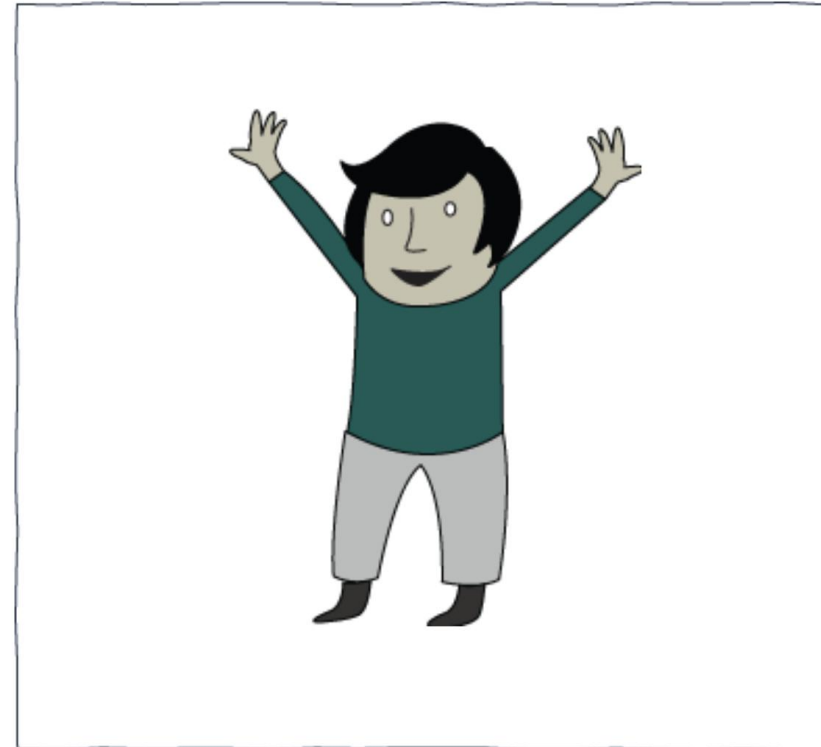
Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learned the better you will feel
- Most people start to feel better after a few sessions
- Completing the program means you will have skills for life



But by completing the program you will learn all the skills

**Urgent Support**



◀ PREV

NEXT ▶

## How to use Beating the Blues



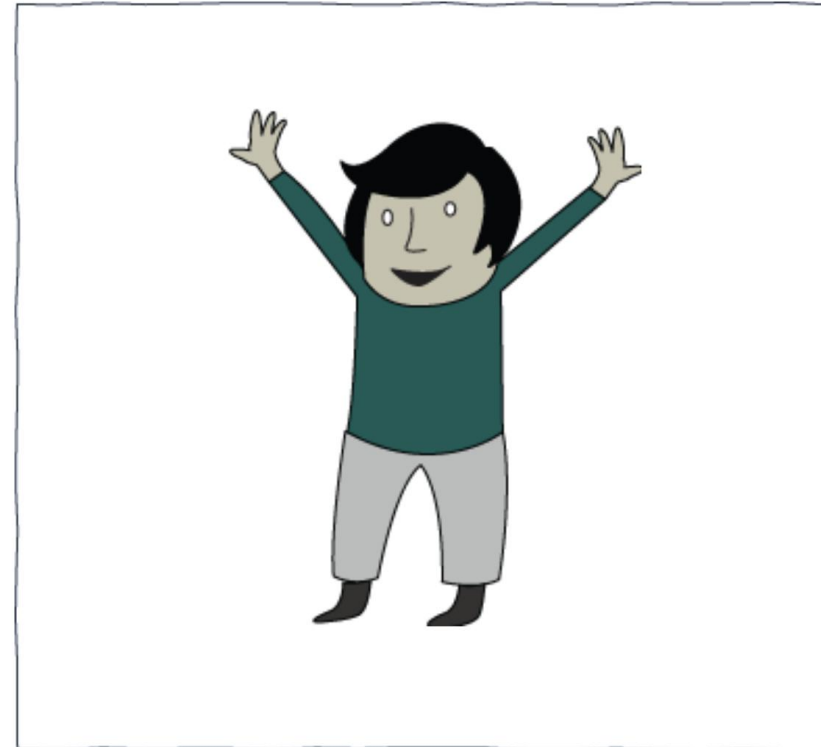
Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learned the better you will feel
- Most people start to feel better after a few sessions
- Completing the program means you will have skills for life



that will help you cope better in the future.

**Urgent Support**



◀ PREV

NEXT ▶

## How to use Beating the Blues



Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learned the better you will feel
- Most people start to feel better after a few sessions
- Completing the program means you will have skills for life



So even if you start to feel better, it's best to continue to the end.

**Urgent Support**



◀ PREV

NEXT ▶



## How to use Beating the Blues



Module 1.1



20%

Getting the most out of Beating the Blues for a quicker recovery...

- Complete all the modules and projects
- The more you use the skills you've learned the better you will feel
- Most people start to feel better after a few sessions
- Completing the program means you will have skills for life



Completing all 8 sessions will help you feel much better and stay better.

**Urgent Support**



< PREV

NEXT >



Beating the Blues

Module 1.1



24%



# Beating the Blues


In the first half of the program you'll...

In the first few weeks of the program

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PREV

NEXT

## Beating the Blues



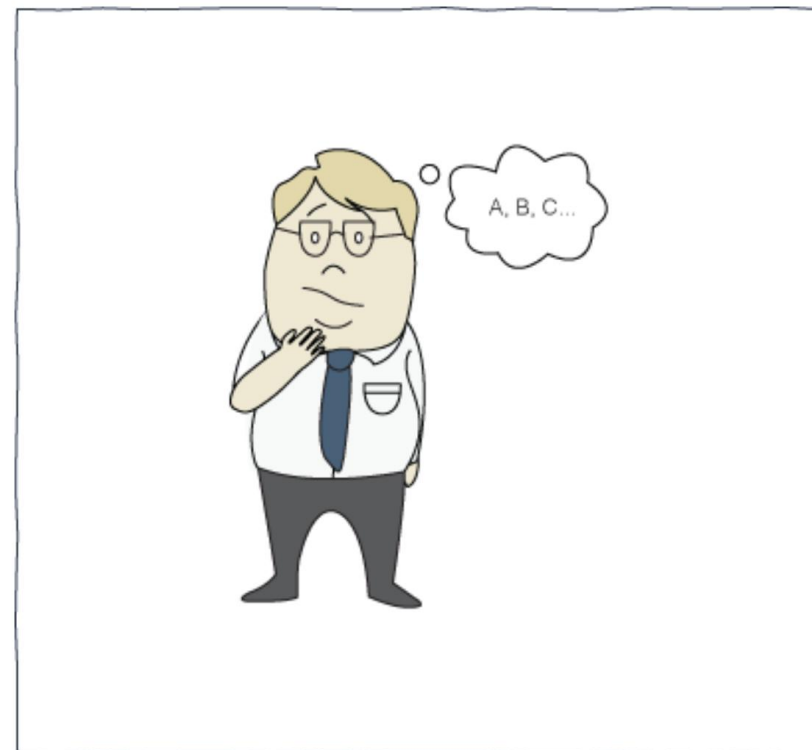
Module 1.1



24%

In the first half of the program you'll...

- Learn how thoughts affect your feelings



you'll learn about the way your thoughts affect your feelings,

**Urgent Support**



< PREV

NEXT >

## Beating the Blues



Module 1.1



24%

In the first half of the program you'll...

- Learn how thoughts affect your feelings



and how to be aware of the negative thoughts that can automatically pop into your head.

**Urgent Support**



PREV

NEXT

## Beating the Blues



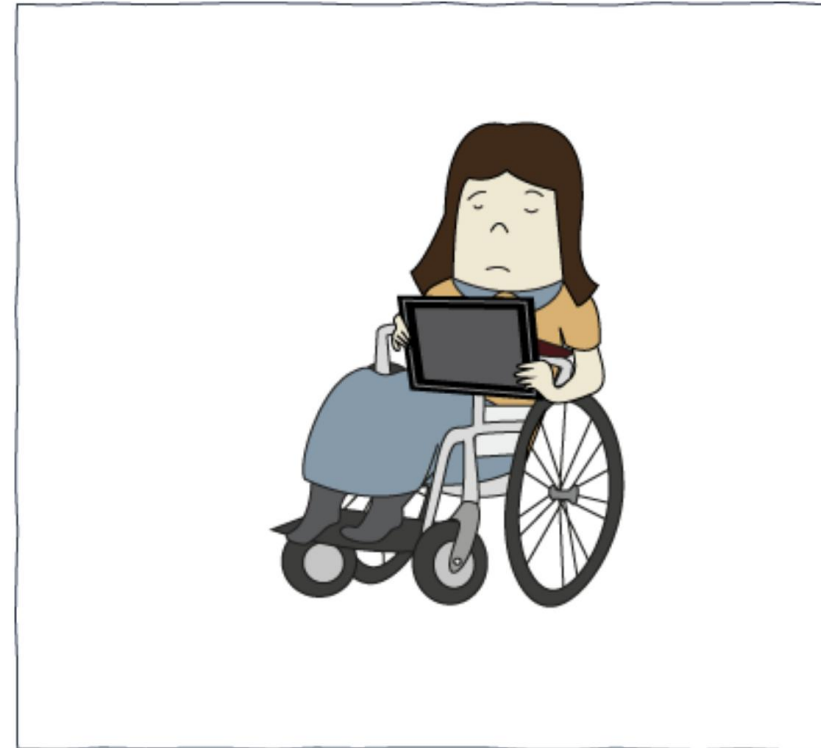
Module 1.1



24%

In the first half of the program you'll...

- Learn how thoughts affect your feelings
- Identify negative thoughts



Around Session 4 you'll be able to identify these negative thoughts

**Urgent Support**



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NEXT >

## Beating the Blues



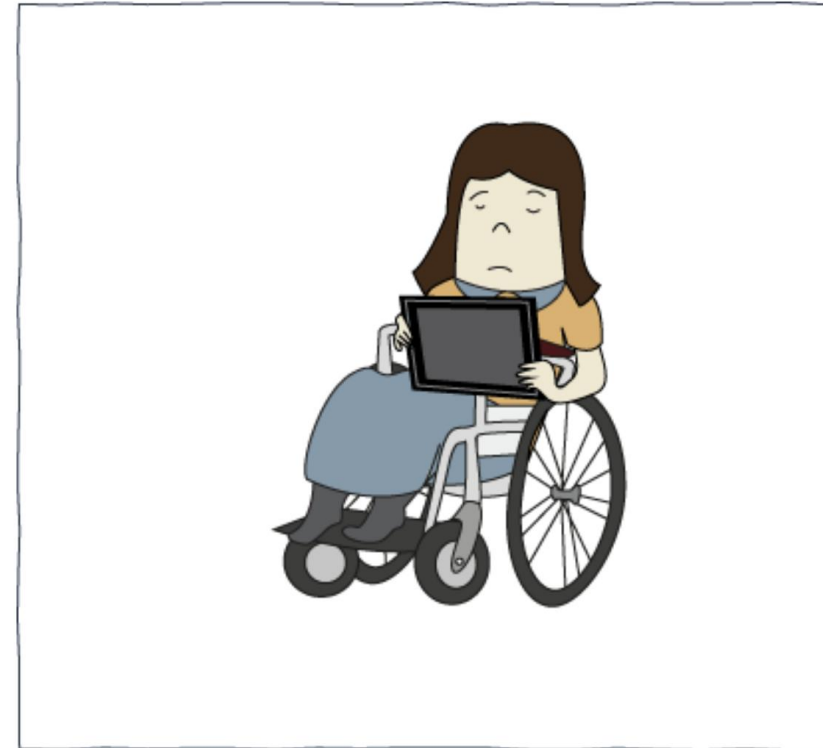
Module 1.1



24%

In the first half of the program you'll...

- Learn how thoughts affect your feelings
- Identify negative thoughts



and will have learned how to challenge them to see if they are true.

**Urgent Support**



< PREV

NEXT >

## Beating the Blues



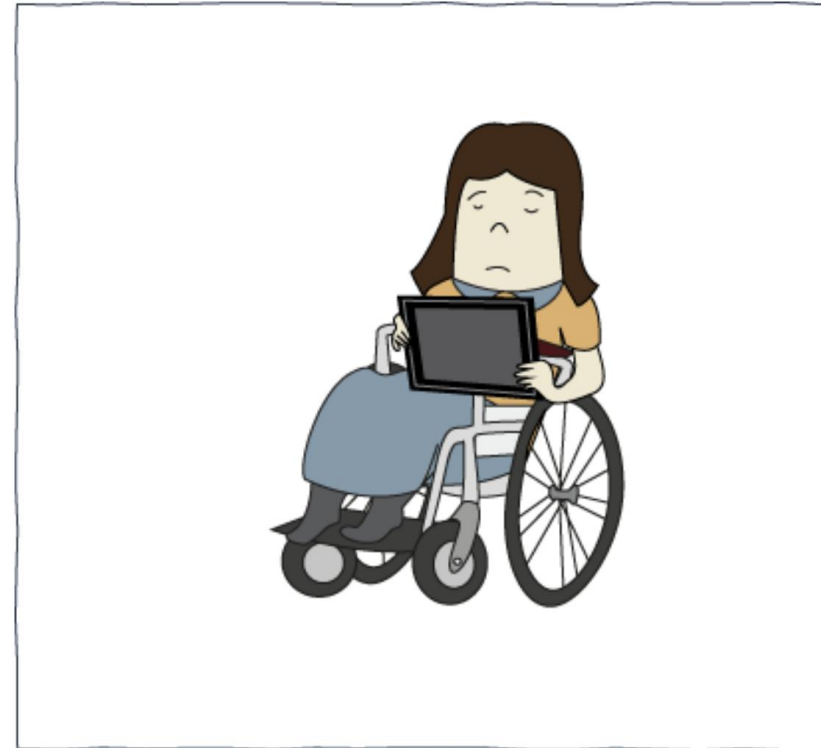
Module 1.1



24%

In the first half of the program you'll...

- Learn how thoughts affect your feelings
- Identify negative thoughts
- Challenge negative thoughts with simple questions



'Challenging Your Thoughts' is a really important skill

**Urgent Support**



< PREV

NEXT >

## Beating the Blues



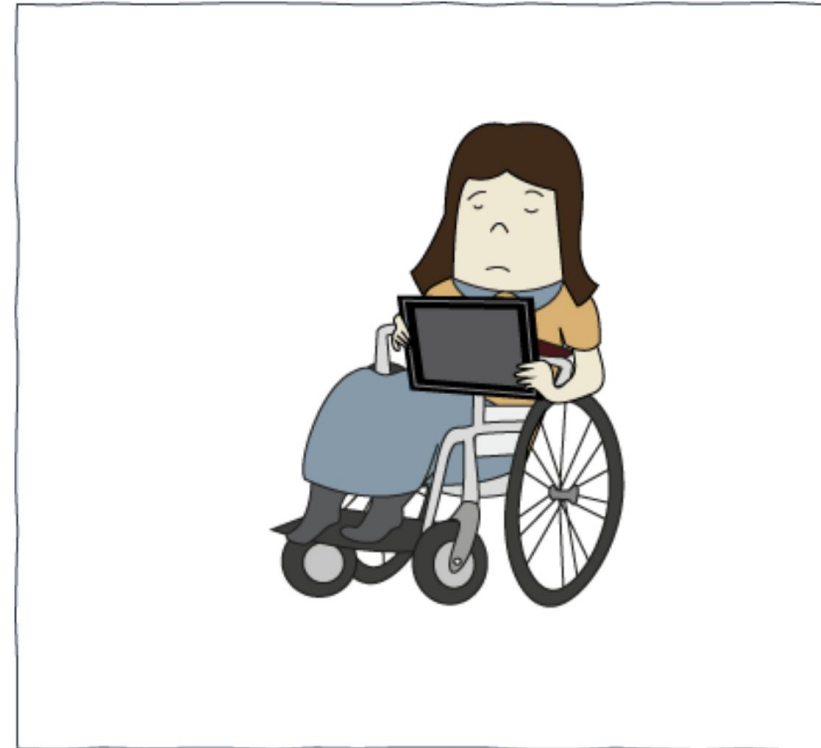
Module 1.1



24%

In the first half of the program you'll...

- Learn how thoughts affect your feelings
- Identify negative thoughts
- Challenge negative thoughts with simple questions



which helps you improve how you feel.

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## Beating the Blues



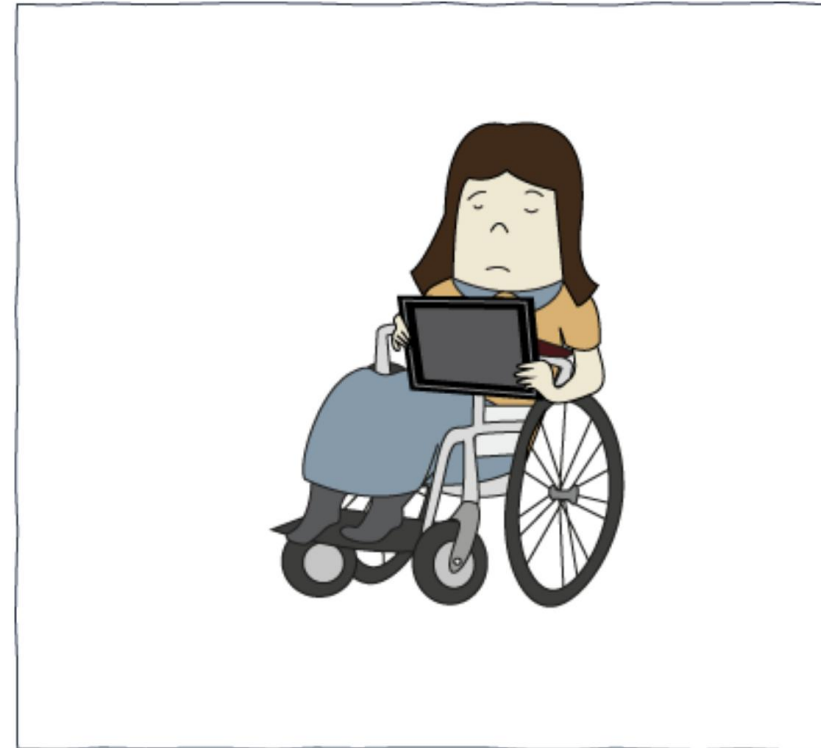
Module 1.1



24%

In the first half of the program you'll...

- Learn how thoughts affect your feelings
- Identify negative thoughts
- Challenge negative thoughts with simple questions



You'll use it quite a bit in the rest of the program.

**Urgent Support**



< PREV

NEXT >

# Beating the Blues

Your Privacy:



During the program you will be asked to answer questions and enter information.

**Urgent Support**

# Beating the Blues

## Your Privacy:

- Almost all of the information entered is private



Almost all of the information you enter is private.

**Urgent Support**

# Beating the Blues

## Your Privacy:

- Almost all of the information entered is private
- Some of the questions we will ask are about how you are feeling



Some of the questions that we will ask a few times are about how you are feeling.

**Urgent Support**

## Beating the Blues



Module 1.1



32%

### Your Privacy:

- Almost all of the information entered is private
- Some of the questions we will ask are about how you are feeling
- You will be able to view reports so that you can see how you are progressing



You will be able to view reports that show this information

**Urgent Support**



< PREV

NEXT >

## Your Privacy:

- Almost all of the information entered is private
- Some of the questions we will ask are about how you are feeling
- You will be able to view reports so that you can see how you are progressing



so that you can see how you are progressing.

**Urgent Support**



◀ PREV

**NEXT** ➤

## Beating the Blues



Module 1.1



32%

### Your Privacy:

- Almost all of the information entered is private
- Some of the questions we will ask are about how you are feeling
- You will be able to view reports so that you can see how you are progressing



OK, we've finished telling you a little about Beating the Blues.

**Urgent Support**



< PREV

NEXT >



## Beating the Blues



Module 1.1



32%

### Your Privacy:

- Almost all of the information entered is private
- Some of the questions we will ask are about how you are feeling
- You will be able to view reports so that you can see how you are progressing



Click on next to continue.

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< PREV

NEXT >



Beating the Blues



Module 1.1


36%

So now let's talk about goals.

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SUBMIT


Beating the Blues


Module 1.1


36%


This is about where you want to be when you complete the program.

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SUBMIT

## Beating the Blues

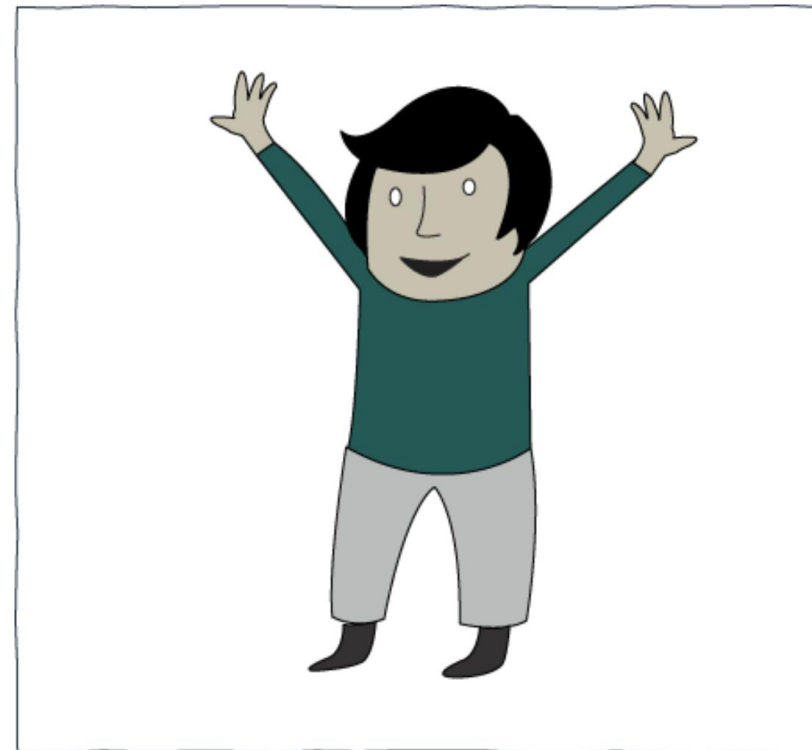


Module 1.1



36%

The road to recovery...



It's good to have a destination in mind when setting out on a journey.

**Urgent Support**



**SUBMIT**

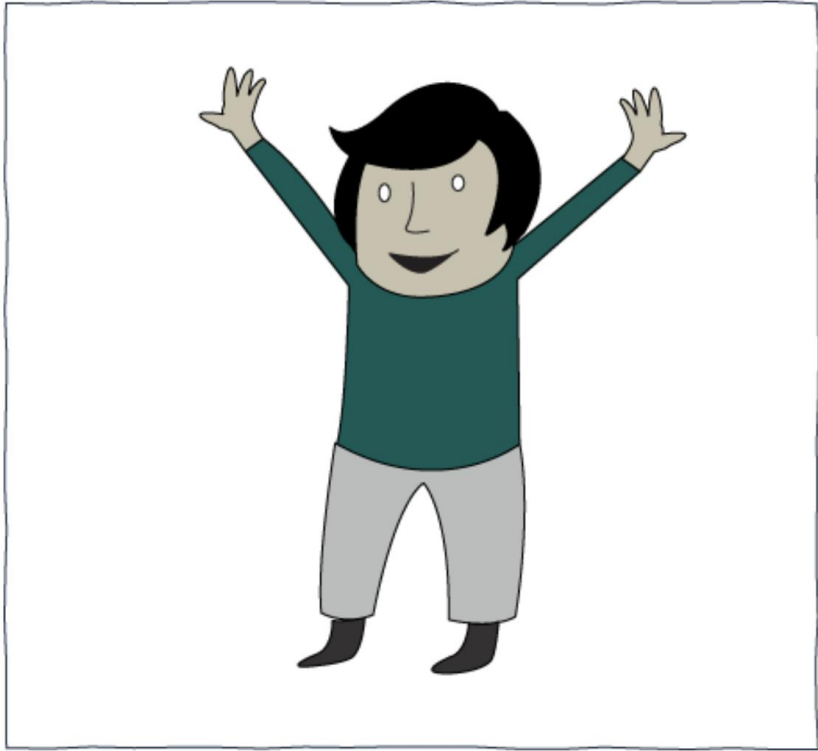
Beating the Blues

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Beating the Blues





Module 1.1 36%

The road to recovery...



So please take a moment to think about what 'being better'

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SUBMIT

## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...



will look like for you when you finish Beating the Blues.

**Urgent Support**



**SUBMIT**

## Beating the Blues



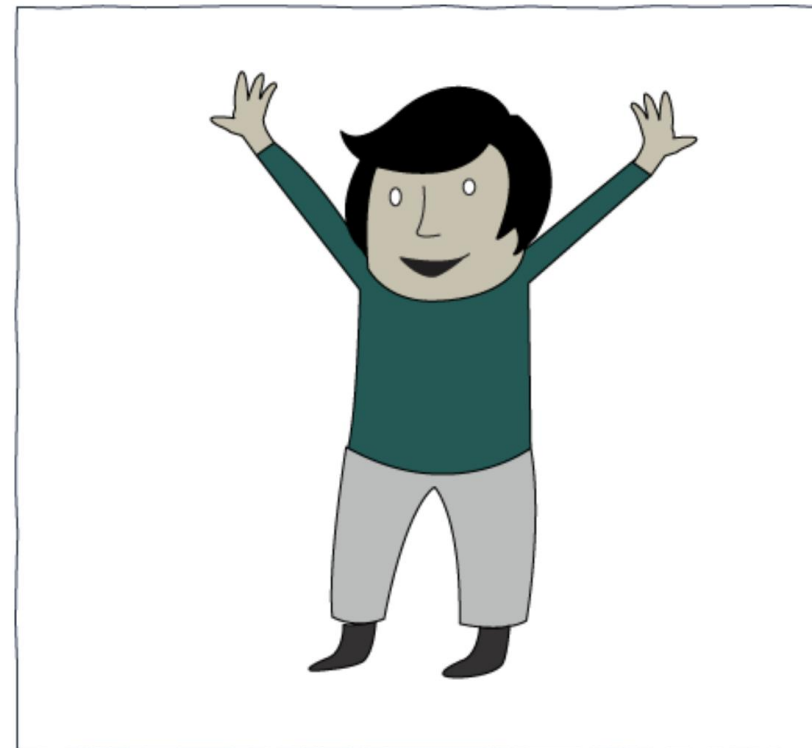
Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...



Think about one or two statements about your goals.

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**SUBMIT**



## Beating the Blues



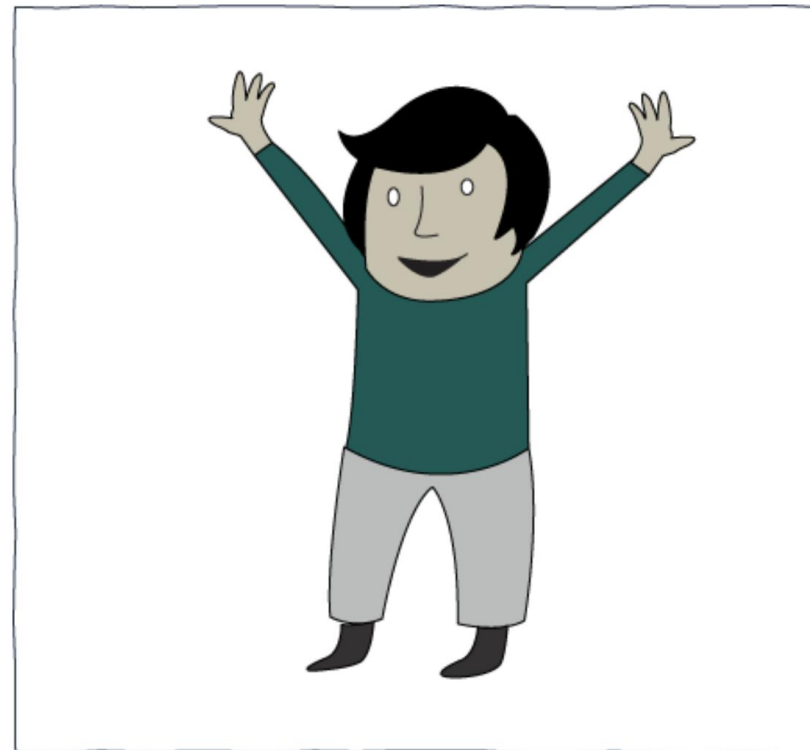
Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...



Try to make them as specific as possible.

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**SUBMIT**

# Beating the Blues

The road to recovery...

What 'being better' would look like for you...



For example, 'I will be able to fall asleep within 30 minutes',

**Urgent Support**

## Beating the Blues



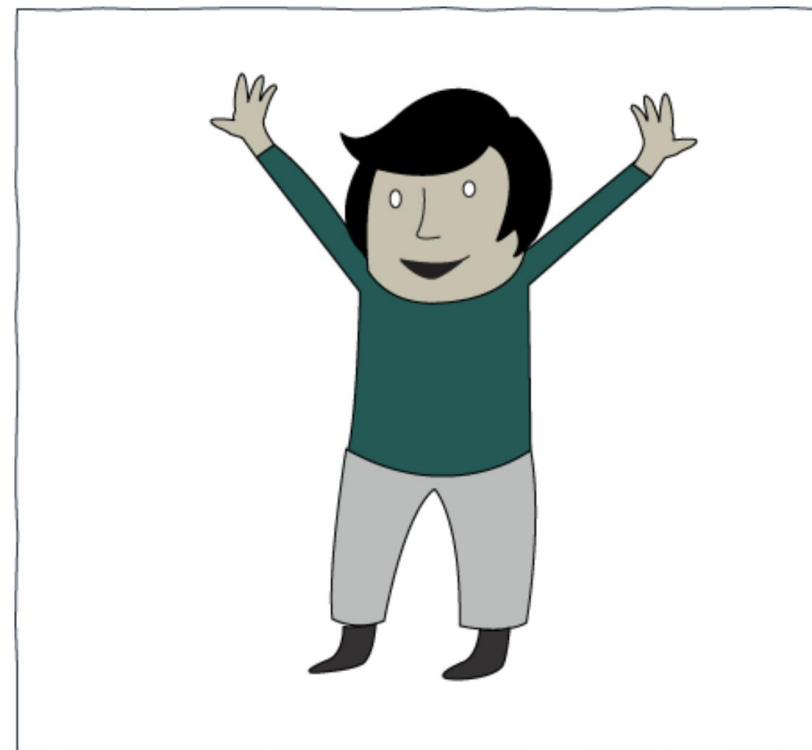
Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...



or 'I will do one thing that makes me happy every day',

**Urgent Support**



**SUBMIT**

## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...



rather than general statements like, 'My sleep will be better',

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**SUBMIT**

## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...



or, 'I will enjoy life'.

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**SUBMIT**

## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...



Sometimes coming up with these goals may take a little thought,

**Urgent Support**



**SUBMIT**

## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...



but one way to identify what is important to you is to use your imagination.

**Urgent Support**



**SUBMIT**



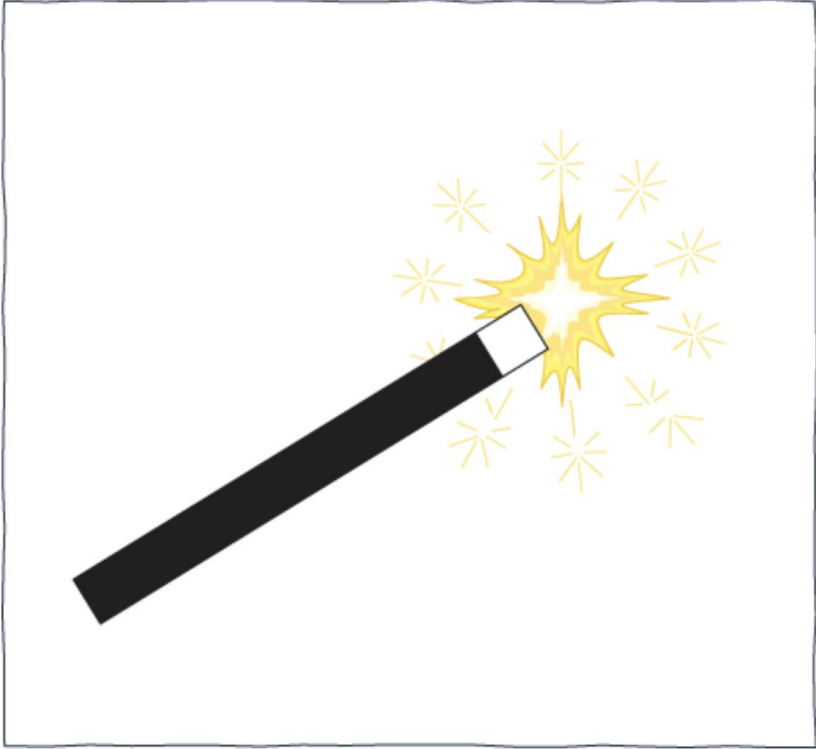
Beating the Blues

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Beating the Blues



Module 1.1 36%


The road to recovery...  
What 'being better' would look like for you...




Imagine that someone could wave a magic wand,

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SUBMIT

## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...



and that tomorrow you woke up and you were feeling good again,

**Urgent Support**



**SUBMIT**

## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...



and that there was an improved quality to your day.

**Urgent Support**



**SUBMIT**

## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...

Some examples:



Some example of what could be different might be:

**Urgent Support**



**SUBMIT**

## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...

Some examples:

- I can fall asleep without tossing and turning for a few hours each night.



I can fall asleep without tossing and turning for a few hours each night.

**Urgent Support**



**SUBMIT**

## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...

Some examples:

- I can fall asleep without tossing and turning for a few hours each night.
- I don't yell at my children every day.



I don't yell at my children every day.

**Urgent Support**



**SUBMIT**

## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...

Some examples:

- I can fall asleep without tossing and turning for a few hours each night.
- I don't yell at my children every day.
- I don't lose my temper with work colleagues.



I don't lose my temper with work colleagues.

**Urgent Support**



**SUBMIT**



## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...

Some examples:

- I can fall asleep without tossing and turning for a few hours each night.
- I don't yell at my children every day.
- I don't lose my temper with work colleagues.
- I am able to drive my car without feeling panicked.



I am able to drive my car without feeling panicked.

**Urgent Support**



**SUBMIT**

## Beating the Blues



Module 1.1



36%

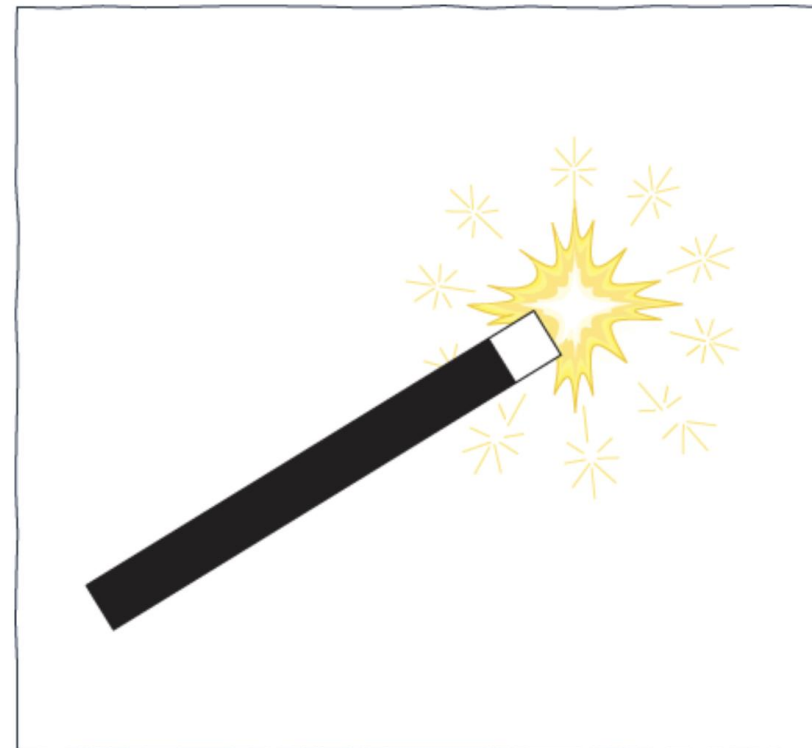
The road to recovery...

What 'being better' would look like for you...

Some examples:

- I can fall asleep without tossing and turning for a few hours each night.
- I don't yell at my children every day.
- I don't lose my temper with work colleagues.
- I am able to drive my car without feeling panicked.

What's your Road to Recovery?



Now try finishing this sentence.

**Urgent Support**



**SUBMIT**

## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...

Some examples:

- I can fall asleep without tossing and turning for a few hours each night.
- I don't yell at my children every day.
- I don't lose my temper with work colleagues.
- I am able to drive my car without feeling panicked.

What's your Road to Recovery?

**I will know that I have beaten the blues when I...**

Enter your answer (no more than 10 words) \*



I will know that I have Beaten the Blues when I...

**Urgent Support**



**SUBMIT**

## Beating the Blues



Module 1.1



36%

The road to recovery...

What 'being better' would look like for you...

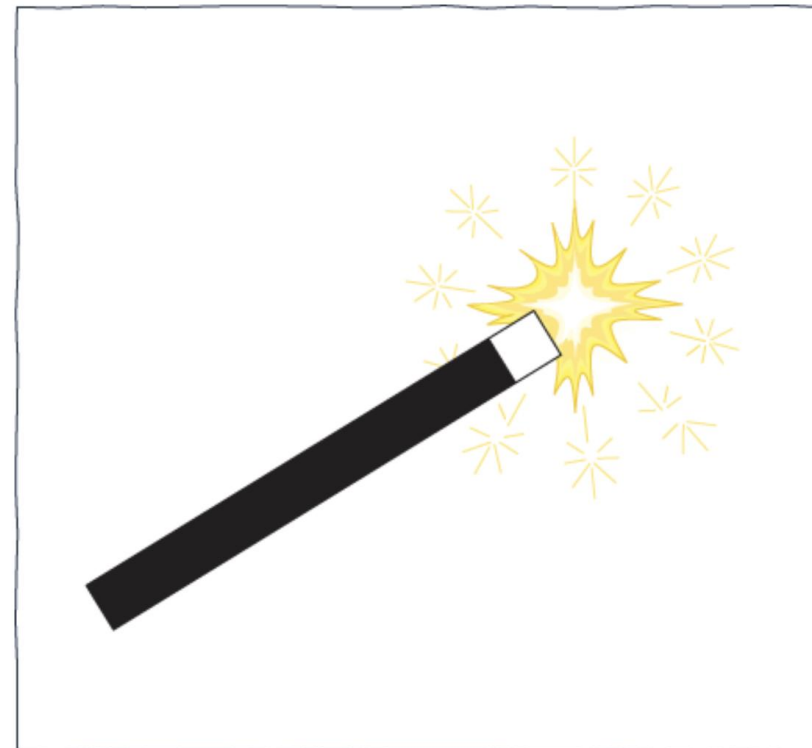
Some examples:

- I can fall asleep without tossing and turning for a few hours each night.
- I don't yell at my children every day.
- I don't lose my temper with work colleagues.
- I am able to drive my car without feeling panicked.

What's your Road to Recovery?

**I will know that I have beaten the blues when I...**

Enter your answer (no more than 10 words) \*



**Urgent Support**



**SUBMIT**

# The Road to Recovery

 Module 1.1

40%



We want to help you feel better sooner,

**Urgent Support**

## The Road to Recovery

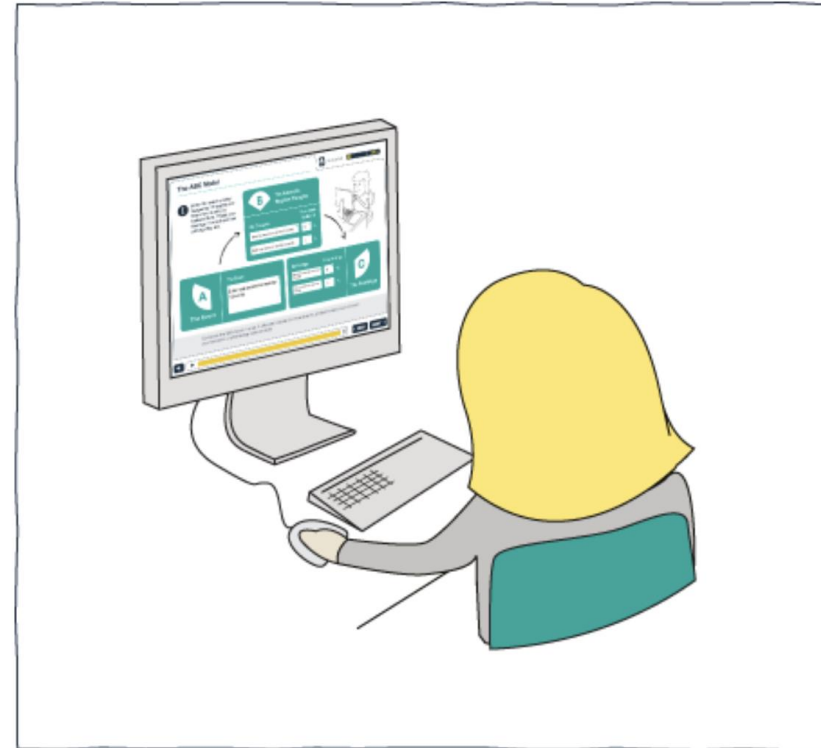


Module 1.1



40%

Each week...



and to do this we will ask you three questions at the end of each session.

**Urgent Support**



◀ PREV

NEXT ▶

# The Road to Recovery

## Each week...

We will ask you about your progress on the road to recovery, and two other questions.



These questions will help you understand if you are achieving your goals

**Urgent Support**



## The Road to Recovery



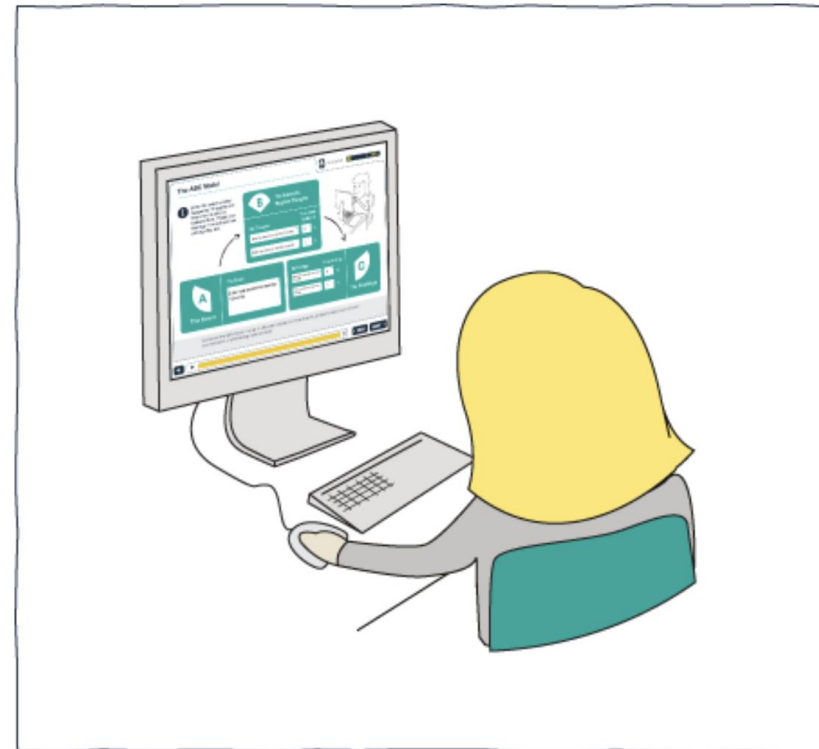
Module 1.1



40%

### Each week...

We will ask you about your progress on the road to recovery, and two other questions.



and help the developers of this program to help others in the future.

**Urgent Support**



< PREV

NEXT >

## The Road to Recovery



Module 1.1

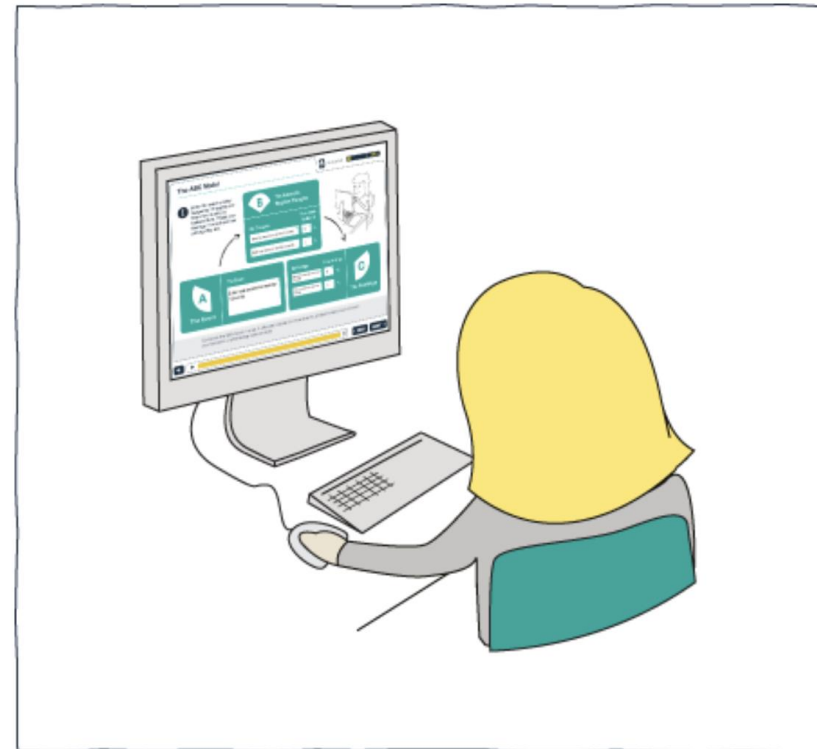


40%

### Each week...

We will ask you about your progress on the road to recovery, and two other questions.

These answers can only be seen by you. All information seen by the developers of this program is anonymous.



Your answers to these questions will not be seen

**Urgent Support**



< PREV

NEXT >

## The Road to Recovery



Module 1.1



40%

### Each week...

We will ask you about your progress on the road to recovery, and two other questions.

These answers can only be seen by you. All information seen by the developers of this program is anonymous.



by the clinicians responsible for your care.

**Urgent Support**



< PREV

NEXT >

## The Road to Recovery



Module 1.1



40%

### Each week...

We will ask you about your progress on the road to recovery, and two other questions.

These answers can only be seen by you. All information seen by the developers of this program is anonymous.



However, the developers of this program can see the average of everyone's answers.

**Urgent Support**



< PREV

NEXT >

## The Road to Recovery



Module 1.1



40%

### Each week...

We will ask you about your progress on the road to recovery, and two other questions.

These answers can only be seen by you. All information seen by the developers of this program is anonymous.



All the information will be anonymous

**Urgent Support**



< PREV

NEXT >



## The Road to Recovery



Module 1.1



40%

### Each week...

We will ask you about your progress on the road to recovery, and two other questions.

These answers can only be seen by you. All information seen by the developers of this program is anonymous.



and no-one will be able to identify you from the answers you give.

**Urgent Support**



< PREV

NEXT >

# Weekly Progress check-in

 Module 1.1

44%



In the last 7 days how much have you felt that your stress, tension, anxiety or depression have impacted your daily activities?



Please select an option to continue.

012345678910

Not at All

All the Time

In the last 7 days how much have you felt that your stress, tension,

Urgent Support



Beating the Blues

https://courses.beatingthebluesuk.com/... Incognito (2)

Weekly Progress check-in

Module 1.144%

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In the last 7 days how much have you felt that your stress, tension, anxiety or depression have impacted your daily activities?

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Please select an option to continue.

012345678910

Not at AllAll the Time

anxiety or depression has impacted your daily activities.

Urgent Support

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# Weekly Progress check-in



Module 1.1



44%



In the last 7 days how much have you felt that your stress, tension, anxiety or depression have impacted your daily activities?



Please select an option to continue.

012345678910

Not at All

All the Time

Urgent Support



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NEXT >

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# Weekly Progress check-in



Module 1.1



44%

You have submitted . Your weekly scores will be shown in the table below.

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8

You can also see your scores as a graph by going to your account area and clicking on reports.

Please press next for the next question.

Urgent Support



NEXT >

# Weekly Progress check-in



Module 1.1



47%

## Next week we will ask you...



In the last 7 days how much have you felt able to manage your negative feelings by using the skills in Beating the Blues?



You do not need to answer this question, this is just for information. We will ask you this next week.

012345678910

Not at All

All the Time



Please click next to continue.

We will ask you this question in the next session as you cannot answer it now.

Urgent Support



PREV

NEXT

# Weekly Progress check-in

 Module 1.1

47%

## Next week we will ask you...



In the last 7 days how much have you felt able to manage your negative feelings by using the skills in Beating the Blues?



You do not need to answer this question, this is just for information. We will ask you this next week.

012345678910

Not at All

All the Time



Please click next to continue.

In the last 7 days how much have you felt able to manage your negative feelings

Urgent Support



< PREV

NEXT >

# Weekly Progress check-in

 Module 1.1

47%

## Next week we will ask you...



In the last 7 days how much have you felt able to manage your negative feelings by using the skills in Beating the Blues?



You do not need to answer this question, this is just for information. We will ask you this next week.

012345678910

Not at All

All the Time



Please click next to continue.

by using the skills in Beating the Blues?

Urgent Support



PREV

NEXT

# Weekly Progress check-in

 Module 1.1

47%

## Next week we will ask you...



In the last 7 days how much have you felt able to manage your negative feelings by using the skills in Beating the Blues?

 You do not need to answer this question, this is just for information. We will ask you this next week.

0

1

2

3

4

5

6


7

8

9

10

Not at AllAll the Time

 Please click next to continue.

Urgent Support



# Weekly Progress check-in



Module 1.1



50%

I'll know that I have Beaten the Blues when:



How far are you on the Road to Recovery?



Please select an option to continue.



No progress at all

I have achieved this

Looking at your "the road to recovery" statement,

Urgent Support



# Weekly Progress check-in



Module 1.1



50%

I'll know that I have Beaten the Blues when:



How far are you on the Road to Recovery?



Please select an option to continue.



No progress at all

I have achieved this

how close do you feel you are to achieving this statement?

Urgent Support



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# Weekly Progress check-in



Module 1.1



50%

I'll know that I have Beaten the Blues when:



How far are you on the Road to Recovery?



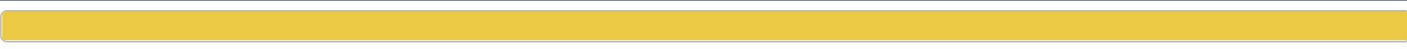
Please select an option to continue.



No progress at all

I have achieved this

Urgent Support



# Weekly Progress check-in



Module 1.1



Your have submitted . Your weekly scores will be shown in the table below.

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8

You can also see your scores as a graph by going to your account area and clicking on reports.  
Please press next for the next question.

Urgent Support



NEXT

Beating the Blues

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Progress check-in

Module 1.1 53%

This questionnaire measures how you are feeling. Please note that this information is not shared with anyone else. However, you can choose to share this with your GP or Health Professional when you next visit them.

Now, let's do some standard questionnaires

Urgent Support



Beating the Blues

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Progress check-in

Module 1.1 53%

This questionnaire measures how you are feeling. Please note that this information is not shared with anyone else. However, you can choose to share this with your GP or Health Professional when you next visit them.

that you'll be asked to do throughout the program.

Urgent Support

II

Beating the Blues

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Progress check-in

Module 1.1 53%

This questionnaire measures how you are feeling. Please note that this information is not shared with anyone else. However, you can choose to share this with your GP or Health Professional when you next visit them.

These questionnaires measure how you are feeling.

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PREV

NEXT



Beating the Blues

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The PHQ9 Questionnaire



Module 1.1 56%




This questionnaire measures levels of sadness and depression.

There are 9 questions.

The PHQ9 questionnaire is a clinical measure of depression.

Urgent Support





PREV

NEXT

## The PHQ9 Questionnaire

Question 1 of 9



Over the last 2 weeks, how often have you been bothered by any of the following problems?

**Little interest or pleasure in doing things?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



## The PHQ9 Questionnaire

Question 2 of 9



Over the last 2 weeks, how often have you been bothered by any of the following problems?  
**Feeling down, depressed, or hopeless?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



## The PHQ9 Questionnaire

Question 3 of 9



Over the last 2 weeks, how often have you been bothered by any of the following problems?  
**Trouble falling or staying asleep, or sleeping too much?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



## The PHQ9 Questionnaire

Question 4 of 9



Over the last 2 weeks, how often have you been bothered by any of the following problems?  
**Feeling tired or having little energy?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



## The PHQ9 Questionnaire

Question 5 of 9



Over the last 2 weeks, how often have you been bothered by any of the following problems?

**Poor appetite or overeating?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



## The PHQ9 Questionnaire

Question 6 of 9



Over the last 2 weeks, how often have you been bothered by any of the following problems?

**Feeling bad about yourself - or that you are a failure or have let yourself or your family down?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**





## The PHQ9 Questionnaire

Question 7 of 9



Over the last 2 weeks, how often have you been bothered by any of the following problems?  
**Trouble concentrating on things, such as reading the newspaper or watching television?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



## The PHQ9 Questionnaire

Question 8 of 9



Over the last 2 weeks, how often have you been bothered by any of the following problems?

**Moving or speaking so slowly that other people could have noticed?**

**Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



## The PHQ9 Questionnaire

Question 9 of 9



Over the last 2 weeks, how often have you been bothered by any of the following problems?  
**Thoughts that you would be better off dead, or of hurting yourself in some way?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



## The PHQ9 Questionnaire

Whilst using Beating the Blues you have triggered an automatic response, this may be because you have answered a question that has indicated you may need further help or assistance. If you are being supported through the programme this person will also act on this information and may let your referrer know you are having thoughts of suicide or self-harm.

### Please note the following:

Beating the Blues is not an emergency service and is not continuously monitored by a clinician. If possible, you should contact someone that can help you such as your GP or other healthcare professionals. If for any reason you cannot speak to your GP, please contact one of these numbers and tell them how you are feeling.

- **NHS** Helpline **111**
- The **Samaritans** on **116 123** or email [jo@samaritans.org](mailto:jo@samaritans.org)
- If living in Scotland, **Breathing Space** on [0800 83 85 87](tel:0800838587) Weekdays: Monday-Thursday 6pm to 2am. Weekends: Friday 6pm-Monday 6am.
- If living in Northern Ireland, **Lifeline** on [0808 808 8000](tel:08088088000)
- If you feel you need immediate help or none of these are available, please call **999** or go straight to **A&E**.

**Important Note:** Beating the Blues is not suitable for people who have very serious symptoms and who have thoughts of self-harm or suicide. If at any time, you experience thoughts of self-harm or of harming others, you agree that you should immediately exit the program and seek professional help, either through your healthcare professionals, the **999** service or local Accident and Emergency department.

**I understand and I wish to carry on**



# The PHQ9 Questionnaire

Your PHQ9 score is . Your scores so far are also shown in the table below.

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8

You can also see your scores as a graph by going to your account area and clicking on reports.

Thank you for answering those questions.

Urgent Support

Beating the Blues

https://courses.beatingthebluesuk.com/... Incognito (2)

The GAD7 Questionnaire



Module 1.189%




This questionnaire measures levels of anxiety or tension.

There are 7 questions.

The GAD7 questionnaire is a clinical measure of Generalized Anxiety.

Urgent Support





PREV

NEXT



## The GAD7 Questionnaire

Question 1 of 7



Over the last 2 weeks, how often have you been bothered by any of the following problems?  
**Feeling nervous, anxious or on edge?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**





## The GAD7 Questionnaire

Question 2 of 7



Over the last 2 weeks, how often have you been bothered by any of the following problems?  
**Not being able to stop or control worrying?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



## The GAD7 Questionnaire

Question 3 of 7



Over the last 2 weeks, how often have you been bothered by any of the following problems?  
**Worrying too much about different things?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



## The GAD7 Questionnaire

Question 4 of 7



Over the last 2 weeks, how often have you been bothered by any of the following problems  
**Trouble relaxing?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



## The GAD7 Questionnaire

Question 5 of 7



Over the last 2 weeks, how often have you been bothered by any of the following problems?

**Being so restless that it is hard to sit still?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



## The GAD7 Questionnaire

Question 6 of 7



Over the last 2 weeks, how often have you been bothered by any of the following problems?  
**Becoming easily annoyed or irritable?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



## The GAD7 Questionnaire

Question 7 of 7



Over the last 2 weeks, how often have you been bothered by any of the following problems?  
**Feeling afraid as if something awful might happen?**

Not at all

Several days

More than half the  
days

Nearly every day



Select an option to continue.

**Urgent Support**



# The GAD7 Questionnaire

Your GAD7 score is . Your scores so far are also shown in the table below.

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8

You can also see your scores as a graph by going to your account area and clicking on reports.

Thank you for answering those questions.

Urgent Support



Beating the Blues

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Stress, Anxiety & Depression


Module 1.1 100%


Thanks for answering those questions.

Thanks for answering those questions.

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NEXT >

Beating the Blues

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Stress, Anxiety & Depression




Module 1.1 100%

Thanks for answering those questions.

Now let's go on with the program.

Urgent Support





NEXT 