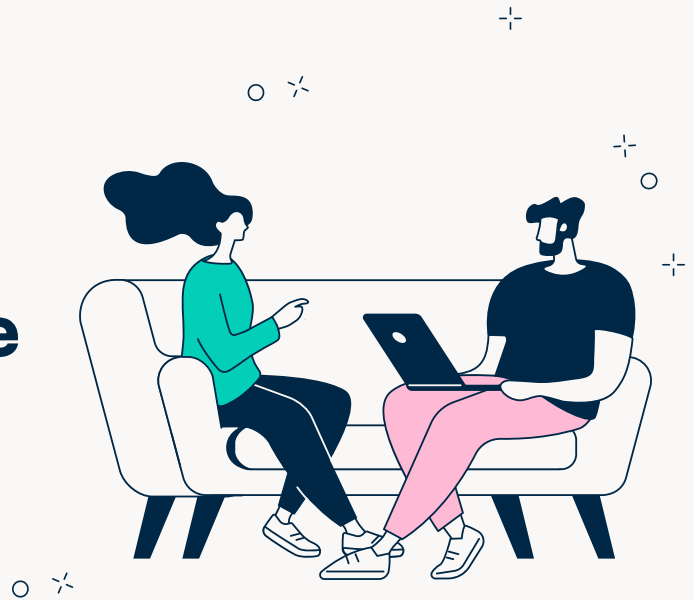




The Beat Health Anxiety Programme

The programme is structured around **six 1-hour online sessions** with a professional therapist. You can complete them at your own pace, though we recommend scheduling them every 1-2 weeks.



What's involved in the sessions?

The sessions begin with you exploring your personal experience of health anxiety. Your therapist will then start to teach you a variety of methods to manage your symptoms and overcome negative thought patterns. Each session is designed to build upon the previous one, to ensure that progress is consistent and goals are achieved.



Programme Outline:

- 1 Understanding Health Anxiety
- 2 Your Relationship to Your Body
- 3 Managing Health Anxiety
- 4 Coping With Triggers
- 5 Communication & Social Support
- 6 Continuing Self-Care



This programme will help you:

- ✓ Gain a deeper understanding of health anxiety and how it affects your body and mind.
- ✓ Learn a range of coping mechanisms and relaxation techniques to manage your anxiety.
- ✓ Move forward with the knowledge and skills to work towards your own long-term goals with confidence.



The programme also includes access to a range of **worksheets and resources** that will help you to continue your journey to a life without health anxiety once the sessions have been completed.

Please note: your programme may follow a slightly different curriculum to the one above, as our therapists will modify their approach based on each client's needs, goals and feedback.