

Space from Challenging Times

'The Space from Challenging Times' is an all-encompassing online programme, designed to aid and support individuals navigating their way through difficult times.

The programme supplies psychoeducation and critical strategies for managing distressing emotions. Our objective is to normalise feelings of worry and offer tools to preserve well-being, even in troubled situations. Accessible around the clock, this programme is entirely adjustable for individual needs, guaranteeing a bespoke experience.



Skills & Strategies



Range of modules for an array of subjects

- Manage challenging moments
- Establish a routine amid a crisis
- Overcome sleep difficulties
- Develop relaxation techniques
- Practice mindfulness
- Handle grief and loss
- Manage financial concerns



Interactive modules and activities

- Journal tools
- Grounding exercises
- Sleep logs
- Relaxation techniques
- Mindfulness exercises
- Practical tools for managing grief
- Financial tensions

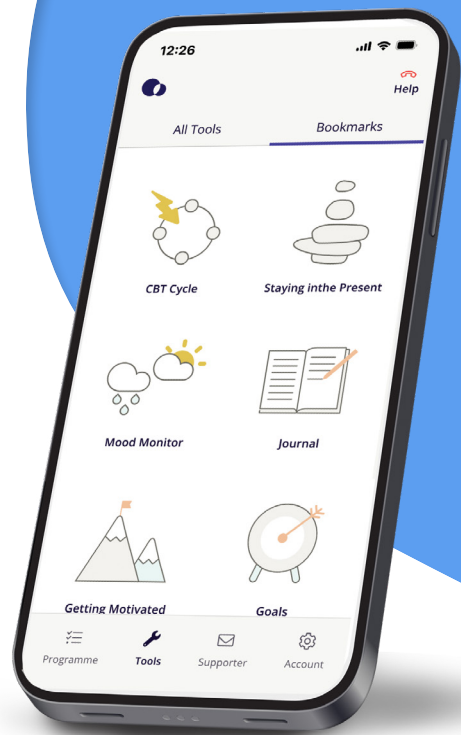


Supportive resources to develop skills

- Promote self-care
- Enhance social connections
- Cultivate hope
- Nurture resilience
- Promote a balanced perspective during challenging times

Who This Programme Was Designed For:

'The Space from Challenging Times' is designed specifically with adults in mind, particularly those encountering stressful periods or facing situations that cause distress. With a focus on emotional resilience, the programme empowers these individuals and provides strategies for effectively managing varied stressors. Concurrently, the programme encourages the cultivation of healthy relationships and the fostering of positive emotions during times of crisis.



Cognitive Behavioural Therapy

With Cognitive Behavioural Therapy (CBT), participants will gain a better understanding of their thoughts, feelings, and behaviours, learning how to implement positive changes – proven to reduce symptoms and manage their mental health and well-being more effectively. Participants leave with the tools to better manage their mental health both presently and in the future.

Rich educational content provides insightful understanding about common emotional reactions, effective coping strategies, guidelines for sleep hygiene, benefits of relaxation, mindfulness practices, understanding the grief process, and dealing with financial hardships.

[Find out more](#)

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