



# Beating the Blues<sup>®</sup>

For technical assistance contact  
[support@365healthsolutions.co.uk](mailto:support@365healthsolutions.co.uk)

## How can I get access?



Go to the following URL on your computer or smart device:

<https://hscni.learning.dev>



Enter the Sign-Up Code when prompted:

**Z00382**



Agree to the Terms and Conditions



Complete the registration details

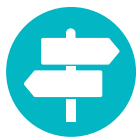
## How is my data protected?



Unique usernames, passwords, encryption and storage on secure servers protect your data.

## What is Beating the Blues?

Beating the Blues is a **Cognitive Behavioural Therapy (CBT)** programme delivered online that teaches you techniques to help you manage symptoms such as stress, anxiety and depression. You'll learn and practice simple exercises to help you feel better and see how the programme has helped others.



Easy to Use



Self-guided



Proven



Interactive



Video Clips



For Ages 16+

## How will Beating the Blues help me?

Beating the Blues helps you manage how you feel by showing you the link between your feelings and what you do, think and say. Using Beating the Blues can help you get better and stay better but it may also be useful for you to speak to your GP or health professional about your condition.



Manage Thoughts



Lifelong Skills



Feel Better

## How do I complete Beating the Blues?

The 8 sessions each consist of 3-5 modules and you should aim to complete 1 module every other day. You can continue where you left off and it will take you approximately 8 to 10 weeks to complete.



CBT Sessions



Flexible Schedule



10 minute Modules



Autosaves Progress



Project Sheets



Practise Techniques

## Where can I use Beating the Blues?



Anywhere



All-Online



Audio

The programme is all online and can be used anywhere via the devices shown below. All you need is a stable internet connection.

You will need speakers or headphones to listen to the audio and follow the programme narrative. Subtitles are also available.



Smartphone



Tablet



Laptop/PC

## How do I get the most out of Beating the Blues?



### Commitment

- To embracing the concepts
- To carrying out the projects
- To putting techniques into practice



### Willingness

- to open up to change
- to accept what you can't control
- to think realistically

## When can I expect to feel better?

- Beating the Blues requires your cooperation, **the more effort you put in, the more you will get out**
- **Be patient** - In the beginning, your symptoms can cause low motivation in your early sessions
- **Keep going** - Don't be disheartened if you don't feel better immediately. Almost all users discover a 'golden nugget' of information that accelerates their recovery and helps them to stay better.
- Every technique or module doesn't have to make you feel better straight away for it to benefit you



"My personal targets became clear after the first two sessions and by the end of **Session 3** I felt much more **in control** of my feelings"

"Reflecting on my own beliefs in **Session 5** helped me put my thoughts into **perspective**. I still use the techniques regularly to overcome my anxiety and manage my mood."



Patience



Practise



Revelation



Relief



Recovery



Future-Ready

## What happens if I have suicidal thoughts?

If you have any thoughts of self-harm or harm to others, stop using the programme and get help. Contact NHS Helpline on 111 or the Samaritans on 116 123 for free, any time.



116 123  
Samaritans



111  
NHS Helpline

# Beating the Blues is based on CBT and follows a similar process to face-to-face approaches

Beating the Blues sessions are as follows:



## Introduction

Beating the Blues Tour | CBT | Navigating the Programme

# 1

## Define your Problems



- Establish a clear picture of your problems and their causes
- What does 'being better' look like for you?

# 2

## Set your Goals



- Set your goals for therapy
- Discover the links between feelings and what you do, think and say

# 3

## Understanding your Thoughts



- Recognise that your thinking can become distorted due your symptoms
- Structured problem solving techniques to overcome thinking errors and get relief

# 4

## Challenging your Thoughts



- Use realistic thinking to confront unhelpful thoughts and feel better
- Sleep management, overcoming panic and getting organised to improve your wellbeing



## Relief Milestone



# 5

## Refining Techniques



- Spotting when your beliefs are unhelpful
- Change these unhelpful beliefs in order to feel, behave and stay better

# 6

## Understanding Success



- Explore how you distinguish between good and bad events in your life
- Recognise successes in your life that came from your actions
- Build self-esteem and overcome hopelessness



## Recovery Milestone



# 7

## Learning New Habits



- Learn new thinking habits to continue building confidence
- Manage negative influences and cope with life's ups and downs

# 8

## Planning for your Future



- Review what you've learned and check progress toward your goals
- Set future goals and keep practising
- Plan of action in case of setbacks



## Completion Milestone



## For Further Assistance

For technical assistance contact [support@365healthsolutions.co.uk](mailto:support@365healthsolutions.co.uk)