



Welcome to the Self-Guided Journey

The self-guided journey is an opportunity for you to learn skills and coping strategies at your own pace. This digital cognitive behavioral therapy (dCBT) program addresses common mental health concerns, using strategies from CBT and internal family systems models. Each of these modules is designed to increase your understanding of how modifying thoughts may lead to better health and wellbeing.

Before beginning any of the Self-Guided Journey modules, it may be helpful to view the “Introduction to Cognitive Behavioral Therapy.” This program offers:

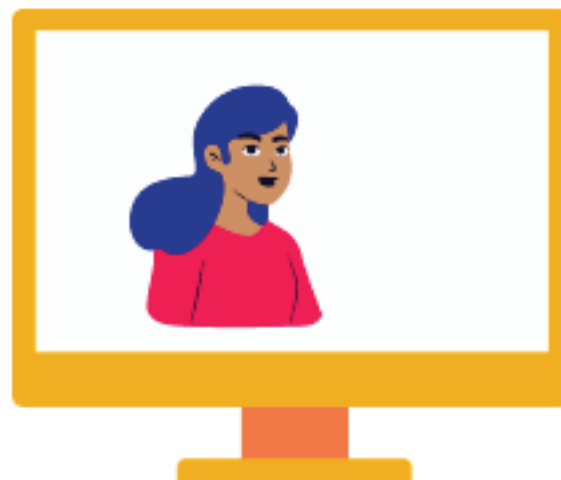
- A definition and brief history of CBT
- What issues CBT is effective in addressing
- An overview of the CBT process

After you have reviewed the introductory program, you can explore modules on:

- Anxiety
- Depression
- Stress

Each module has four lessons of approximately 10 minutes in length, followed by a brief wrap-up. Completing a full module will take approximately 45 minutes. You can explore each lesson one at a time or watch the entire module at one sitting. It's up to you!

Please read on to learn more about each of the Self-Guided Journey modules that are currently available on mylifematters.com.



Anxiety

Everyone is anxious from time to time. How do you know when it becomes a problem? This module reviews the difference between anxiety, fear, and nervousness. It also provides self-help strategies to address mild to moderate symptoms. Each lesson has specific goals, as described below:

- **Lesson One: Understanding Anxiety**
 - Recognizing the signs and symptoms of anxiety and their level of severity.
 - Understanding effective self-help strategies that address mild to moderate symptoms.
- **Lesson Two: Know Your Parts**
 - Identifying and engaging with one's mental sub-personalities or “parts” that cause or worsen anxiety.
- **Lesson Three: Cognitive Distortions**
 - Listening for and challenging cognitive distortions arising from these parts, ones that were once protective but become self-defeating.



- **Lesson Four: Living with Anxiety**
 - Creating healthy habits to replace unhealthy routines arising from feelings of anxiety.

Depression

The word “depression” is used as a generic term for a variety of emotional states. This module reviews common definitions, includes an assessment to measure levels of depression, and provides self-help strategies to alleviate mild to moderate symptoms. Each lesson has specific goals, as described below:

- **Lesson One: Understanding Depression**
 - Recognizing the signs and symptoms of depression and their level of severity.
 - Understanding effective self-help strategies that address mild to moderate symptoms.
 - Creating healthy habits to replace unhealthy routines arising from feelings of depression.
- **Lesson Two: Know Your Parts**
 - Identifying and engaging with one’s mental sub-personalities or “parts” that cause or worsen depression.
- **Lesson Three: Cognitive Distortions**
 - Listening for and challenging cognitive distortions arising from these parts, ones that were once protective but become self-defeating.
- **Lesson Four: Gratitude**
 - Recognizing how gratitude and showing appreciation for others positively impacts one’s emotional wellbeing and relationships.

Stress

Most people will say they are stressed, but what does that really mean? Is there such a thing as good stress? This module will review the continuum of stress, describe what each level feels like, and provide self-help strategies to address mild to moderate symptoms. Each lesson has specific goals, as described below:

- **Lesson One: Understanding Stress**
 - Recognizing the signs and symptoms of stress and their level of severity.
 - Clarifying what you can and cannot control.
- **Lesson Two: Know Your Parts**
 - Identifying and engaging with one’s mental sub-personalities or “parts” that cause or worsen stress.
- **Lesson Three: Cognitive Distortions**
 - Listening for and challenging cognitive distortions arising from these parts, ones that were once protective but become self-defeating.
- **Lesson Four: Living with Stress**
 - Creating healthy habits to replace unhealthy routines arising from feelings of stress.

Accessing the Self-Guided Journey is easy. Simply:

- Go to **mylifematters.com**
- Enter the password _____
- Click on the Self-Guided Journey tile
- Explore the available modules

The Self-Guided Journey can help you address mental health concerns at your own pace. Keep an eye out for more modules later in 2024.

1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing
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Call collect to **262-574-2509** if outside of North America

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

