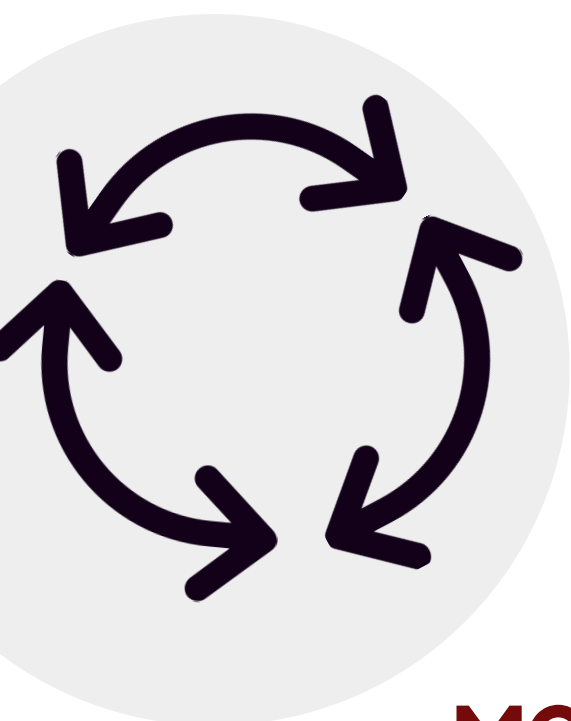


MENTAL HEALTH FOR ALL

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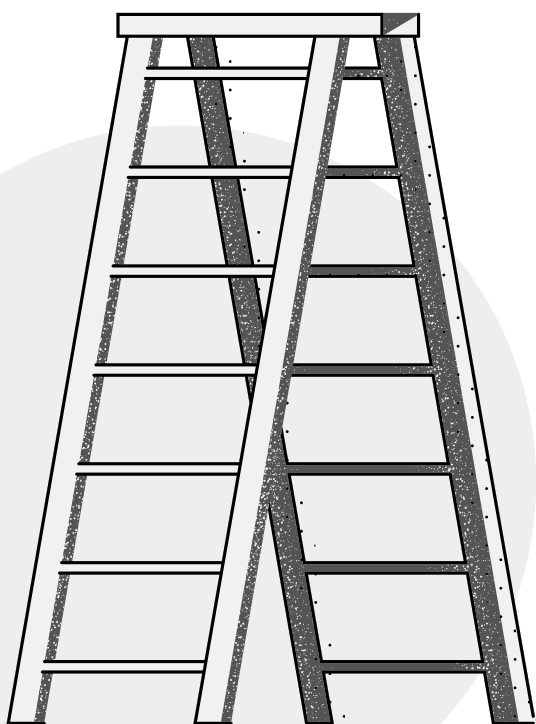
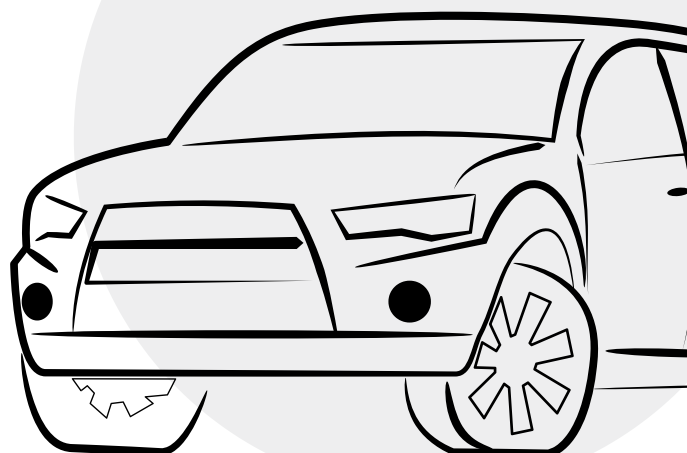


MODULE 1: OBSERVE THE TEB CYCLE

The process of separating and labelling thoughts, emotions and behaviors—which we call the TEB Cycle—can help us slow down our brain.

MODULE 2: CHARGE UP

During stressful times, we may want to do nothing. Yet, our bodies are like the batteries of a car. Charge Up helps us learn how to recharge our batteries.

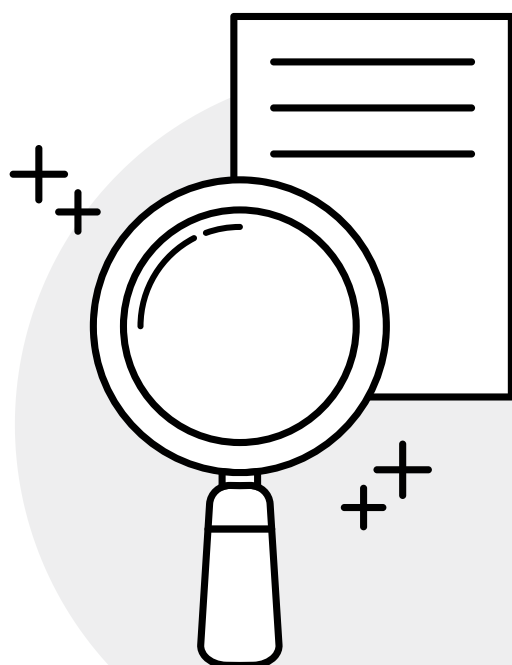


MODULE 3: FACE FEARS

Avoiding our fears can keep us stuck in a negative cycle of thoughts, emotions, and behaviors. The skill Face Fears teaches us how to face uncomfortable situations one step at a time.

MODULE 4: EXPLORE THOUGHTS

In uncertain and stressful times, our minds sometimes jump to the worst possible outcome. A key to staying healthy during times like these is exploring what we are saying to ourselves.



START LEARNING TODAY

