

E-MENTAL HEALTH HIGHLIGHT

APRIL 10, 2023

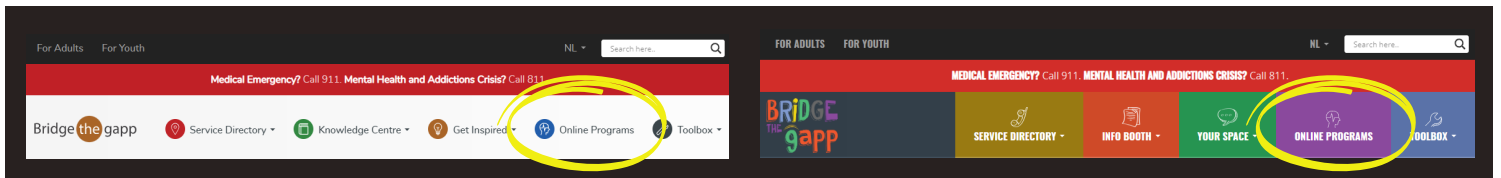
Online Program - BreathingRoom™



www.bridgethegapp.ca



The **Online Programs** tab on both the Adult and Youth pages of **Bridge the gapp** provide information about and access to free programs available to residents of Newfoundland and Labrador.



BreathingRoom™ is one of the free, online programs available on Bridge the gapp. It's a self-management program for individuals ages 13-24 looking to find ways to manage stress, anxiety and depression.

BreathingRoom™ is for those who want to create healthier connections with themselves and others, learn coping strategies and techniques to manage stress and build resilience, and who want to develop greater awareness of the connection between thoughts and behaviour.



BreathingRoom™ helps with stress, anxiety and depression.

It offers practical exercises, visualizations, music, movie and book suggestions, and engaging video content.

Program topics include:

- self-acceptance
- creativity
- joy
- gratitude
- acceptance
- forgiveness
- compassion
- celebration



BreathingRoom™ has 8 modules in total. Each module can take 2-3 hours a week to complete.

There is no set time frame for when the program should be completed. It can be done in whatever timeframe works best for the individual and their journey.



BreathingRoom™ can be used:

- as a self-managed, interactive treatment
- as part of a peer support network
- with a practitioner in the role of coach
- as a tool for a professionally-led therapy group
- as an adjunct to traditional counselling



breathing room

