

daylight

Welcome to Daylight!

Please go to [trydaylight.com/nhs](https://www.trydaylight.com/nhs) to get started. The following instructions will help you sign up and begin your journey to worrying less:

1

From a desktop, laptop or tablet, visit www.trydaylight.com/nhs to take our short quiz and create your free account

2

Download the 'Daylight – Worry Less' mobile app from the Apple App Store or Google Play Store to get started

3

In the app, tailor the programme to you and unlock personalised exercises (10-15 mins each) based on cognitive behavioural therapy (CBT) for worry and anxiety



What you'll learn

Daylight was designed by experts to help you control your worry with four proven exercises:



Learn how to relax

Use the Tense & Release exercise to discover how tensing up your body can actually calm your mind.



Control your worry

The Worry Time exercise trains you to worry only at a specific time and place – so you can be more present in the rest of your life.



Tackle unhelpful thoughts

Use the Thought Challenger exercise to identify and reframe thoughts that keep you stuck.



Address your fears

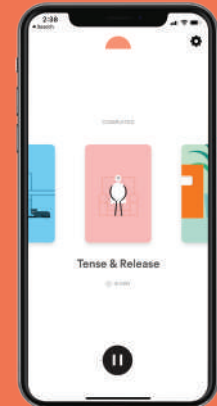
The Worry Story exercise empowers you to face your fears so they have less control over you.

About Daylight

Daylight is your expert guide through worry and anxiety, whenever and wherever you need it. It is an engaging, easy-to-use app that teaches proven exercises to help you manage your worry.

Here are ways Daylight can help:

- Feel more in control of your worry, rather than worry controlling you
- Use the app whenever and wherever you want, with short practice sessions if you're busy
- Address the root of worry and anxiety without medication



Remember, what you put in is what you get out. Daylight works best if you practise the exercises regularly – so try to get your daily dose of Daylight.

Have questions for us? We're on hand to help you every step of the way. Just email hello@trydaylight.com and we'll be able to help, whether it's a problem with your mobile or with your worry.