

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

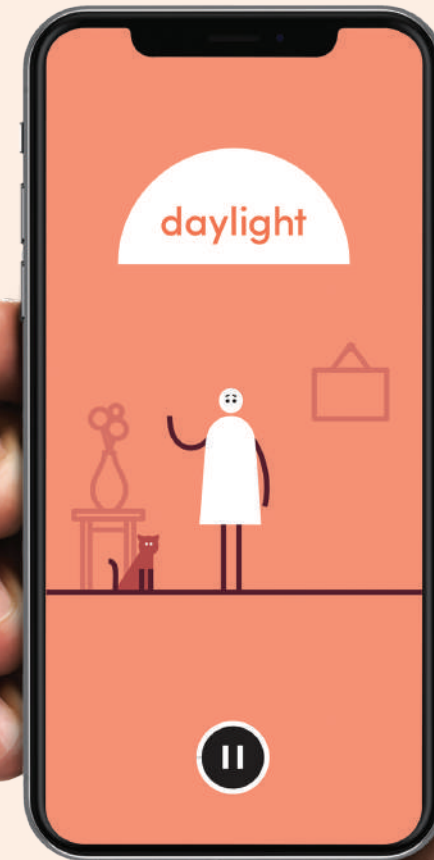
From a desktop, laptop or tablet, visit [www.trydaylight.com/nhs](https://www.trydaylight.com/nhs) to take our short quiz and create your free account

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

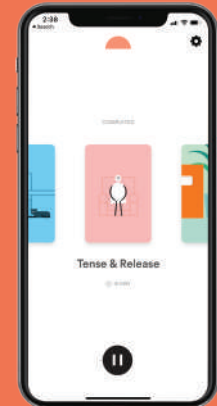
The Worry Story exercise empowers you to face your fears so they have less control over you.

## 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](mailto:hello@trydaylight.com) and we'll be able to help, whether it's a problem with your mobile or with your worry.