

# Boosting Women's Mental Health and Resilience Throughout A Lifetime

Many mental health challenges affect women differently than men and occur at different stages of life. And some are only experienced by women.

Learn how online cognitive behavioral therapy (CBT) based programs and services can boost mental health and improve your quality of life.

Start Assessment  
Using Code  
MIIA  
Start Assessment



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- Symptoms and Benefits of CBT:
- Teenage Girls
- Young Women
- Pregnant Women
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- Middle-Aged Women
- Senior Women



Pick a topic and let's get started

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# What is Cognitive Behavioral Therapy (CBT)?

CBT helps identify negative thoughts or beliefs and challenges us to replace these with more accurate and helpful thoughts. People feel happier and more confident in their lives when they change the way they think and adopt more effective behavior patterns.

To better understand the power of CBT, consider **Automatic Negative Thinking Traps (ANTs)**. These are patterns in our thinking that invade our emotions. We only become aware of ANTs when we actively look for them. Then we can expose them for what they are, and we take away their power.

Here are some common ANTs:

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**Mind-Reading**  
Believing I know others' thoughts or motives without them telling me

**Description:**  
I assume that I know what others are thinking.

**Examples:**  
Everyone thinks I'm fat.  
My new moms' group is always judging me.  
My coworkers think I'm old and out of style.

When you notice negative thoughts throughout your days, you'll see patterns appear over time. This will help you become more aware of negative thoughts and change them into more productive ones!

**Fortune Telling**  
Predicting A Negative Scenario

**Description:**  
I decide that something is going to happen, even if I really don't know for sure that it will.

**Examples:**  
My friends are not going to be there for me.  
I'm not going to be a good mom.  
I'm not going to get that promotion.

**Should Statements**  
Thinking in terms of what must be or must not be done.

**Description:**  
We all naturally have expectations of ourselves or of others, but they can be unrealistic.

**Examples:**  
I "should" have taken that other job.  
That waiter "should've" remembered that I wanted my salad dressing on the side.  
My husband "should" know where I store the extra paper towels.

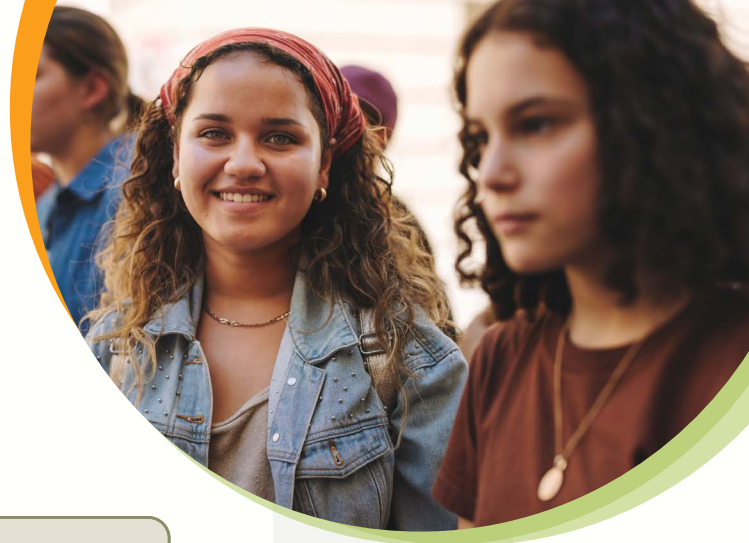
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# Teenage Girls

Cognitive behavioral therapy (CBT) can provide teenage girls with the tools and skills they need to navigate the challenges of adolescence and develop into healthy, happy adults.



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## Commons Symptoms in Teenagers

- Sad mood
- Extreme changes in sleep or weight
- Arguing with authorities or being unkind to peers
- Changes in school grades
- Signs of alcohol or drug use
- Extreme isolation
- Many sick days from headaches and other pains
- Skipping school
- Anxiety about relationships, grades, sports, etc.

## Benefits of CBT for Teenagers

- ✓ Increase confidence
- ✓ Improve communication skills
- ✓ Respond to stress in healthier ways
- ✓ Increase resilience
- ✓ Recognize and get past irrational anxiety and fears
- ✓ Reduce unhealthy behaviors and eating disorders
- ✓ Overcome insecurities and fear of judgment by friends and authorities
- ✓ Reduce addictive behaviors and substance use

## Resources

Don't miss signs of mental health problems in teenage girls.

[Click Here](#)

How to talk to your teenager about mental health.

[Click Here](#)

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# Young Adult Women

Cognitive behavioral therapy (CBT) can help young adult women navigate the challenges of transitioning into adulthood including career and life changes, relationships, and stress. It can also help them develop skills to improve their mental health and well-being.



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## Commons Symptoms in Young Adult Women

- Anger
- Being “a loner”
- Confused thinking
- Mood swings
- Substance misuse
- Anxiety and worries about school, career, relationships, etc.
- Changes in sleep patterns (staying up all night or sleeping all day)
- Changes in appetite or diet
- Impulsive travel, spending, or sexual relationships

## Benefits of CBT for Young Adult Women

- ✓ Gain confidence and feel worthy
- ✓ Grow from setbacks and loss
- ✓ Develop effective, life-long habits and skills
- ✓ Overcome depression
- ✓ Reduce stress, anxiety, and worry
- ✓ Face fears and reduce social anxiety
- ✓ Manage negative emotions, thoughts, and memories

## Resources

Read about strategies for preventing and managing substance use.

[Click Here](#)

Learn about strategies to manage social anxiety.

[Click Here](#)

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# Pregnant Women

Cognitive behavioral therapy (CBT) can provide pregnant women with various benefits, including reducing symptoms of depression and anxiety, enhancing their coping skills, improving their overall mental health, and preparing them for the challenges of motherhood.



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## Common Symptoms During or After Pregnancy

- Worrying about their health or the baby's health
- Mood swings
- Feeling sad, down, or crying for no reason
- Feeling nervous or on edge
- Panic attacks
- Feeling tired all the time
- Not being able to sleep
- Losing interest in sex or intimacy
- Fear of being alone with the baby
- Brain fog, or finding it hard to focus or remember things
- Taking risks (such as drug use)

## Benefits of CBT During or After Pregnancy

- ✓ Learn to focus on the joys to pregnancy and motherhood
- ✓ Build healthy habits
- ✓ Actively solve problems
- ✓ Learn strategies to support sleep
- ✓ Reduce stress and fears
- ✓ Eliminate panic
- ✓ Prevent or halt substance use
- ✓ Cope with postpartum depression and anxiety

## Resources

Elevate your mental well-being after pregnancy - view our CBT webinars now!

Help and Hope for Postpartum Depression



Calming Strategies for Postpartum Anxiety



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# Adult Women

Cognitive behavioral therapy (CBT) can benefit adult women by helping them manage stress, balance responsibilities, develop effective communication and problem-solving skills, enhance self-esteem and confidence, and improve overall mental health and well-being.



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### Common Symptoms in Adult Women

- Feeling anxious, panicked, or worried
- Changes in mood
- Feeling depressed or unhappy
- Sleep problems
- Weight or appetite changes
- Withdrawing from life
- Substance use
- Feeling guilty or worthless
- Infertility or experiences with infertility

### Benefits of CBT for Adult Women

- ✓ Build healthy habits
- ✓ Improve self-esteem
- ✓ Increase overall well-being through physical health, energy levels, and quality of life
- ✓ Learn strategies that improve sleep
- ✓ Overcome stress and worry
- ✓ Face fears and reduce social anxiety
- ✓ Address substance misuse
- ✓ Reduce depression
- ✓ Overcome fear of social judgment

### Resource

Read about women's health on the journey of infertility.

[Click Here](#)

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# Middle-aged Women

Cognitive behavioral therapy (CBT) can benefit middle-aged women by helping them manage symptoms of anxiety and depression, cope with life transitions, improve relationships and communication, enhance self-esteem, and improve overall mental health and well-being.



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## Common Symptoms in Middle-Aged Women

- Sadness about things that happened in life, or that did not happen
- Feeling bored or tired with daily routine
- Getting angry or upset very easily
- Impulsive travel, spending, or sexual relationships
- Changes in sexual desire
- Worrying about money, retirement, aging parents, or children
- Sudden desire to make a lot of life changes

## Benefits of CBT for Middle-Aged Women

- ✓ Improve sleep
- ✓ Increase resilience
- ✓ Boost confidence
- ✓ Improve relationships with family and friends
- ✓ Get past depression and anxiety
- ✓ Handle the empty nest and/or face going back to work
- ✓ Reduce stress, worry, anger, and low mood
- ✓ Cope with menopause
- ✓ Deal with the stress of caring for elderly relatives or mourn their loss

## Resources

Learn about boosting mental health during menopause.

[Click Here](#)

Read about relieving the stress of being a caregiver.

[Click Here](#)

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# Senior Women

Cognitive behavioral therapy (CBT) can benefit senior women by helping manage symptoms of anxiety and depression, cope with loss, and improve overall mental health and well-being.



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## Common Symptoms in Senior Women

- Wanting to be left alone
- Sudden weight loss or weight gain
- Sadness
- Anxiety about the future
- No energy to bathe, change clothes, or other self-care activities
- Stopping things that are enjoyable
- Increase in alcohol use, unhealthy eating, or substance use
- Sleeping a lot or experiencing difficulty sleeping
- Feeling worthless, guilty, or empty

## Benefits of CBT for Senior Women

- ✓ Improve mood
- ✓ Achieve better sleep
- ✓ Increase quality of life through a greater sense of purpose, better social relationships, and more participation in meaningful activities
- ✓ Reduce anxiety, fear, and panic
- ✓ Overcome depression
- ✓ Learn to grieve and cope with losses

### Resource

Learn about the importance of social connections.

[Click Here](#) 

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Boosting Women's Mental Health and Resilience Throughout A Lifetime

# Cognitive Behavioral Therapy (CBT) Resources

CBT is valuable at every stage of life. It can help women build resilience, develop problem-solving skills, improve relationships, and maintain good mental health.

Learn to Live offers CBT programs and services to support you and your family members (13 and older).



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## Find a program that's right for you.

<b>Stress, Anxiety &amp; Worry</b> This program helps you inspect your thoughts, challenge irrational assumptions, learn relaxation and coping techniques, and be more assertive.	<b>Depression</b> Learn how to change unhelpful thought and behavior patterns, actively solve problems, improve sleep habits, and develop assertiveness.	<b>Social Anxiety</b> Explore ways to control your thinking, develop confidence, and become more relaxed and less anxious in social situations.	<b>Insomnia</b> Learn how to harness fatigue and sleep better with tools to help let go of the stress and worry that so often contribute to insomnia.
<b>Panic</b> If you've suffered from episodes of intense fear, accompanied by rapid heartbeat, chest pains or difficulty breathing, this program could help you reclaim your life.	<b>Substance Use</b> Sometimes concerns about alcohol or drug use can sneak up on us and can turn our lives upside down. Access the proven tools that have helped many out of this trap.	<b>Resilience</b> Learn tools and strategies to grow your optimism and strength so you can bounce back when things don't go as planned and live a healthy, meaningful life.	

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