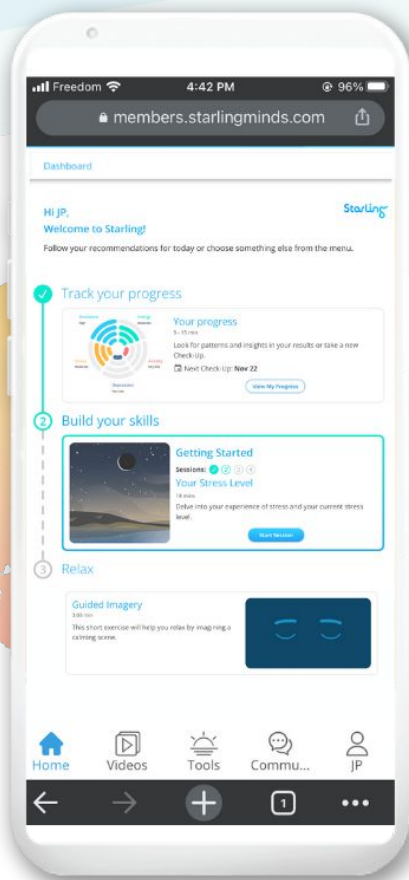


# Starling Mental Fitness Program Session Breakdown

Starling Mental Fitness is a 24/7, confidential, online mental health program for people wanting to better manage stress, anxiety, burnout, or depression. Our self-guided digital program is easy to use and tailored to their needs.



In easy 10-minute bite-sized sessions, the program allows them to build the knowledge, skills, and tools they need to better manage their mental health now and feel like themselves again.

Unlike mindfulness and wellness apps, our program dives deeper, adapting to changes in their life and equipping them with the tools and skills they need to improve their mental fitness.



# Mental Fitness Modules



# Getting Started

## Sessions 1 to 4



This five-session introductory Guided Therapy explores the framework for how members approach improving their mental health and building resilience. Members will explore basic mental health concepts, such as the Mental Health Continuum, and apply them to their situation.

- Session 1 - Introduction:** Members will examine how cognitive behavioral therapy (CBT) works and how members want to use the program.
- Session 2 - Stress and Energy:** Members will focus on a common idea of what stress means and delve into a member's current experience of stress and how it can drain their energy.
- Session 3 - Experiencing Anxiety:** Members will explore the Mental Fitness Continuum and their anxiety symptoms results.
- Session 4 - Experiencing Depression:** Members will explore their Check-Up results for depression symptoms and try out a breathing strategy they can use to help improve your mood.
- Session 5 - What is a Mental Fitness Toolkit:** Members will explore what a Mental Fitness Toolkit is and how they can start creating their own, and get an overview of how the rest of the training modules will help them keep building your toolkit.



# Understanding Your Moods

## Sessions 1 to 6



This six-session Training Module explores the reasons behind a member's moods. Members learn to examine their moods and reactions to improve their self-awareness, find their patterns, develop strategies, and start proactively managing their moods.

- Session 1 - Explore Your Moods:** Members will explore a framework they can use to understand the reasons behind different moods.
- Session 2 - How Your Moods Change:** Members will learn to unpack their day so that they can start to identify trends and patterns.
- Session 3 - Dealing with the Black Ball of Distress:** Members will investigate more complex mood shifts.
- Session 4 - Your All-or-Nothing Tendencies:** Members will dive into their reactions and specifically address those all-or-nothing tendencies which can lead to more intense moods.
- Session 5 - Identify Your Triggers:** Members will identify their common triggers, and learn how to better prepare for them the next time they occur.
- Session 6 - Guided Check-Up:** Members will take the GAD-7, PHQ-9, and WSAS assessments again to reflect on their score changes and track their progress.



# Behavior Strategies

## Sessions 1 to 6



This six-session Training Module explores different behavior strategies that members can use to start to manage their moods, increase relaxation, or get into the zone. The first four sessions introduce a behavior strategy to the member and allow them to try it out and see if it works for them before setting a practice goal to complete before the next session.

- Session 1 - Diaphragmatic Breathing:** Members will explore behaviour strategies, and how to get the most out of it using goal setting.
- Session 2 - Strategic Breathing:** Members will explore another breathing technique to improve their mood and focus.
- Session 3 - Guided Imagery:** Members will use their imagination and deep breathing to focus their thoughts to feel better.
- Session 4 - Mindfulness:** Members will learn how to focus and direct their attention using mindfulness to help reduce anxiety and improve their mood.
- Session 5 - Create Your Strategy Action Plan:** Members will plan their strategies to proactively manage stressful situations.
- Session 6 - Guided Check-Up:** This final session is a reassessment session, where members take a check-up again to reflect on their score changes and track their progress.



# Thought Strategies

## Sessions 1 to 6



This six-session Training Module explores how to change negative or distorted thought patterns. Members will start to examine the connection between their thoughts and moods, before taking them through the basics of gaining an awareness of automatic negative thoughts and balancing those thoughts to become more positive, realistic, and productive.

- Session 1 - Try Thought Balancing:** Members will explore how thought balancing strategy works by balancing an example thought in a simple step-by-step process.
- Session 2 - Balance a Stressful Thought:** Members will identify and balance an unhelpful thought they've had during a stressful situation using the thought balancing strategy.
- Session 3 - Balance a Sad Thought:** Members will identify and balance a distressing thought they've had in a sad or upsetting situation.
- Session 4 - Balance a Worrying Thought:** Members will explore the relationship between anxiety and worry, and learn to break the cycle of worrying using thought balancing.
- Session 5 - Using the Thought Balancer:** Members will continue to build their skills by using the thought balancing tool.
- Session 6 - Guided Check-Up:** This final session is a reassessment session, where members take a check-up again to reflect on their score changes and track their progress.



# Part 1: Reconnecting with the Body

## Sessions 1 to 5



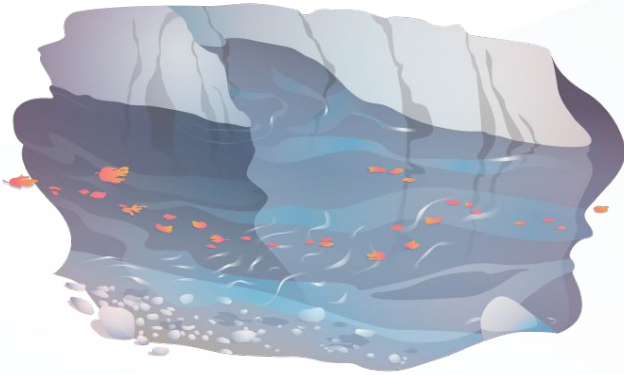
This five-session Training Module focuses on the foundations of Mindfulness-Based Cognitive Therapy (MBCT) and reconnecting people with their senses. Members develop their ability to focus and stay present. By connecting with their present experience, with curiosity and without judgment, members shift away from automatic thought patterns that might be impacting how they feel.

- Session 1: Introduction:** We explore members' previous experience with mindfulness, what brought them to the series, what to expect, and how mindfulness can help support their mental fitness based on their current needs. This is the only session that doesn't include a guided audio practice.
- Session 2: Body Scan:** Members build their awareness in their first guided mindfulness practice, a body scan. We guide them on how to get the right setup, offer extra tips for first time practitioners, and reflect on how the experience affected how they feel.
- Session 3: Noting Our Experience:** Members continue practicing bringing attention to their body sensations and noting their current experience, whatever it may be.
- Session 4: Developing Patience:** Members explore the importance of patience with their practice as they develop their skills and routine.
- Session 5: The Wandering Mind:** We celebrate the wandering mind and the moments of mindfulness it brings. Members' learn to notice where the mind goes to improve their understanding and self-awareness.



# Part 2: Focused Attention

## Sessions 1 to 5



This five-session Training Module builds on the foundations of Part 1. Here members continue to develop their mindfulness skills, diving into the wandering mind, where it goes, and how we react to it to deepen their self-awareness.

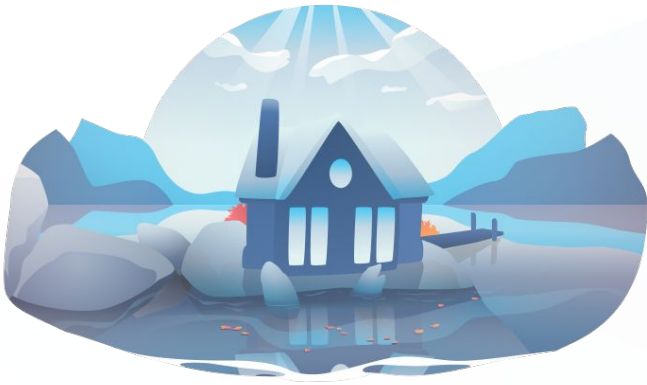
- Session 1: Mindful Movement:** Members' engage in a series of movements to examine how it can help us accept the body just as it is, including its limitations. Members will continue to note where their mind goes during their practice.
- Session 2: Mindful Walking:** Members take their practice whilst on the move to calm their mind whilst being active. Walking without a destination to simply pay attention to their experience in the feet and legs as they walk.
- Session 3: Breath Meditation:** Members bring their curious attention to a breath practice, tuning in to the breath as a point of focus, when they find that their minds have wandered.
- Session 4: Breath & Body:** Members work with the wandering mind to refocus on their breath or the body.
- Session 5: Following What Arises:** Members take a different approach to their practice by bringing their attention directly to their thinking and observing those thoughts simply as mental events, as words, that come and go on their own.





# Part 3: Everyday Mindfulness

## Sessions 1 to 5



In this final five-session Training Module we bridge the gap between meditation practice and bringing mindfulness into our daily lives. Supporting members to start building mindfulness practice into their routines.

- Session 1: 3-Step Breathing:** Members start to explore a structured way to bring mindfulness into everyday life using a 3-step breathing practice..
- Session 2: Be Quiet, Be Still:** Members focus on the breath as an anchor to reconnect with the present moment.
- Session 3: A Wider Perspective:** Members explore spacious awareness and how to view our experience from a wider perspective to make it easier to be present with it.
- Session 4: Mindful Activity:** Members take a more unstructured approach by using mindfulness during any everyday activity.
- Session 5: The Present:** Members move away from automatic reactions by focusing on the present moment.



# Mental Fitness Features




## Exercises

Starling Exercises are easier, mini-versions of our training modules and the perfect exercise for self-care if members only have 2 to 5 minutes. The exercises delivers personalized content to each member's current needs, to make the most positive impact on their mental health.


### Exercises

Support your mental fitness with these quick 2-5 minute skills-building exercises.


For the best experience follow the recommendations on your homepage. If you want to choose your own path, pick an exercise series below.





**Boost Your Battery**  
15 exercises





**Manage Your Moods**  
18 exercises




Thought Balancer



Goal Setter



My Journal



Mood Tracker

## CBT Tools


- Mood Tracker:** Members can track their moods to identify triggers, and how to proactively manage their negative mood shifts.
- Thought Balancer:** Helps members take control of their thoughts by developing balanced and realistic positions to thoughts that are harmful to their mental health.
- Goal Setter:** Helps members learn to set realistic, achievable goals and identify their own steps to success.

## Webinar

With our live training sessions, workshops, and mental fitness challenges, members will be guided by subject matter experts on key mental fitness topics and breathwork strategies.

**Sleep Workshop**


*with Tara Achkar* — 4 x 60 mins sessions  
A 4-week interactive ICBT sleep workshop.



**Mental Fitness Monday**

*with Dr. Andrew Miki* — 30 mins


Dr. Miki and Tara share and discuss comments from members.



**Assertive Thursdays**

*with Dr. Andrew Miki* — 30 mins

Create more assertive thoughts and goals to increase your confidence and improve your chances of success





**Hi Andy!** Welcome to the Starling Community - a safe space to share your experiences and find support.

SeafoamQuail51

5 minutes ago

I'm constantly worried that I'm going to get infected and pass it along to my family & friends. It's been difficult to make sacrifices to see fewer people to limit risk.

0 helpful 1 reply

PeachHummingbird32

20 seconds ago

## Community

The Starling Community provides supportive, anonymous connection to other members engaged in our programs. It offers our members the chance to connect through their shared experiences, and to learn and support each other throughout the program.

## Video Library

Starling has a full Video Library of entertaining and educational videos to help members better understand their mental health and concepts to help them.

### Video categories

Recharging your battery

6 videos



Mental fitness strategies

5 videos



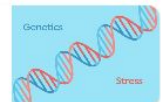
Cognitive Behavioral Therapy (CBT)

3 videos



Stress, energy and you

5 videos



Feeling overwhelmed

3 videos





**Starling** Build  
Resilient  
Minds.