

daylight

## What is Daylight?

Daylight is a digital programme that helps you understand where anxiety comes from, what makes it worse, and how to reduce it for good. In just 10 minutes per day, Daylight teaches you effective techniques to help take back control from feelings of worry and anxiety – all from the privacy of your own phone, at no cost. Tens of thousands of people have used Daylight in the UK.

## Hear from a Daylight user



“I have found it really helpful to challenge my thoughts and reduce my anxiety. It is a tool that I can turn to when I am feeling particularly stressed but I also know it helps keep any stress and anxiety at lower levels if I use it regularly.”

## Get Started Today

The following instructions will help you sign up and begin your journey to worrying less:

Using a desktop, laptop, mobile, or tablet, visit:

[trydaylight.com/nhs](https://trydaylight.com/nhs)

or scan the QR code:



- 1 From a desktop, laptop, mobile or tablet, visit [trydaylight.com/nhs](https://trydaylight.com/nhs) to take a short quiz and create your free account
- 2 Download the ‘Daylight 2.0 – Worry Less’ mobile app from the Apple App Store or Google Play Store
- 3 Use the Daylight app to tailor your programme and unlock personalised CBT exercises for worry and anxiety