



HOW TO GET STARTED

STEP 1

Visit www.LLTTF4Suffolk.com

STEP 2

Complete the **Mood quiz**

STEP 3

Register and **Change Your Life**

USE IT YOUR WAY

1

By yourself

Receive access to courses and online resources. Optional weekly emails for 12 weeks.

2

Or receive friendly professional support from the local Wellbeing team.

Physical copies of the course book are also available via Books on Prescription at your local library.

PROBLEMS LOGGING IN?

Error Reporting

Please use the Contact Us form on the website with:

- A screen shot of your problem or error message.
- The email address you registered with.
- The code you are using or have been provided.
- What action you expected and what actually happened.

About the Author

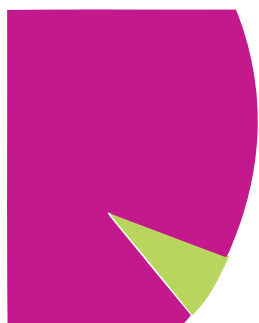
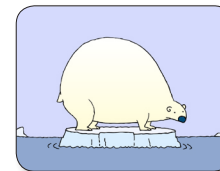
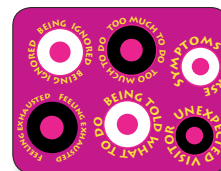
British Medical Association Medical Book and Royal Society of Medicine award winning author Dr Chris Williams is Emeritus Professor of Psychosocial Psychiatry at the University of Glasgow, Scotland and Director of Five Areas Ltd. He is also past President of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) the lead body for CBT in the UK.

His main interest is in the area of Cognitive Behavioural Therapy (CBT) and in particular in looking at ways of delivering this approach more widely. He has developed many book and computer-based self-help treatments and is a well-known CBT trainer and teacher.

ARE YOU...
LIVING LIFE TO THE FULL?

RECLAIM YOUR LIFE

Wellbeing Suffolk has a number of courses to empower users with long-term conditions.



RECLAIM YOUR LIFE

CANCER, DISABILITY, CHRONIC PAIN, ME, FATIGUE, RECURRING ILLNESS, UNEXPLAINED SYMPTOMS, STROKE, DEPRESSION, MS, SIGHT IMPAIRMENT, POOR MOBILITY

Your life is more important than your illness

Reclaim Your Life

Start to experience things again, love, laugh and live life to the full, despite your long term physical health condition.

Online Course Modules:

Getting ready for change – Learn how the Reclaim Your Life course can help.

Starting out – Get going again in a way that helps you physically and mentally.

Next steps - Frequent thoughts of illness and other worries? Discover ways of re-focusing your mind.

Keeping going – Feeling in a rut? Now's the time to start some things.

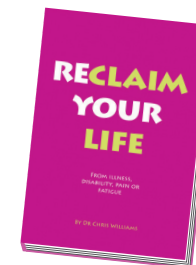
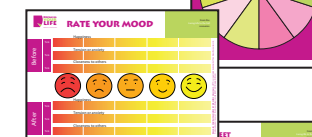
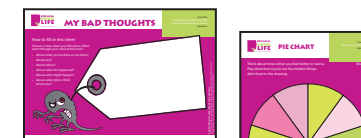
Boost how you feel – Long term symptoms leaving you feeling frustrated and ground down? Break this vicious cycle.

The power of sleep - Tried and tested approaches to rediscover a healthy sleeping pattern.

Become a more effective carer – Learn what helps and what makes things worse.

Tension Control – Master how to relax your body and achieve a state of calm control.

Worksheets, Optional and You Time modules available. Read the online book.



Find out more. Visit: www.LLTF4Suffolk.com

