

## HOW TO GET STARTED

STEP 1

Visit  
[www.LLTTF4Suffolk.com](http://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

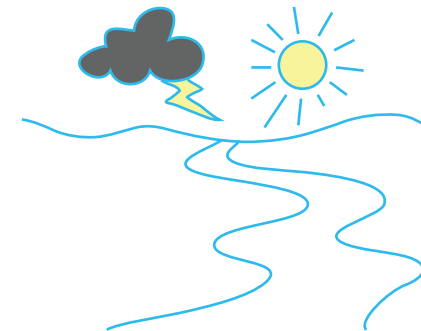
British Medical Association Medical Book and Royal Society of Medicine award winning author Dr Chris Williams is Emeritus Professor of Psychosocial Psychiatry at the University of Glasgow, Scotland and Director of Five Areas Ltd. He is also past President of the British Association for Behavioural and 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.



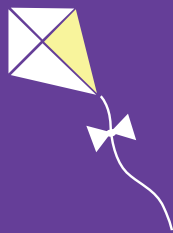
# ARE YOU... LIVING LIFE TO THE FULL?

ONLINE SUPPORT  
FOR CARERS WITH CHILDREN OR  
YOUNG PEOPLE FACING ILLNESS



**wellbeing**  
Helping you live your life

[www.LLTTF4Suffolk.com](http://www.LLTTF4Suffolk.com)



## Living life to the full for carers

Providing support for those caring for children or young people facing life-threatening illness.



This course will help you think about how your child's illness or long term health condition is affecting you – and help you make some key changes in how you offer them support, that can make a real difference to how you feel.

The course also covers how your child can live their life to the full despite their illness, and how to make time for you, your partner and other children in your family.

The course has been developed based on detailed advice from expert staff working with parents and carers in Robin House Children's Hospice in Balloch just outside Glasgow.

### Core Course: LLTF for carers of children & young people facing illness

- Getting ready for change: Step by step work out how illness is affecting you & your family.
- Doing things that make you feel better: Plan activities that make you feel happier.
- Looking at things differently: Learn how to change negative or stressful thinking.
- How to offer the support they need: This session aims to get you talking about how you can offer the best help.
- Managing anger and irritability: Learn a 3 step system to manage anger
- Asking for what you need: Being assertive and respecting what both you and others have to say.



### Course 2: Optional Modules

- Stop Smoking in 5 minutes: Helps you deal with cravings 5 minutes at a time
- Feeling good about yourself: Overcoming low confidence
- Fix Your Drinking in 2 days: To help those who are drinking too much get back a sense of control
- Improving relationships under pressure: The session will help you work on changing things & how to work together.
- Eat well: Food choices that make you feel good
- How to respond to difficult behaviours: Make sense of why your child reacts the way they do & how we respond
- Getting a better night's sleep: A key to a good day is a good night's sleep
- The things you do that mess you up: How some things we think help are actually part of the problem
- What about sex: Plan some adult time back into your life
- How to fix almost everything: Learn a 4 step approach to tackle problems

### Course 3: You Time

- Do a WOW walk – The World's an amazing place – look at it with fresh eyes today
- Take a mindful moment – Helping create an oasis of peace in your life
- 10 things you do can to feel happier straight away – 10 small steps to feeling fitter and happier
- Be kind to yourself – It's so easy to be mean to ourselves, learn how to do the opposite
- Be thankful – Remind yourself of what makes you smile
- Get moving – Release those feel good hormones
- Help someone out – Who will you help to make them and you feel happier?
- Get the rhythm – Music cheers you up, so why suffer in silence?
- Tension control training – A way to relax your body and mind

Find out more. Visit: [www.LLTF4Suffolk.com](http://www.LLTF4Suffolk.com)

