

## HOW TO GET STARTED

STEP 1

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

STEP 2

Complete the **Mood quiz**

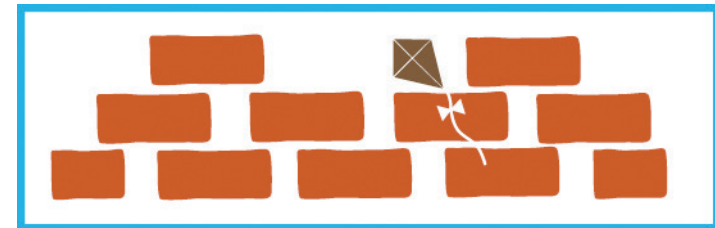
STEP 3

Register and  
**Change Your Life**



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

**ONLINE SUPPORT FOR THOSE  
AT TIMES OF CHANGE,  
WHO'VE LEFT PRISON OR  
WITH UNSETTLED HOUSING.**



## 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.



## Living life to the full without walls

### Course 1: Living Life Without Walls

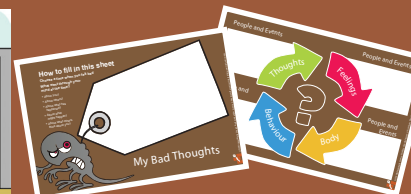
5 modules to bring about key changes in your life.

- Module 1: Understanding your feelings
- Module 2: Doing things that make you feel better
- Module 3: Looking at things differently
- Module 4: How to fix almost everything
- Module 5: Tension control training

### Course 2: Understanding Feelings

Look at common scenarios that can affect how we feel and how to turn the situation around. Scenarios include:

- Friends Rejection: Invited for coffee at a friend's house who you haven't seen for a while but are being left out of the conversation
- Address: Need to see the Doctor but you are unable to provide the receptionist with an address to register you at the surgery
- Final Demand: Receive final demands in the post from loans you have taken out
- Bullying: You are in an unstable relationship. Your partner shouts at you, asking you where you have been, say they hate you and get in your personal space
- Career: It's been 7 years since you have had a job and the Job Centre has asked for you to work with an advisor to apply for some jobs
- Drugs: Friends taking illegal drugs and they tease and encourage you to try them too
- Pregnancy: You take a pregnancy test and it comes back positive but your relationship with the father hasn't been a good one
- Lonely: Beth has been begging on the street but people just ignore her, she feels isolated, upset and lonely



### Optional Modules also available. They include:

- Getting a better night's sleep – A key to a good day is a good night's sleep
- Facing fears and tackling avoidance – Face your fears step by step
- The things you do that help – Identify and continue helpful activities
- Irritability and anger – Gain control over your anger or irritability in 3 steps
- Fix your drinking problem in 2 days – To help those who are drinking too much get back a sense of control by making small steady changes
- Stop smoking in five minutes- Helps you deal with craving 5 minutes at a time
- You, Me and Us – For people struggling in their relationship. The session will help you work on changing things or to choose to leave
- Planning for the future – Learn how to stay well after the course

### You Time Modules also available. These short sessions include:

- 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 thankful – Remind yourself of what makes you smile
- Get moving – Release those feel good hormones
- Tension control training – A way to relax your body and mind

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

