

## 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?**

**6 WEEKS THAT CAN  
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

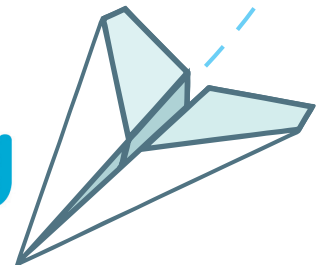
Please use the Contact Us form on the website with:

- 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.



# BE HAPPIER, SLEEP BETTER, DO MORE AND FEEL MORE CONFIDENT

Access a  
range of  
fun friendly  
sessions

Sign up for a choice of online courses, designed to help you make a difference to your life.

With the help of engaging and attractive resources and support from NHS coaches, you'll learn ways to sort out your feelings when you're fed up, worried or stressed and how to tackle the problems in your life.

You'll also have the option of free online or phone based coaching to help you turn the corner.

**READING  
WELL**

Don't fancy using the internet?

Get free access to the Living Life to the Full book at any library as part of the national Mental health book prescription scheme.

Ask your library staff to borrow the book.

## Topics covered include:

### 1 UNDERSTANDING YOUR FEELINGS

Want to know what makes you tick? This enjoyable module will help you understand your feelings and how to change them.

### 2 DOING THINGS THAT MAKE YOU FEEL BETTER

Plan to build pleasure/enjoyment, achievement and closeness in your life and start to feel great again!

### 3 LOOKING AT THINGS DIFFERENTLY

Bad thoughts worsen how you feel and affect what you do. Learn how to stop bad thoughts for good.

### 4 BUILDING INNER CONFIDENCE

How come other people seem so confident? Learn their secrets and get to like yourself again!

### 5 HOW TO FIX ALMOST EVERYTHING

This amazing module reveals the Easy 4-Step Plan - a way to fix your problems and achieve your goals that has worked for thousands of people.

### 6 THE THINGS YOU DO THAT MESS YOU UP

Get back in control of your eating, drinking, smoking, spending ... anything!

### 7 ARE YOU STRONG ENOUGH TO KEEP YOUR TEMPER?

Learn everything you need to control irritability and improve your happiness and relationships.

### 8 10 THINGS THAT MAKE YOU FEEL HAPPIER STRAIGHT AWAY

This module sums everything up and then shows you how to be happier, fitter and maybe even feel healthier very soon!

## What courses are available?

Living life is one of several courses on the site. Select the course that suits you best. Ranging from courses when pregnant or with a young baby, through the toddler years plus courses on how to cope with stress plus long-term physical illness with specific modules for diabetes and pain.

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

