

HOW TO GET STARTED

STEP 1

Visit
www.LLTF4Suffolk.com

STEP 2

Complete the **Mood quiz**

STEP 3

Register and
Change Your Life



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

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.

**ONLINE LONG TERM
CONDITIONS SUPPORT**

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



Reclaim Your Life

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



Living Life to the Full for Chronic Pain

Chronic pain leaving you down or frustrated? Get your life back with this course.

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.

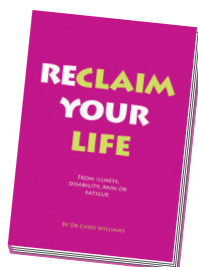
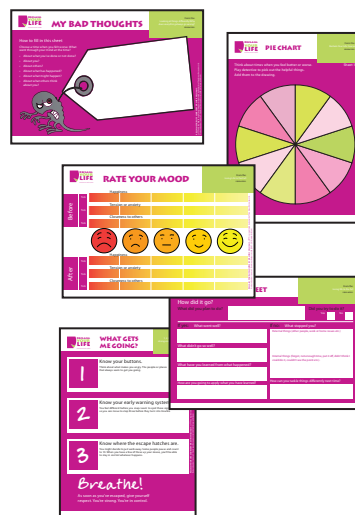
The power of sleep - Tried and tested approaches to rediscover a healthy sleeping pattern.

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.



Online Course Modules:

Why do I feel so bad – Understanding the impact of distress on five key areas of your life.

I can't be bothered doing anything – High/low sugar makes you feel washed out. So does stress and illness. If this is you, take this module.

Why does everything always go wrong? – Learn how to beat bad thoughts.

I'm not good enough – You're way more than illness.

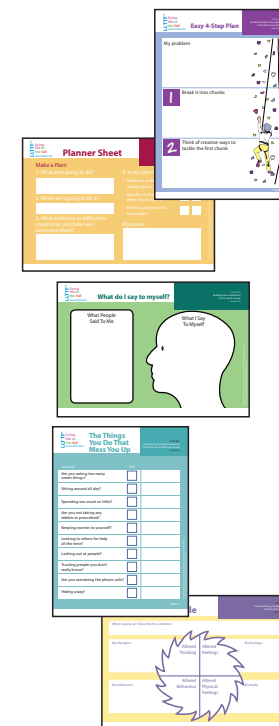
How to fix almost everything – Tackle the problems life throws at you, one step at a time.

The things you do that mess you up – Learn how to reduce unhelpful behaviours that bring you down.

Are you strong enough to keep your temper – Feeling frustrated about illness? Taking it out on others? Learn how to gain control over irritability with our 1, 2, 3 Chill plan.

10 things you can do to feel happier straight away – Follow these ten small steps to feeling fitter and happier.

Worksheets, Optional and You Time modules available.



Find out more. Visit: www.LLTF4Suffolk.com

