

AWARE

OVERCOMING DEPRESSION.
CHANGING LIVES.





LIVING LIFE TO THE FULL

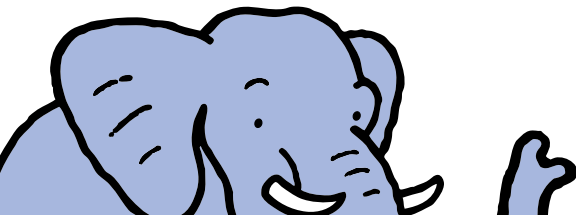
Living Life to the Full (LLTF) is a programme which can make a real difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life's challenges.

LLTF is a self-help programme based on Cognitive Behavioural Therapy concepts, which focuses on our thinking, behaviour and feelings. When we are experiencing low mood, stress or depression we tend to think and behave in unhelpful ways and we can get caught in a vicious circle which can make us feel worse physically and mentally. LLTF helps us to make simple changes to both thinking and behaviour in order to turn the vicious circle into a virtuous one.

The programme has been developed by Dr Chris Williams, Professor of Psychiatry at University of Glasgow and a recognised expert in developing self-help resources based on CBT.

LLTF is delivered by qualified facilitators who have extensive experience in the field of mental health and of providing high quality training. They will help ensure that you get the most from the course and take your first steps to Living Life to the Full.

The programme is also consistent with the NICE (National Institute for Clinical Excellence) guidelines and fits into a stepped care model for the treatment of mild to moderate depression and/or anxiety.



LIVING LIFE TO THE FULL - LIFE SKILLS PROGRAMME

COURSE CONTENT:

WHY DO I FEEL SO BAD?

BY DR CHRIS WILLIAMS

This session introduces the 5 areas approach and shows that what you think and do influences how you feel.

Introduces a 5 step plan to help you tackle problems and make positive changes in your life!

HOW TO FIX ALMOST EVERYTHING

IN 4 EASY STEPS

BY DR CHRIS WILLIAMS

I CAN'T BE BOTHERED DOING ANYTHING

BY DR CHRIS WILLIAMS

Encourages you to start doing things which can make you feel better.

Helps you identify unhelpful behaviour such as drinking, comfort eating or over spending which may lead to problems over time.

THE THINGS YOU DO THAT MESS YOU UP

AND HOW TO STOP DOING THEM

BY DR CHRIS WILLIAMS

WHY DOES EVERYTHING ALWAYS GO WRONG?

AND OTHER BAD THOUGHTS YOU CAN BEAT

BY DR CHRIS WILLIAMS

Encourages you to challenge your extreme and unhelpful thoughts and replace them with more balanced helpful ones.

Helps you recognise what winds you up and teaches you how to control your anger and stay in control.

ARE YOU STRONG ENOUGH TO KEEP YOUR TEMPER?

BY DR CHRIS WILLIAMS

I'M NOT GOOD ENOUGH

HOW TO OVERCOME LOW CONFIDENCE

BY DR CHRIS WILLIAMS

Helps you focus on your good points and gives you some tips for improving your self-confidence.

Shows you some simple things that you can build into your everyday life to help you feel happier.

10 THINGS YOU CAN DO TO FEEL HAPPIER STRAIGHT AWAY

BY DR CHRIS WILLIAMS

IS THIS THE RIGHT PROGRAMME FOR ME?

I am currently affected by low mood, mild/moderate depression/anxiety and...

<i>I would like to make some changes in my life and I am prepared to try new things</i>	Yes/No
<i>I am not currently experiencing a major life event such as a recent bereavement, major relationship problem or a significant trauma</i>	Yes/No
<i>I can commit to attending all sessions of the programme</i>	Yes/No
<i>I have basic reading skills</i>	Yes/No
<i>I feel quite comfortable in a group setting</i>	Yes/No
<i>I feel that I can concentrate and give my attention for the duration of each session i.e. about 90 minutes</i>	Yes/No

If you have ticked yes to the questions above, then this could be the right course for you. If you have any doubt about your suitability for the programme, **please contact us**.

Please fill in the Application Form on the following page and return to the appropriate person – alternatively **fill in the application form** online using our website.

FREQUENTLY ASKED QUESTIONS



WHO IS THE COURSE SUITABLE FOR?

The course is particularly helpful for people experiencing low mood, stress and/or mild to moderate depression, however it is suitable for everyone (ages 18 and over) as it teaches skills which can be used in everyday life.

HOW MANY SESSIONS ARE THERE?

The course is normally delivered over 4 to 6 sessions.

HOW LONG DO SESSIONS LAST?

Sessions normally last between one and a half and two hours.

WILL I HAVE TO DISCUSS PERSONAL ISSUES AND PROBLEMS?

There may be limited sharing on things that you are comfortable talking about but you are not obliged to share any information about yourself with the group.

HOW MANY PEOPLE ARE IN THE GROUP?

Normally between 10-16.

IS IT NECESSARY TO ATTEND ALL SESSIONS?

In order to get as much benefit from the course we would encourage you to attend all the sessions.

HOW MUCH DOES IT COST?

All courses are free to participants.

AWARE Support Groups



AWARE's self-help support groups are free to attend and are one of AWARE's key services, providing regular in-person support in communities across Northern Ireland. AWARE has over 20 support groups in towns and cities throughout Northern Ireland and you are welcome to attend any support group.

Depression can be a very isolating illness. AWARE Support Groups provide an opportunity to meet others with similar experiences, this helps to explain the illness and allows group members to speak freely about how they are feeling, share information, discuss options and support each other to move forward.

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**Difficulty sleeping?
Unusually sad mood?
Tiredness and lack of energy?
Feelings of hopelessness?
Loss of interest in daily activities?**

**Depression is a serious illness that
affects thousands of people in
Northern Ireland.**

**AWARE is here with you every step of
the way.**

**Website: www.aware-ni.org
Email: info@aware-ni.org**





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028 7126 0602

www.aware-ni.org

AWARE is registered in Northern Ireland as a company limited by guarantee
No. N.I. 30447 and is accepted as a charity by HM Revenue and Customs No
XR/11534