



LIVING LIFE TO THE FULL

Living Life to The Full is suitable for people experiencing low mood, stress and/or mild to moderate depression. The course teaches people skills which can be used in everyday life.

Learning Outcomes

This programme can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and teach you simple, practical skills to help you cope with life's challenges.

Course Content

Week 1: Why do I feel so bad?

Week 2: I can't be bothered doing anything

Week 3: Why does everything always go wrong?

Week 4: I'm not good enough

Week 5: The things you do that mess you up
How to fix almost everything

Week 6: Are you strong enough to keep your temper?
10 things you can do to feel happier straight away

Duration:

Living Life to The Full is delivered over six sessions with each session lasting two hours

Course Dates:

Tuesday evenings from 21st February 2023

Week 1	Tue 21 st Feb 7pm-9pm
Week 2	Tue 28 th Feb 7pm-9pm
Week 3	Tue 7 th Mar 7pm-9pm
Week 4	Tue 14 th Mar 7pm-9pm
Week 5	Tue 21 st Mar 7pm-9pm
Week 6	Tue 28 th Mar 7pm-9pm

This interactive course will be delivered over Zoom to a small group. You will need access to Zoom software, camera and microphone to participate.

To register visit

www.bit.ly/FebLLTTF

Course delivered by Aware in partnership with BHSCT Health Improvement Team



Belfast Health and Social Care Trust

caring supporting improving together



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.