



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.

Duration:

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

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

Week 1	Wed 14th August 7-9 PM
Week 2	Wed 21st August 7-9 PM
Week 3	Wed 28th August 7-9 PM
Week 4	Wed 4th September 7-9 PM
Week 5	Wed 11th September 7-9 PM
Week 6	Wed 18th September 7-9 PM

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

To register [click here](#)

Course delivered by BHSCT Health Improvement Team



caring supporting improving together

