

THE LIVING LIFE TO THE FULL COURSE



How to get started

1

Visit www.ipswichwellbeing.com



2

Complete the **mood quiz**



3

Register and **Change Your Life**



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.

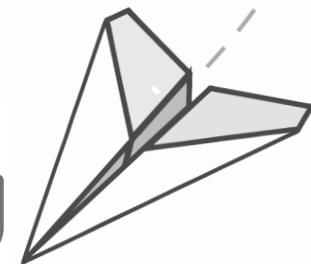
About the Author

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 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.

ARE YOU... LIVING LIFE TO THE FULL?

6 WEEKS THAT CAN CHANGE YOUR LIFE



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 a bit slimmer 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.ipswichwellbeing.com**

