

Living Life To The Full



About the Programme

LLTTF is an empowering and practical way of learning key life skills, to combat symptoms of anxiety and low mood. It covers a wide range of topics and addresses

Living Life to the Full (LLTTF) is a training programme designed to help improve low mood, overcome stress, sleep better, and build confidence for people of all ages from a range of backgrounds and experiences. Factors which have been proven to negatively impact mental health and wellbeing.



What topics does it cover?

Designed as a comprehensive mental health and wellbeing intervention tool, LLTTF provides room for reflection, problem solving and even address to impact mental wellbeing can have on your sexual wellbeing.

List of Modules

- Welcome Module
- Why do I feel like I do?
- I can't be bothered doing anything
- Why does everything always go wrong?
- Feeling good about yourself
- How to fix almost everything
- The things you do that help
- The things you do that mess you up
- Asking for what you need
- Facing fears and tackling avoidance
- Say hi to your team
- Getting a good night's sleep
- Eat well
- Irritability and anger
- What about sex?
- Planning for the future
- 10 things you can do to make you feel happier straight away
- Be kind to yourself
- Help someone out
- Be thankful
- Get moving
- Do a Wow walk
- Get the rhythm
- Take a mindful moment
- Tension Control
- Training



Who is this course for?

This training is for anyone seeking to overcome feelings of low mood, tackle stress, get better sleep, and build confidence! This range of wellbeing courses and e-books can be completed in your own time and covers a range of topics, including how to feel better, facing fears, getting a good night's sleep, anger, sex and improving relationships.

Create an account here: <https://www.gmlifeskills.com>