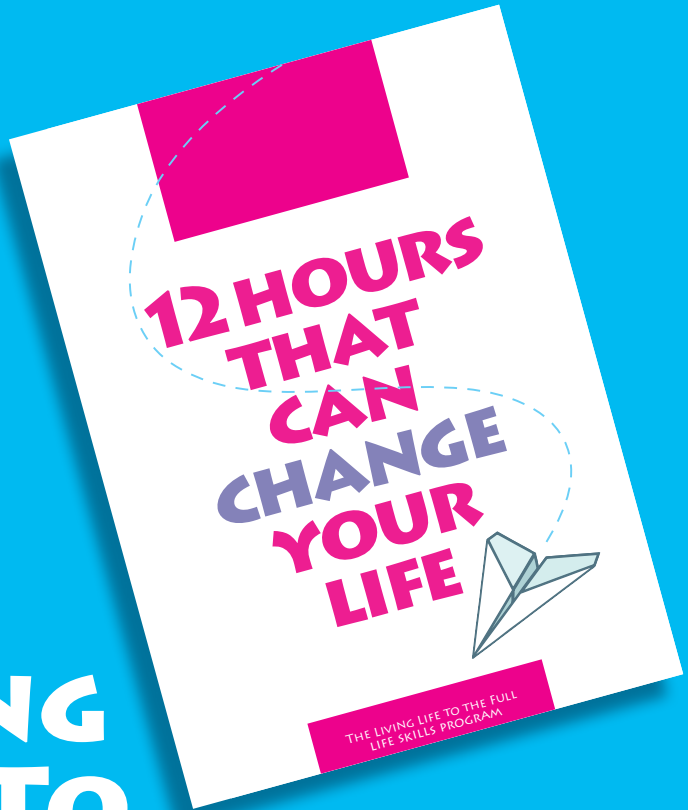




Canadian Mental  
Health Association  
British Columbia  
*Mental health for all*

The Canadian Mental Health Association, BC Division holds  
the exclusive Canadian licence to Living Life to the Full.



# THE LIVING LIFE TO THE FULL COURSE

HELPING YOU TO HELP YOURSELF  
VISIT [WWW.LLTTF.CA](http://WWW.LLTTF.CA) TO FIND OUT MORE!

# 8 FUN, FRIENDLY SESSIONS

In eight enjoyable 90-minute sessions—one per week—this program helps people make a difference to their lives. Each session is expertly moderated and includes a free little book.

Participants are taught how to deal with their feelings when fed up, worried or hopeless, and learn skills to help them tackle life's problems.

## Session 1. Why do I feel so bad?

Want to know what makes you tick? This session helps you understand how your responses to outside events can affect your thoughts and feelings. It shows how just a single altered thought can lead to sadness, tiredness, and even illness.

## Session 2. I can't be bothered doing anything

We've all said this to ourselves when feeling down. This session helps you break out of the cycle of low activity and sets out a simple plan for getting back in action.

## Session 3. Why does everything always go wrong?

If that thought sounds familiar, this session will teach you how to stop it taking control of your life. You'll be introduced to the Amazing Bad Thought Busting Program and learn how to swap bad thoughts for good ones.

## Session 4. I'm not good enough

How come other people seem so confident? Learn their secrets and get to like yourself again, with practical suggestions about how to build your self esteem.

## Session 5. How to fix almost everything

This session introduces the Easy 4-Step Plan—a straightforward way to fix your problems and achieve your goals that has worked for thousands of people. Do you know how to eat an elephant? This session will show you how.

## Session 6. The things you do that mess you up.

When you're feeling low you can start to lean on things to get you through a bad time. This session helps you get back in control of excessive eating, drinking, smoking, spending ... anything.

## Session 7. Are you strong enough to keep your temper?

This session teaches you the 1.2.3. *Chill!* system—everything you need to control your temper and improve your happiness and relationships. No jargon, no theory, just practical help.

## Session 8. 10 things you can do to feel happier straight away

The last session sums everything up and then shows you how to be happier, fitter and able to see the positive side of life every day.

### DEVELOPED BY A LEADER IN CBT

The sessions are based on the 5 Areas Cognitive Behavioural Therapy (CBT) model as developed by **Dr. Chris Williams**—an expert and trainer in CBT and Professor of Psychosocial Psychiatry at the University of Glasgow.

### ABOUT 5 AREAS

This insightful approach teaches that all the things we experience, think, feel and do are interconnected.

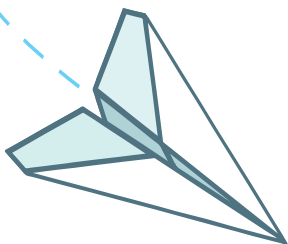
Just as an event, thought, feeling, behaviour or physical symptom can start the chain reaction that gets us down, so we can reverse the process and use this interconnection to rebuild happiness.

# DOES IT WORK?

There is strong evidence for the efficacy of CBT in relieving depression. Outcome research shows that guided self-help (such as is delivered at the courses) is superior to pure self-help.

Working with others provides positive feedback and affirmation, increasing motivation to change. Group cohesion lessens the feelings of solitude that are often present in depression.

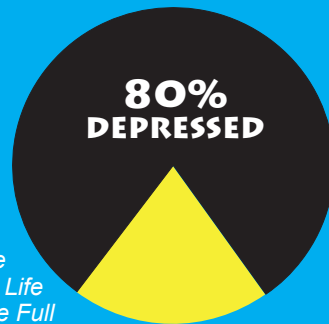
The course is an educational resource, not a clinical intervention.



## THE IRISH EXPERIENCE

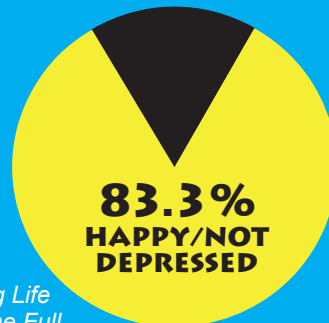
In recent trials, funded by the Health and Social Care Board for Northern Ireland, the following outcomes were recorded:

At the beginning of the program, 20% of participants were either 'happy' or 'not depressed'. 80% were 'depressed' according to a standardized depression questionnaire.



*Before  
Living Life  
To The Full*

At the end of the program, 83.3% were in the 'happy' or 'not depressed' categories and just 16.7% were 'depressed'.



*After  
Living Life  
To The Full*