



LIVING LIFE TO THE FULL

Living Life to The Full is suitable for people experiencing low mood, stress, and/or mild to moderate depression. This course teaches people skills that 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

DELIVERY

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

HOW TO APPLY

For more information and to find out how to apply, please visit the AWARE website: www.aware-ni.org or email: training@aware-ni.org

“It's a very worthwhile course! You learn about your moods and coping strategies. I would highly recommend it as a help to others.”

Rachel, 25, Banbridge

“Many thanks for your support in my difficult time. AWARE was my rock and the course has really made me realise there is so much I can do for myself.”

Clare, 42, Derry