



LIVING LIFE TO THE FULL

This course is suitable for people aged 18 and over experiencing low mood, stress, and mild to moderate depression. It teaches skills that can be used in everyday life. Delivered by AWARE NI, this course has been adapted in partnership with Macmillan Cancer Support to help people living with cancer look after their mental health.

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

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

Rachel, 25 Banbridge

DELIVERY

This programme can be delivered online or face-to-face and is delivered in 6 sessions lasting 2 hours each.

HOW TO APPLY

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