



LIVING LIFE TO THE FULL

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

Duration:

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

“ It's a very worthwhile course! You learn about your moods and coping strategies. I would highly recommend this 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

How to apply

These courses are delivered in community settings and workplaces throughout Northern Ireland. 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

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AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.