



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

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



# **THE LIVING LIFE TO THE FULL COURSE**

HELPING YOU TO HELP YOURSELF

**VISIT [WWW.LIVINGLIFETOTHEFULL.CA](http://WWW.LIVINGLIFETOTHEFULL.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 booklet.

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. Breathe!* 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?

Cognitive behavior therapy (CBT) is a psychological treatment that was developed through scientific research and it is known to work well for many different kinds of problems.

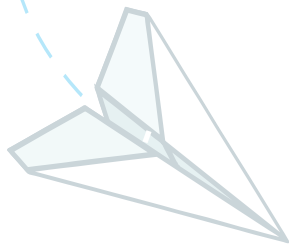
The Living Life to the Full course, based on CBT, has been delivered in Canada since 2010 to participants of different ages and backgrounds and in many different settings. Here is what some of the participants have said about the course:

*“I learned how to help myself feel happier.”* —Youth Participant

*“The course helped me deal with my problems without anger or aggression. I feel more confident about myself and the way I do things.”* —Youth Participant

*“It is a wonderful course, it has changed my life.”*  
—Older Adult Participant

*“Lots of ideas and questions were brought up, giving me a better insight on how to handle situations to better improve my life.”* —Adult Participant

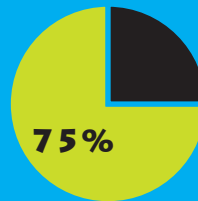


The course is an educational resource, not a clinical intervention.

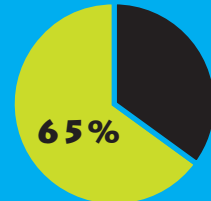
## The Ontario Older Adult Pilot

In a recent project funded by the Ontario Ministry of Health and Long-Term Care, Living Life to the Full was delivered across Ontario to 375 participants aged 55+. The evaluation showed that participants experienced reduced symptoms of anxiety and depression, and improvements in overall well-being and quality of life after taking the course. These improvements were maintained or further improved 3 months later.

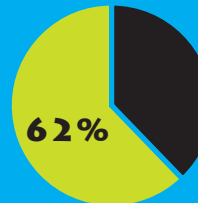
### AFTER THE COURSE



Learned new skills for coping with stress



Reported that they met new people



Reported improvements in mood

### 3 MONTHS LATER



Greater social support



New social, problem-solving and coping skills



Positive mindset



Understanding the importance of behaviour change