

Living Life to the Full - Life Skills Newsletter April 2026

In this edition:

- **Stress Awareness Month**
- **Want to get a handle on your over-spending? Join our workshop**
- **Books to help you with Worry**
- **Want to change your life for the better? It's easier than you think!**

You are receiving this Newsletter because you have subscribed to the Living Life to the Full Life skills (members of the public) newsletter.

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Supporting You with Stress

April is Stress Awareness Month. Stress is something we all experience-but when it starts to feel overwhelming, it's important to know you're not alone and support is available.

Taking small steps to understand and manage stress can make a big difference to your wellbeing.

At Living Life to the Full, you'll find practical tools, free self-help resources, and courses based on proven techniques to help you feel more in control.

Explore free resources, online courses and support for stress at

<https://lltff.com/shop/resources/low-mood-stress/>

Making the most of the weekend weather

Looking outside it's beautiful. Sunny and blue sky. My plan for this evening is to sit out and enjoy- and tomorrow to try to get to the coast or mountains. Why not consider what you can do to get the most of the Spring weather? The warmth on your skin, a slight breeze, the fresh greens in the treeThe weather has been kind lately, and that matters more than we sometimes realise.

If you can, step outside today — not to rush anywhere, just to walk.

Walking with a friend can quietly lift your mood, even without much talking.

If you're on your own, try noticing what's around you instead.

Trees are a good place to start — many of the ones we pass daily are a lot older than us.
Think about how long they took to grow, standing through storms and seasons.
Let your breathing settle into the rhythm of your steps.
When your mind wanders, gently bring it back to what you can see or hear.
Sun on your face, wind on your skin — small sensory gifts.
If it's warm, sunscreen is a kind act protecting your future self.
On the way home, consider one small thing you could do for someone else today.
A message, a thank-you, a moment of patience.
These things don't fix everything — but they often help a little.
If it's raining or cold, wrap up and consider doing the same.
Not able to do this just now. Do what you can whether you are inside or outside connecting to others and getting moving as you can make a difference.

Change Your Life- Today



**“Change Your Thinking to Change Your Life”
Tuesday 12th May 2026 7:00 – 8:00 PM Online**

Ready to change your life? It might be easier than you think.

Your thoughts shape your reality — not in some abstract, mystical way, but in the very real patterns of how you interpret and make sense of situations, make decisions, and respond to challenges. Every day, your mind is running a quiet narrative in the background. What story do you tell yourself? That narrative influences your confidence, your actions, and ultimately your life experiences.

When you begin to shift your thinking, even slightly, you start to notice changes. A challenge becomes an opportunity. A setback becomes feedback. Instead of asking “Why does this always happen to me?”, you might begin asking “What can I learn from this?” That small shift creates space for growth, resilience, and new possibilities.

The powerful part is this: you don't have to overhaul your entire life overnight. Change starts with awareness. Noticing your thoughts. Questioning the ones that hold you back.

Replacing them with ones that move you forward. Over time, these small mental adjustments compound into meaningful change.

Your future isn't something that just happens to you — it's something you actively shape through the way you think, choose, and act.

So if you're feeling stuck, uncertain, or ready for something more, start there:
with one thought.

Make it helpful. Make it empowering. Make it yours.

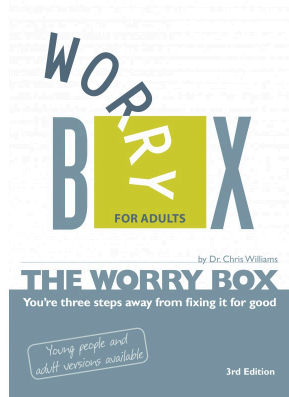
Join us for a powerful, eye-opening workshop:

In this session, you'll discover:

- ✨ How your mindset influences your daily life
- ✨ Simple techniques to break negative thinking patterns
- ✨ Practical ways to create a more positive, focused future

If you've been feeling stuck, overwhelmed, or ready for something different, this could be the first step toward real change.

👉 Save your spot now: <https://littf.com/training/change-your-thinking-to-change-your-life-tuesday-12th-may-2026-7-00-8-00pm/>



The Worry Box for Adults

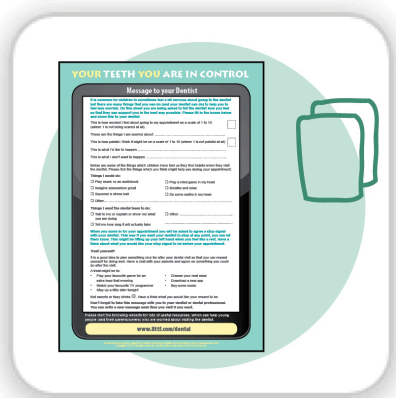
Take control of anxious thoughts with the Worry Box — a practical self-help resource designed to help you break free from constant “what if” thinking. Using simple, evidence-based techniques, it guides you to understand your worries, tackle problems step by step, and let go of unhelpful thought patterns. With clear explanations and worksheets to apply learning in everyday life, it can be used independently or with support, making it a flexible tool for improving wellbeing and reducing stress. <https://littf.com/product/worry-box/>
Online version available



The Worry Box for Young People

Discover the Worry Box for Young People — a practical resource designed to help young people understand and manage anxious thoughts using simple, proven techniques. With clear guidance and interactive exercises, it supports building confidence and healthier thinking habits. Find out more here: <https://littf.com/product/worry-box-for-young-people/>

Online and print versions available



Free Worksheet- A free dental anxiety worksheet for teenagers

Help young people feel more confident and in control at the dentist with this free downloadable worksheet.

The “Your Teeth, You’re In Control” resource includes a practical “message to your dentist” worksheet, allowing children and teenagers to share their worries, preferences and needs ahead of their appointment.

It's a simple but powerful tool used in many countries around the world to support better communication and reduce anxiety around dental visits.

👉 Download the free worksheet here: <https://littf.com/product/your-teeth-youre-in-control/>

UPCOMING ONLINE TRAINING

Find all of our upcoming training at www.lltff.com/training



Finally, thank you for reading this newsletter. We really appreciate your interest in our work and we hope it proves helpful.

Chris, Donna, Kathryn, Theresa, Andrew, Karen, Kate and Kevin



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Five Areas Ltd | Five Areas Limited 9 Norwood Grove | Harrogate, NORTH YORKSHIRE HG3 2XL GB

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