



living  
life to  
the full  
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## Living Life to the Full - Life Skills Newsletter December 2025

Welcome to this edition of the LLTTF<sup>(R)</sup> life skills newsletter. Plus two free worksheets and a list of our upcoming teaching sessions including news of free sessions to help you get the most from [www.lltff.com](http://www.lltff.com)

### In this edition:

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- 🎄 **Enjoy your Baby Course overview**
- 🎄 **Our upcoming training dates, 2026 and beyond!**
- 🎄 **Give the gift of confidence this year**

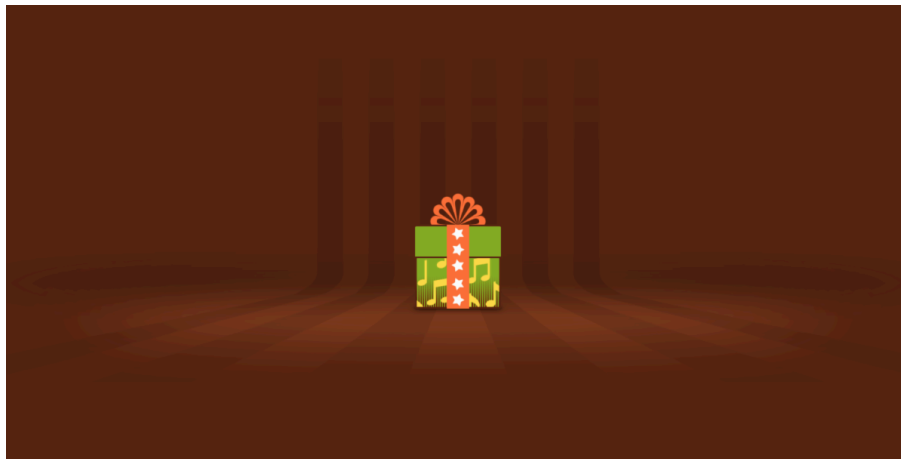
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### MERRY CHRISTMAS

[CLICK HERE FOR A CHRISTMAS MESSAGE FROM THE LLTTF TEAM!](#)



### 10 Tips for a Happier, Less Stressful Christmas and New Year

The festive season can be joyful, but it often brings unique pressures—expectations to feel happy, crowded homes, and reunions with people you don't usually spend as much time

with. Here are ten practical strategies to help you cope and keep your mental wellbeing in check:

### **1. Drop the “Must-Be-Happy” Myth**

Christmas doesn't have to be perfect. If you feel stressed or low, remind yourself that strong emotions are normal and to be expected. Be aware of thoughts like *“I should feel festive”*—instead, accept that mixed feelings are okay.

### **2. Plan for Personal Space**

If your home is full, carve out small breaks. A short walk, reading in a quiet room, or even a quick shower can help you reset. Space isn't selfish—it's essential for your wellbeing.

### **3. Set Realistic Expectations**

Don't expect everyone to get along perfectly. Family relationships can be tricky, especially when adult children return home or partners change the dynamics. Prepare mentally for differences and remind yourself: *“It's okay if things aren't perfect.”*

### **4. Agree on Boundaries Beforehand**

If visitors are staying, discuss practical boundaries—length of stay, how you might share out cooking and clearing away, as well as opportunities for gaps. Clear communication can reduce tension and prevents misunderstandings.

### **5. Schedule Variety**

Balance family time with other activities. Arrange short visits to old friends, or plan outings so the festive period doesn't feel like one long, intense challenge.

### **6. Use Calm Controlled Breathing**

When tensions rise, pause and take slow breaths. This simple tool helps you calm down and pause when pressures build. You can download information and this and other audio relaxation resources at <https://littf.com/format/audio/>

### **7. Have an Exit Strategy**

If you feel overwhelmed, it's okay to excuse yourself politely: *“I'm just going to get some fresh air.”* Or head to the toilet - and take some time. A brief break can prevent conflict and restore calm.

### **8. Keep Alcohol in Check**

Limit alcohol—it can amplify stress and arguments.

### **9. Focus on What Matters**

Ask yourself: *“What do I want to remember about this family time?”* Prioritise connecting with people that matter to you, catching up together and enjoying each other's company. You don't have to be perfect or have had a successful always happy year. Neither do they.

### **10. Be kind to yourself**

If things don't go as planned, be kind to yourself. Remind yourself: *“I'm doing okay in a busy season.”*

### **Bonus CBT Tip:**

Write down three things you're grateful for each day during the holidays. Being thankful can help shift your focus from stress to appreciation.

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## **Enjoy your Pregnancy and Baby**

*Two courses designed to help you and your child get the most out of the early weeks and months of being a parent*

Becoming a parent can be both exciting and also overwhelming. Between sleepless nights, changing routines, and the pressure to “get it right,” it's easy to lose sight of the joy. That's

why we've created two practical, supportive courses:

### Course 1: Enjoy Your Pregnancy

Prepare for parenthood with confidence. This course helps expectant parents prepare emotionally and mentally for the arrival of their baby. Learn how to manage stress, build confidence, and create a positive mindset for the months ahead.

This course covers:

- **Building a bond with your baby even before birth**
- **Staying healthy and active during pregnancy**
- **Preparing for birth and the first days after - including ways of being kind to yourself and planning ways to cope during and after the birth**
- **Managing conflicting advice and feeding choices**
- **Understanding your feelings—normalising low moods, anxiety, and stress**

It includes practical tools like calming breathing techniques, a brief body scan, and writing a *Dear Baby* message to strengthen your connection.

### Course 2: Enjoy Your Baby

Designed for parents of newborns <12 months old, this course focuses on building a strong bond with your baby while looking after your own wellbeing. Each session is packed with practical tools and real-life strategies:

1. **Building Closeness** – Discover simple ways to strengthen your bond with your baby.
2. **Feel-Good Activities** – Learn how to do things that make both you and your baby feel better.
3. **Play Thought Detective** – Spot unhelpful thought habits and replace them with positive thinking.
4. **Look at Things Differently** – Shift your perspective to reduce stress and increase joy.
5. **Better Sleep Strategies** – Practical tips to help you and your baby rest well.
6. **Ask for What You Need** – Master assertiveness so you can get the support you deserve.
7. **1-2-3 Breathe** – Overcome anxiety, anger, and irritability with easy-to-use techniques.
8. **How to Fix Almost Everything** – A toolkit for solving everyday challenges calmly and confidently.

### Why join?

- Build confidence as a parent.
- Strengthen your relationship with your baby.
- Reduce stress and improve emotional wellbeing.
- Learn skills you can use for life.

### Ready to enjoy this special time?

**Sign up today** and start your journey to a happier, calmer, more connected family life.

## Life skills workshop to help you change your life

### New Live Online Evening Session – Build Happy Habits and Change your Life

**Living Life to the Full** is launching **new evening sessions** designed to help you build practical skills for better mental health and wellbeing. These sessions are **evidence-based, award-winning**, and delivered by our expert team.



www.lltf.com

**LLTF live classes in the comfort of your own home**

Classes are now available directly from LLTF®. Each course provides attendees with cognitive behavioural therapy CBT based life skills training workshops, Online course resources and Q and A sessions. In addition, you will receive tools to help overcome challenges, manage stress, and build resilience, all from the comfort of your own home.

Starting In January 2024

Feel happier, less stressed and feel more able to live you life to the full

Visit [www.lltf.com/training](http://www.lltf.com/training) to book

[www.lltf.com](http://www.lltf.com)

**Join us online for one hour on Thursday 5<sup>th</sup> February 2026 7-8pm and learn how to:**

- Bring happiness back into your life
- Discover activities that make you happy
- Share life with people who help you feel good
- Stop downplaying yourself
- Build lasting habits for a happy, healthy you

**What's included:**

- One hour of expert training
- Practical skills you can use every day
- Worksheets to help you try out new ways of thinking
- One year's access to the session replay

During this online workshop, expert trainers Professor Chris Williams and Kate Houghton will teach you proven strategies to boost happiness, strengthen relationships, and build lasting habits for a healthier, more fulfilling life. Camera on or off: it's up to you.

**[Book your place today and start living life to the full!](#)**

...Have you booked onto our first event in this series

**[Change your thinking to change your life.](#)**

**[Click here for details.](#)**

Or visit [www.lltff.com/training](http://www.lltff.com/training) (all our training)

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## **Give the Gift of Confidence This Year**

Why not treat yourself—or a family member or friend—to something that can change their life for the better? **Living Life to the Full** is one of the world's most recommended well-being courses, with over **2 million linked books in print** and resources available in multiple languages.

This practical, evidence-based programme helps you:

- Understand your feelings—why you sometimes feel happy - or sad/stressed at other times. How to make changes to feel better more of the time
- Build confidence and tackle everyday problems
- Identify habits that make you feel worse and learn how to respond in helpful ways
- Change negative thinking and discover 10 things you can do to feel happier straight away
- Feel more relaxed, less angry, and more in control

Start with **free access** to the core course—or **upgrade for even more content and added features.**

Make next year the one where you take control of your mental well-being.

👉 **Discover more at [www.lltff.com/course](http://www.lltff.com/course)**

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**UPCOMING ONLINE TRAINING**

**14 January 2026 @ 5:30 pm - 6:00 pm**

**Getting the most from the LLTTF online resources.** Wednesday 14th January 2026  
5.30-6.00pm UK time (Open to all) (FREE)

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**21 January 2026 @ 7.00 pm - 8:00 pm**

**Change your thinking to change your life.** Wednesday 21st January 2026 7.00-8.00pm  
(Open to all) (COST £25)



**5 February 2026 @ 7.00 pm - 8:00 pm**

**Build Happy Habits and Change your Life** (Online Workshop) Thursday 5th February 2026 7pm – 8pm  
(Open to all) (COST £25)



**[SEE ALL UPCOMING TRAINING DATES HERE](#)**

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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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