

Living Life to the Full - Life Skills Newsletter February 2026

Welcome to this edition of the LLTTF^(R) life skills newsletter. Plus a free exam revision worksheets and a list of our upcoming teaching sessions including news of free sessions to help you get the most from www.lltff.com

In this edition:

- **Build Happy Habits and Change your Life (Online Workshop this Thursday evening)**
- **NICE recommends Overcoming Bulimia Online for NHS England**
- **Facing the exam season? Hints and tips for young people and students facing major exams this term**

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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**Build Happy Habits and Change Your Life Workshop
Thursday 5th of February 7pm-8pm**



Build Happy Habits and Change your Life (Online Workshop) **Thursday 5th February 2026 7pm – 8pm**

Build Happy Habits & Change Your Life **One-hour online workshop**

Join our expert-led, one-hour online workshop and discover three practical ways to feel happier and enjoy better relationships.

You'll learn how to:

- Bring more happiness into everyday life
- Discover activities that boost your mood
- Build supportive, positive relationships
- Stop putting yourself down
- Create lasting habits for better wellbeing

What's included

- One hour of expert training
- Practical tools you can use every day
- Worksheets to support your learning
- Expert Q&A (questions submitted in advance)

Led by Professor Chris Williams and Kate Houghton, this live online session shares proven strategies to boost happiness, strengthen relationships, and support long-term wellbeing.
Camera on or off — it's up to you.

[Book your spot!](#)



NICE recommends Overcoming Bulimia Online for NHS England

We're delighted to share that NICE has recently published a landmark Early Value Assessment (HTG768) recommending Overcoming Bulimia Online (OBO) for use within NHS England under evidence-generation arrangements.

This is the first NICE endorsement of a digital life-skills self-help programme designed to support adults experiencing bulimia nervosa, binge eating disorder, OSFED with similar features, and related disordered eating.

The recommendation represents an important step forward in improving access to early, scalable support, particularly for people waiting for specialist services. During the two-year evaluation period, OBO can be offered in NHS England after clinical assessment and alongside usual waiting-list care.

We are proud to contribute to early digital innovation in eating-disorder care and look forward to working with NHS England, clinicians, and people with lived experience as real-world evidence is collected. OBO continues to be available direct to members of the public in England and throughout the rest of the UK.

[Find out more about this resource here](#)

Facing the Exam Season?

How to prepare, revise, and perform with confidence

January brought the new year- but also for many at school, college and university it's a time of mock/prelim exams and the stress they bring. Exams can feel daunting—but they're also an opportunity to show what you've learned and take the next step toward your goals. Whether you're at school, college, or university, the key to success is *preparation*. Here are some practical tips to help you revise effectively and stay calm when it matters most.

Top Tips for Preparing for Exams

- **Manage stress** – Worry blocks your ability to learn. Use breathing techniques or Tension Control Training to stay calm and maintain your focus.
- **Break it down** – Divide subjects into manageable chunks and tackle them step by step. Make a plan so you cover all key parts of the curriculum over time.
- **Identify gaps early** – For mock exams it's really helpful to find the areas you aren't strong on. Don't beat yourself up if you have weaker areas.
- **Limit distractions** – Switch off social media or restrict it to short periods.
- **Balance work and rest** – Schedule breaks and fun activities, but keep focused when you revise.

- Look after the basics – Exercise, eat healthily, get enough sleep and avoid excess caffeine.
- Plan rewards – Give yourself something to look forward to after the exams.
- Discover your learning style – Alone or with others? Quiet or with music? Use varied methods like writing, speaking and drawing.
- Create revision notes – Summarise information into bullet points for faster review later.
- Test yourself regularly – Practice test questions if you find them helpful to build confidence.

How to Revise Effectively

- Start early and plan – Use a revision timetable to spread topics over weeks not just the last day or two.
- Active learning is better than passive reading – Summarise notes, teach someone else, or record yourself explaining concepts.
- Mix subjects – Rotate topics to stay fresh and avoid fatigue.
- Use visual aids – Diagrams, mind maps, and flashcards help memory retention.
- Practise past papers – Get familiar with question formats and timing.

Exam Day Techniques

- Get a good night's sleep – Avoid late-night cramming.
- Eat breakfast – You don't want to be hungry or thirsty during the exam.
- Arrive early and prepared – Bring everything you need and avoid last-minute panic.
- Read instructions carefully – Answer the question that was asked – not the one you hoped would be asked.
- Jot down an essay plan - Spend a few minutes planning your answers.
- Manage time – Allocate time per question and keep an eye on the clock.
- Stuck on part of a question? – Leave it and carry on. Come back to it later and score points on what you know first.
- Stay calm – If anxiety rises, pause and take slow breaths before continuing.

Remember: Preparing for exams is hard work. Break the task into steps, stay focused, and look after yourself along the way. Whatever happens, learn from the experience—you'll be better equipped for next time.

[Download a free worksheet of exam anxiety hints and tips.](#)

UPCOMING ONLINE TRAINING

[Build Happy Habits and Change your Life \(Online Workshop\) Thursday 5th February 2026 7pm – 8pm](#)



[SUPPORTER WORKSHOP: How to deliver the Living Life to the Full \(LLTTF\) Class Training in your setting 16th April 2026 9.30am-4.30pm](#)



[SEE ALL UPCOMING TRAINING DATES HERE](#)

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



Living Life to the Full | www.lltf.com



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

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