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

Welcome to this edition of the LLTTF<sup>(R)</sup> life skills newsletter. It's full of news and resources to help you get the most from [www.lltff.com](http://www.lltff.com)

### In this edition:

Worksheet of the month - **Overcoming 7 Steps to Problem Solving**

Featured online course - **Living Beyond Your Means**

Read and Learn - **10 Things You Can Do to Feel Happier Straight Away**

Update- **Our resources for dental anxiety- the worlds most common phobia**

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## Worksheet of the Month

### Overcoming Series - The Seven Steps to Problem Solving

Five Areas Limited produces two main sets of resources. *Living life to the full* is shorter, punchier and more colourful. The *Overcoming series* is aimed at those who wish to understand why they feel as they do and make changes with additional information and in depth reading.

#### **Purpose:**

This worksheet from the Overcoming series helps you identify problems in your life and how to tackle each one of them separately.

#### **How it works:**

Through a series of 7 steps you will identify and then plan to tackle external problems

such as debt, relationship issues or even a leaky roof. Key elements are defining a clear problem, then coming up with creative ways to tackle them. Central is writing a plan for change and then reviewing how that plan works.

### Common difficulties using the sheet:

These can arise when we set unrealistic goals and our expectations are too high. At times of distress, people sometimes feel overwhelmed by problems, and don't know where to start, who to ask for help or they put things off until they all mount up. It can be challenging facing the reality of the situation if we have fallen into bad habits or avoiding things that seem too much.

### Opportunities to use this resource:

This worksheet will take you through a step by step approach to solving external practical problems and address relationship difficulties.

### [Download the worksheet here.](#)

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## THE SEVEN STEPS TO PROBLEM SOLVING

### Step 1: Identify and clearly define what you are going to work on

**My target problem:** Write down the one problem area you want to work on first. Remember, that this should be a situation, practical or relationship problem. Break complicated problems down into smaller steps.

### Step 2: Think up as many solutions as possible to achieve your first step

When you feel overwhelmed by practical problems, it can seem hard to even start tackling them. One way around this is to step back from the problem(s) and see what solutions are possible. Be creative. The more solutions that you can think of, the more likely it is that a good one will emerge.

### Step 3: Look at the pros and cons of each possible solution

Write your own list of ideas below, and the pros and cons of each suggestion.

My own suggestions from Step 2	Pros / Advantages	Cons / Disadvantages



## Featured Online Self-directed Course to Buy

### Living Beyond Your Means?

### Managing Eight Common Causes of Overspending Course

Are you fed up of running out of money? Constantly in debt?

Do you spend more than you have?

Learn how to get your spending under control and figure out why you keep overspending. Discover 8 common habits that drive us to live beyond our means so we end up in debt - and how to change them.

This course teaches using a step-by-step way to bring spending back under control without overspending.

[Buy access to the online course \(includes online book\)](#)

[You can also Buy the Book Here. \(printed copy or online book\)](#)

Using visually engaging resources, accessible in a range of formats to help people to improve their mental and physical wellbeing through cognitive behavioural therapy-based life skills.

## Read and Learn

### 10 Things You Can Do to Feel Happier Straight Away

In this book you will learn:

- Practical tools you can use that can make a difference to how you feel now.
- Build kindness and compassion towards yourself and others.
- Start to feel better in just a few minutes by building fun into your life.



[Buy this online or printed book here.](#)

### Needing to go to the Dentist but feel scared?

If you're feeling anxious about visiting the dentist, you're not alone. Dental anxiety is a very common challenge, but there are proven tools and resources to help you manage your fears and feel more in control.

Using a tried and tested Cognitive Behavioural Therapy (CBT) life skills approach, you can learn practical strategies to reduce anxiety and build confidence for your next dental visit. Whether you're supporting yourself or helping others, these resources can improve both mental and physical wellbeing when facing dental care.

Most of our materials are available in multiple formats, including online books, printed books, and online courses, so you can choose the option that best fits your learning style.

Take the first step towards a calmer, more positive dental experience today.

#### Resources for different ages:

- Parents of younger children
- Adolescents/teenagers (with the University of Sheffield)
- Getting through an urgent dental appointment (for adults)

[Explore our dental anxiety resources here.](#)



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

Chris, Donna, Karen, Kathryn, Kevin, Sue, and Theresa



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