



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

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

**In this edition:**

### **LLTTF SALE! Big Discounts on selected print versions of the LLTTF book range**

**Living life to the full with Prostate cancer – Can you help?**

**CBT in the Community: Public Outreach at The Forge Shopping Centre, Glasgow  
Bouldering Psychotherapy**

**Ready for the clock change? Try our SAD Course**

**Call out for pregnant people who want to complete a CBT-based wellbeing course**

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

*You can unsubscribe at any time by clicking the Unsubscribe link at the bottom of the email.*

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## LLTTF PRINTED BOOK SALE

### **Warehouse Clear Out Alert!**

We're making space for new stock — so we've reduced the price of selected Living Life to the Full print titles to just £1 each (plus P&P)!

Grab a bargain while stocks last

- [24 Hours To Get A Job That Fires You Up](#)
- [Fix Your Drinking Problem](#)
- [Live Longer, Have A Heart Attack](#)
- [Moving Out and Moving On](#)
- [You, Me & Us](#)
- [Living Life To The Full – In Your Menopause](#)
- [Stop Smoking In 5 Minutes](#)
- [I Feel So Bad I Can't Go On/Suicide](#)
- [Slow Down And Be \(Mindfulness\)](#)
- [Enjoy Your Baby](#)

[Check out the full sale here](#)

## BOOK SALE

£1 PLUS P&P



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### Living Life to the Full with Prostate Cancer – Can you help?



We are launching a new course for men and families of men living with prostate cancer.

This is based on and developed from the well known and respected **Getting Down to Coping** course licensed by the University of Surrey.

With five core modules the course includes:

1. What is prostate cancer?
2. Understanding the impact of prostate cancer
3. Doing things that make you feel better
4. Noticing and changing unhelpful thoughts
5. Planning for the future (coming soon) plus additional optional modules of dealing with fatigue, pain and more.

**We are looking to receive feedback** from people with prostate cancer and their family/friends on this draft content. Additional modules will be made available at a second stage launch.

If you are able to help please let us know ( [www.llttf.com/contact](http://www.llttf.com/contact)) and we send you a link to the unlocked course, plus a **feedback form** so you can help us as we consider the content and look at the content

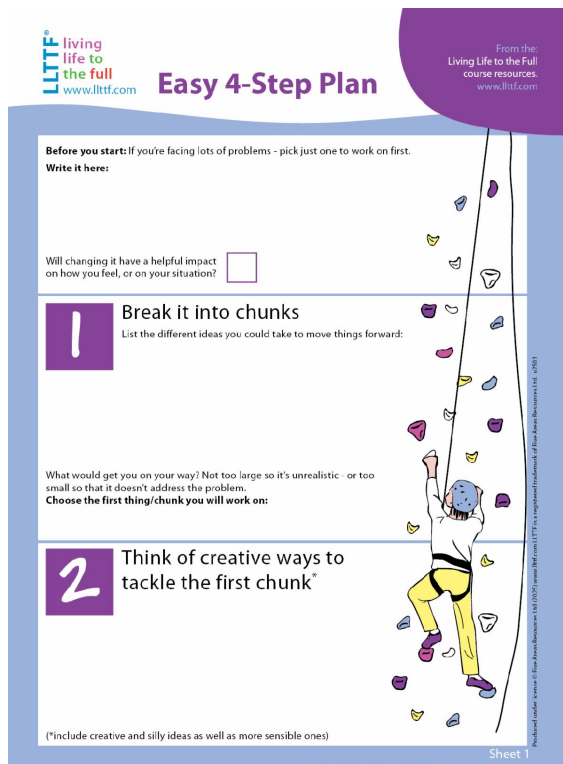


### CBT in the Community: Public Outreach at The Forge, Glasgow

As part of the European Association for Behavioural and Cognitive Therapies (EABCT) conference held in Glasgow this September, a public outreach day was hosted at The Forge Shopping Centre, Glasgow. With input from Professor Chris Williams and Donna Mackenzie from LLTTF, and support from Glasgow Convention Centre and Kevin Noon from BABCP Scotland, the event aimed to raise awareness of Cognitive Behavioural Therapy (CBT) and its benefits.

Visitors explored resources from BABCP, including handouts and a free online CBT video, free LLTTF books and handouts, alongside research summary posters from the University of Glasgow's Geography Department on Seasonal Affective Disorder. Three free public talks were provided on mindfulness, CBT in Scotland (by Josie Stewart from NHS Greater Glasgow and Clyde), and SAD delivered by Chris Williams. Many more shoppers dropped by to the stand and took away materials.

The day was a great success, highlighting the value of bringing psychological support and education directly into the heart of the community.



**living life to the full**  
www.llttr.com

From the Living Life to the Full course resources.  
www.llttr.com

**Easy 4-Step Plan**

**Before you start:** If you're facing lots of problems - pick just one to work on first.  
**Write it here:**

Will changing it have a helpful impact on how you feel, or on your situation?

**1 Break it into chunks**  
List the different ideas you could take to move things forward:

What would get you on your way? Not too large so it's unrealistic - or too small so that it doesn't address the problem.  
**Choose the first thing/chunk you will work on:**

**2 Think of creative ways to tackle the first chunk\***

(\*include creative and silly ideas as well as more sensible ones)

Sheet 1

## What If Your Next Breakthrough Looked Like a Climbing Wall?

Emerging research shows that **Bouldering psychotherapy (BPT)** can significantly reduce symptoms of depression and anxiety, with effects comparable to CBT. It promotes mindfulness, emotional regulation, and self-efficacy — all while engaging the body.

Bouldering psychotherapy (BPT) is a therapeutic approach that combines bouldering (a type of rock climbing) with psychotherapeutic methods like cognitive-behavioural therapy to treat conditions such as depression. The manualised program involves 10 weekly, two-hour group sessions led by trained climbing therapists, focusing on psychological topics relevant to the condition being treated, such as self-esteem and self-efficacy. The intervention integrates mindfulness, relaxation, cognitive-behavioural techniques, and specific bouldering exercises to help participants break negative thought patterns, improve physical and mental skills, and foster self-confidence in a social, action-oriented setting.

[Download the worksheet here](#)

Struggling with a problem that feels too big to handle? Our Easy 4-Step Plan worksheet can help you break things down into smaller, more manageable chunks. Instead of feeling stuck, this simple tool guides you through tackling one step at a time, making challenges feel less overwhelming. By focusing on small, practical actions, you can start moving forward with confidence. You can download the worksheet and give it a try today!

**Living Life To The Full**  
for people who experience a  
pattern of feeling worse in  
the winter months

Living life to the full  
online resources for SAD  
**Professor Chris Williams**

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## When the Clocks Go Back, Don't Fall Back Too (FREE Resources)

As the clocks go back on **Sunday 26 October**, many people with **Seasonal Affective Disorder (SAD)** begin to feel the familiar dread of darker days and lower mood. But winter doesn't have to mean withdrawal.

Our **Course of the Month** is *Living Life to the Full with SAD* — a free, evidence-based online course designed to help people make the most of winter light, stay active, and manage low mood.

Developed in collaboration with the **Geography Departments at the Universities of Glasgow and Edinburgh**, and funded by the **ESRC**, the course blends CBT strategies with environmental awareness to support wellbeing through the winter months.

If you or someone you know finds facing winter a struggle, please share this **FREE** resource.

[www.littf.com/sad](http://www.littf.com/sad)

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## Pregnant and want to complete a CBT-based wellbeing course

A Trainee Clinical Psychologist at the University of Glasgow, is currently conducting research into supporting health and wellbeing during pregnancy.

If you live in the UK, are pregnant and want to take part in a new, CBT-informed online course developed by Professor Chris Williams (creator of Living Life to the Full). The course is evidence-based, provides free access to resources and worksheets for 1 year, and into early parenthood.

The study has full ethical approval from the University of Glasgow (MVLS Ethics Committee), and all participation is voluntary.

Further information on the participant information form and sign up link here:

[https://uofg.qualtrics.com/jfe/form/SV\\_3jAY0duSjPQyUxo](https://uofg.qualtrics.com/jfe/form/SV_3jAY0duSjPQyUxo)

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## UPCOMING TRAINING

**29 October @ 4:30 pm - 5:00 pm**

Focus on resources to help people with

SAD- Seasonal Affective Disorder

Wednesday 29th October 2025 4.30-

5.00pm

(Supporters/Practitioners/Members of the Public) (F)



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**12 November @ 5:30 pm - 6:00 pm**

Getting the most from the LLTTF online resources Wednesday 12th November 2025 5.30-6.00pm UK time (for Members of the Public) (Free)



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**26th November @ 5:30 pm - 6:00 pm**

Focus on resources to help young people and parents live life to the full.  
Wednesday 26th November 2025 5.30-6.00pm UK time (for Teachers Supporters/Practitioners and Parents of a teenager) (FREE)



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**10th December @ 5:30 pm - 6:00 pm**

Getting the most from the LLTTF online resources. Wednesday 10th December 2025 5.30-6.00pm UK time (for Members of the Public) (FREE)



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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, Karen, Kathryn, Kate, Kevin, and Theresa



Living Life to the Full | [www.lltff.com](http://www.lltff.com)



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