

Living Life to the Full Life Skills Newsletter August

Welcome to this edition of the LLTTF^(R) life skills newsletter. It's full of news and resources to help you get the most from www.lltff.com and our other resources.

In this edition:

Worksheet of the month - Face It Planner

Featured courses of the month - Survive and Thrive at College or University

Read and Learn - Improving Your Sleep information and advice.

In the News - International Youth Day - using technology for well-being

Discover our Parenting Course - Helping your child live life to the full

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Worksheet - Face It Planner

Are you avoiding or putting things off? Often the best approach is to build from where you are now using a planned approach.

Our easy to use **Face It Planner** worksheet might be just be the resource you need!

Purpose:

This resource helps you face and overcome challenges by creating a step by step plan to face fears, build activity and confidence.

How it Works:

By breaking things down into small steady steps that are big enough to move you towards your goal - yet small enough to be achievable.

Common difficulties:

The key is to practice each step/goal again and again until anxiety drops off, before moving on to the next step/goal. The most common mistake we can make is to choose a

LLTTF™ living life to the full www.lltff.com

Face it Planner
to overcome avoidance and build confidence

From the Living Life to the Full course resources
www.lltff.com/resources

Is it realistic?
Are you trying to go too fast?
If you have a problem with any step, take a step back and review your plan!

Where do I want to be?

10 My next step: My next step:

8 My next step: My next step:

6 My next step: My next step:

4 My next step: What I'll do next:

2 What I'll do first: What I'll do next:

1 What I'll do first: What I'll do next:

Start here: Where am I now?
What can I do?
What am I avoiding?

Visualise yourself succeeding and how good you or others will feel.

Now, write in where you'd like to be at the top right of the sheet. Then split into steady steps. Each step should be big enough to be doable, but not enough to make things too hard. Take as many or as few steps as are needed. Tick the box when you have completed each step.

step that's too big. That may cause you to struggle and give up - creating a vicious cycle of avoidance.

Opportunities to use this resource:

Most of us have things we want to master so the Face It Planner can be used for lots of areas of life avoidance. Things like speaking out loud in a meeting, going into a shop when we have panic/anxiety such as agoraphobia, and much more. Breaking down that big target/goal (like preparing a report, a social or health care appointment, or going somewhere scary like a bus journey or café) into smaller steps that are practiced again and again before moving on to the next step is the key. If this sounds like you, then give it a go by downloading the worksheet

[Download your FREE* worksheet HERE](#)

*For your own personal non-commercial use - see www.litff.com/terms

Featured Course of the Month

Survive and Thrive at College or University for new students (£20.00)

Starting further education for the first time can be daunting. Whether a new student moves away from home or attends a local course, there are many challenges to confidence and self-organisation.

The course includes:

- Meeting new people
- Dealing with understandable doubts and fears
- Getting the most from your educational experience
- Understanding your feelings
- Getting ready for exams
- Becoming the person you want to be
- and Read this module if you feel like dropping out

Access this course from the comfort of your own home, and complete it in your own time. Take notes, save your work and return when it suits you.

[Click here to review or buy the course](#)



Read and Learn - Improving Your Sleep

Poor sleep can have a negative effect on your thinking ability, mood, heart health, immune health, and more. It can also increase your chances of developing obesity and diabetes, among other health conditions.

For this reason, getting a good night's sleep is one of the most important things you can do to optimise your health.

Living life to the full
www.litff.com

Information Leaflets available from Living Life to the Full. Written by Dr Chris Williams.

Improving Sleep

BACKGROUND

Most people have problems sleeping from time to time. Sleep problems often start after an upsetting life event, or they can also be a result of your lifestyle. Many psychological problems contribute to upset sleep. These include anxiety, depression, anger, guilt, shame and stress. Physical problems such as pain and breathlessness can also stop you sleeping. A key to start getting back into a regular sleep cycle is often to set up regular sleep routines, and to try tackle the underlying causes of poor sleep.

HOW CAN I IMPROVE MY SLEEP?

1. Bed is for sleep and sex only. Try to avoid doing other things like watching TV.
2. If you can't sleep, get up and do something until you are tired.
3. If you're lying awake worrying, go downstairs and write your worries down to deal with tomorrow.
4. Adapt a regular bedtime and getting up time.
5. Address physical and practical issues e.g. light / noise / temperature
6. Reduce general life pressures.
7. Set aside a wind-down time each evening.
8. DON'T drink and smoke 'to calm your nerves' before bed.
9. DON'T do physical or mental exercise before bed.
10. DON'T read or watch TV in bed.
11. DON'T sleep in or nap during the day.
12. DON'T drink too much tea / coffee / cola drinks – they just wake you up.
13. Leave your phone switched off or even better downstairs.
14. If you have to leave your phone by your bed, go into airplane mode, or make it so you don't wake up with each notification.

[Read and download our free worksheet on Improving Your Sleep here.](#)

In the news this month

International Youth Day is celebrated this month

The theme this year is "From Clicks to Progress: Youth Digital Pathways for Sustainable Development." This theme highlights the intersection of youth, digital innovation, and sustainable development, emphasising the crucial role young people play in using digital technologies to drive sustainable progress.

We have various digital resources that may be useful to young people including 'Living Life to the Full for Young People' (understanding and overcoming low mood and stress for ages 13-18), This is an online course for use by or with individual young people aged 13 to 18. Covering all the common challenges young people face over this turbulent time.

[Find out more](#)

Parenting Course- Helping your teenage child Live Life to the Full



Based on the award winning and widely recommended Living Life to the Full course, modified to help parents support their child using a series of worksheet resources that help gather information, and apply new skills.

[Find out more and buy access to this course here.](#)

Driving home this evening I was struck by how much earlier the sun is going down. We are only 6 or so weeks away from when the clocks change. For many people with Seasonal Affective Disorder (SAD) this can seem a difficult time. Get prepared with our free course at www.lltff.com/sad

If you are an employer looking to make reasonable adjustments to help support members of your workforce who find the winter months emotionally or socially difficult, then this course-funded by ESRC and created together with Professors of Geography at the University of Glasgow and Edinburgh and funded by ESRC - discover our course now.

Find out more at www.lltff.com/sad

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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