



Living Life to the Full Life Skills Newsletter December 2024

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

In this edition: 'Tis the Season to be jolly?' Sadly, not for everyone... the festive season can be one of the most stressful times of year for many people. We have some tips to help you through this festive season.

Well-being Offer: 10% off with code '**Wellbeing10**'

Worksheet of the month - 1,2,3 Breathe, a worksheet to help you through challenging times when irritability can come to the surface.

Featured online course - Parents course: Helping your child Live Life to the Full.

Free online course - Living with SAD.

Read and Learn - Building Inner Confidence.

In the News - National Grief Awareness Week, 1st-8th December.

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ONLINE COURSES & BOOKS



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JOIN NOW

10% off all products
with code
'Wellbeing10'

www.lltff.com

Give the Gift of Wellbeing This Christmas!

Enjoy 10% off with code **'Wellbeing10'**

Looking for the perfect present? Treat your loved ones to an online life skills course they can enjoy from the comfort of their home in 2025! A thoughtful gift for friends, family or event to yourself...

Our self-directed courses suit those looking for...

- Flexible schedules
- Expert-led sessions
- Wellness-focused learning

Start their journey to a better 2025
Find our range of online courses here

Worksheet of the Month Overcoming Irritability and Anger using 1,2,3, Breathe!

Anger is a normal part of our emotions. However, do you, a partner, child or friend struggle with temper? Being angry and “letting it all out” can sometimes feel like it helps – but can also backfire all round – for us, and for those around us too.

Christmas can sometimes be a time of peace and joy. But also sometimes spending more time than usual with family can push buttons and leave people needing space. Learn some helpful steps to gain control over anger using this **FREE** to download worksheet or you can purchase the **LLTTF 1, 2, 3, Breathe** book [here](#)

Overcoming irritability and anger 1, 2, 3, Breathe!
Purpose: Learn to recognise what pushes your buttons,

LLTTF living life to the full www.lltff.com

Overcoming irritability and anger 1, 2, 3 Breathe!

1 Know what pushes your buttons
Think about what makes you angry. The people or places that always seem to get you going. Write down the things that make you angry or annoyed.

2 Notice your early warning signs
What changes do you notice as anger builds? Learn to spot these signs so you can move to step three before they turn into trouble. Write down what you notice here (include changes to your thoughts, body feelings, or if what you say or do).

3 Choose to respond differently
You might decide to just walk away. Or pause and count to 10. Or drop your shoulders and slow your breathing. Find out what works for you, so you can choose to feel in control whatever happens. How can you respond differently?

Breathe!
As soon as you've responded differently, give yourself a "Well done!" You've made a good choice for you and others.

spot early signs of losing your temper and choose to respond differently and more helpfully.

How it works: Choose a time when an angry outburst has occurred and where this is seen as a problem to yourself or others. First spot what situations and people tend to push your buttons and start you feeling angry. Second spot the early warning signs that anger is rising in you. Feeling hot? Fidgety? Thinking angry thoughts? Breathing faster? They all mean do something different now to defuse the anger. Finally the third element of the worksheet is to choose to respond differently. Instead of shouting, swearing, pushing, fighting or being rude or undermining, choose to respond wisely and helpfully - for you and others. This worksheet teaches a way of slowing down your angry reactions and helps you to plan different more helpful responses in the future.

Common difficulties: It's far better to learn this approach at a time when anger is not at it's highest level. Using the worksheet when acutely angry is less likely to be helpful.

Opportunities to use this resource: Helping you - or someone else - consider a time when an angry outburst has happened. Take a step back and help them to put some distance from it by going through the worksheet. Then apply the learning to future situations.

[Download the worksheet here.](#)

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Featured Online Self-directed Course of the Month to Buy Parents Course - Helping Your Teenage Child Live Life to the Full

Life brings challenge after challenge. High levels of low mood and stress affect the majority of young people at some stage in their lives. But - some young people experience intermittent distress on top of this. It's not always easy for parents to watch their child struggle through difficult times and to know how best to help them.

This course was produced and evaluated as part of a schools-based research project and has been well received by parents attending live and online sessions. The evaluations were part of a University of Glasgow Clinical Psychology Doctoral Student's research project. Findings were part of a poster presentation at the annual BABCP conference 2024.

Based on the award winning and widely recommended Living Life to the Full approach. Helping parents support their teenage child learn and practice key life skills. This is an

online self directed toolkit you can dip into to discover solutions for many childhood challenges. It includes access to online books, modules and worksheets.

The course content covers helping your teenage child:

- Understand their feelings
- Do things that make them feel better
- Look at things differently
- How to use Tension Control Training, and much more.

Related products: [Book \(Printed\)](#), Online Book, or Video book, and [buy the online course here](#).

Want to attend live coaching in the approach? Contact us for more information.



Living with 'the Winter Blues'- Seasonal Affective Disorder (SAD)

Ever feel a little 'off' during the colder, darker months? This could be Seasonal Affective Disorder (SAD)—a type of depression linked to changes in seasons.

Why Does SAD Happen?

1. **Reduced Sunlight Exposure...** Shorter days mean less sunlight, which can disrupt your body's internal clock (circadian rhythm). This throws off your sleep-wake cycle and mood regulation.
2. **Serotonin Levels...** Less sunlight can lead to lower levels of serotonin, the 'feel-good' chemical in the brain that helps lift mood.
3. **Melatonin Disruption:** Longer nights can cause your body to produce more melatonin than you need for sleep, making you feel tired and sluggish during the day.

Click on the image for free access this course.

SAD Common Symptoms:

- Persistent low mood.
- Loss of energy.
- Changes in appetite (craving carbs?.)
- Difficulty concentrating.
- Sleep disturbances.

How to Combat SAD:

- **Light Therapy:** Sitting near a light box mimics natural sunlight and can help regulate serotonin and melatonin.
- **Vitamin D:** Sunlight is a natural source, but supplements may help during darker months.
- **Stay Active:** Exercise boosts endorphins, helping to lift your mood.
- **Seek Support:** Therapy or talking to a professional can be helpful.
- Try our research-informed free online course funded by the ESRC.

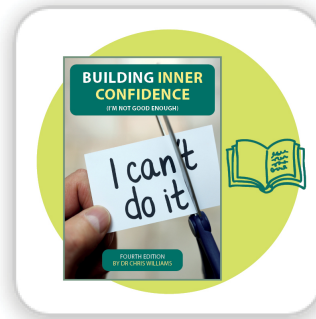
It's okay to feel this way, and help is available. If you or someone you know struggles with SAD, take a look at our free online course...

Visit www.llttf.com/SAD

Read and Learn
Building Inner Confidence

Building inner confidence starts with embracing your unique strengths and viewing challenges as opportunities for growth rather than setbacks. By practicing self-compassion and celebrating small wins, you create a foundation of trust in yourself that empowers you to face life's uncertainties.

Can you think of someone who is very confident? It might be someone from the TV, a footballer, band member or actor? What is it about them that makes them stand out to you as confident? This book will help you discover the origins of confidence. The things that have been said to you that have developed or sapped your own confidence.



The good news is we're learning all the time. Based on a cognitive behavioural therapy (CBT) approach, discover ways of changing how you think about yourself, and what you can do, to slowly plan ways to let the real you shine through.

[Find out more and buy the book.](#)
(Print of online versions available)

In the news this month -

December -National Grief Awareness Week



National Grief Awareness Week raises awareness and provides support to those who are grieving, and aims to create a better understanding of the grieving process. It acknowledges that grief is a natural response to loss and aims to break the stigma surrounding this deeply personal experience.

If you or someone you know is struggling with grief, it can be overwhelming and unique to each person. It's important to remind ourselves that it's okay to feel a mix of emotions and to take our time with the healing process.

Here are some suggestions that might help you navigate through grief:

Acknowledge Your Feelings

- Allow yourself to feel the sadness, anger, confusion, or even numbness. Grief doesn't follow a set path, and no emotion is "wrong."
- Writing can help you express thoughts and emotions that feel too big or too scattered to vocalise.

Seek Support

- Talking to friends or family can help you feel less alone. If you're not comfortable sharing with them, a support group (online or in person) can connect you with others who understand what you're going through.
- A therapist experienced in grief work can provide tools to process your emotions.

Take Care of Your Body

- Grief affects not just your mind but also your physical health. Eating nutritious food, getting rest, and incorporating gentle physical activity like walking or yoga can help regulate your energy.
- Avoid using alcohol or other substances to numb your feelings—they can delay the healing process.

Create Rituals to Remember

- Lighting a candle, creating a memory box, or writing letters to the person/pet or thing you've lost can help you feel connected.

Focus on Small Steps

- Set small goals for each day, even if it's just getting out of bed or making a cup of tea. Over time, these steps build momentum toward healing.

- Be gentle with yourself on harder days, and recognise progress in any form.

Let Yourself Laugh and Smile

- It's okay to find moments of joy, even in the midst of grief. Laughter or a pleasant memory doesn't mean you've forgotten—it means you're human.

Sign up for our Living Life to the Full Course to help with strategies to get you going again and feel better. Visit www.lltff.com

Festive Opening Times

The office will be open as follows over the festive period (weekends closed as usual).

Monday 23rd December-Open

Tuesday 24th December -Open ½ day

Wednesday 25th & 26th December -Closed

Friday 27th December Open ½ day

Monday 30th December-Open

Tuesday 31st December- Open ½ day

Wednesday 1st & 2nd January- Closed

Friday 3rd January- Open ½ day

Final Words

Finally, thank you for reading this newsletter. As the Christmas and New Year holiday season approaches, may you find moments of peace, joy, and reflection amidst the busyness. Remember to prioritise your well-being, and cherish the connections that bring you comfort. Wishing you a Christmas filled with warmth, care, and renewed hope for the season ahead.

We really appreciate your interest in our work and we hope it proves helpful.

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



Living Life to the Full | www.lltff.com



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