

Living Life to the Full

at Bramhall Methodist Church



Eight enjoyable lessons to help you change your life.



Teaching life skills to improve wellbeing and resilience, these classes are particularly useful for people experiencing low mood and anxiety.

Why do I feel so bad?

I can't be bothered to do anything

Why does everything go wrong?

I'm not good enough

How to fix almost anything?

The things you do that mess you up

Are you strong enough?

10 things you can do to help you feel happy straight away.

Developed in the UK by Dr Chris Williams, an expert in Cognitive Behavioural Therapy (CBT), and delivered by a team from Bramhall Methodist Church.



Living Life to the full



www.bramhallmethodists.org.uk/wellbeing/llttf

Living Life to the Full (www.llttf.com) is a series of life skills classes for anyone wanting to improve their wellbeing and resilience. Each class is an enjoyable mix of short talks, time to reflect and discussion exploring a different aspect of cognitive behavioural therapy (CBT). Classes end with time to plan how you will use what you have learnt in the following week.

"It's made me a bit stronger and helped me to look at things which were upsetting me and find ways to deal with them."

The classes have been developed to help people with low mood or anxiety. They will also be useful for those wanting to support friends, family, colleagues or neighbours or to learn how to protect themselves. Those with more serious symptoms or a clinical condition may benefit but should also seek specialist professional support (a visit to your GP is a good starting point).

"I'm now sleeping so much better, drinking far less alcohol, doing more exercise, being kinder to others and eating better."

Everyone is welcome. The core CBT material is non-religious having been developed for use by a range of providers. We welcome anyone who might benefit from the material whatever their faith or if they have none.

Next Classes (all 7:45pm to 9:15pm – coffee/tea and cake from 7:30)

Tuesdays from 27th July 2021

The first class serves as a taster to help you decide whether this is the right choice for you. It is followed by 8 more weekly classes which are limited to 12 per class. The sessions are covid safe operating under specific government guidelines for "support groups". There is no charge but towards the end of the series you will have an opportunity to make a donation to allow us to offer the classes to others in future.

To book a place please contact **Richard Baker**
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