



Logging-in:

All you really need to get started is an Internet connected computer, soundcard and speakers and a Web browser. **Living Life to the Full** recommends the use of the FREE **Firefox Web browser** but any will do www.getfirefox.com

Other software that you will need includes:

Adobe Flash Player is the standard for delivering video and animations on the web. You can download it if you don't have it already from <http://www.adobe.com/products/flashplayer/>

Adobe PDF Reader is the global standard for trusted distribution, viewing and printing of information.

You can download Acrobat from <http://get.adobe.com/reader/>

Technical difficulties

Select the *Problems Signing up* menu item, the *Technical FAQs* and the *Report a Problem* menu tabs to guide you through the log-in process and other aspects of the site.

Getting the linked books

You can get the linked course books from a library; order from a bookshop or from www.fiveareas.com. You can also choose to read them online at www.fiveareasonline.com. Your practitioner may also be able to provide free logins.

How private is your information?

Encrypted login and registration pages protect your data. You will be able to create a public (anonymous) name to use on the forum etc. Your email and real name will only be available to the site administrators. You can choose to delete all your information if you wish. Review the site Privacy Policy for more details.

LLTTF Quick Start Guide

What is Living Life to the Full?

LLTTF (www.llttf.com) is a free online life skills course based on the proven cognitive behavioural therapy (CBT) approach. The good news is that this is often a practical and accessible route to feeling better.

The course offers:

- Practical modules covering areas commonly affected by low mood and stress
- Text and video, and different courses to suit your own learning style
- Teaching practical skills such as relaxation
- Hints and tips for making changes
- A support forum to ask questions and read the advice of others
- A regular newsletter/reminders

Who wrote the site?

- The site contains materials written by Dr Chris Williams who works at the University of Glasgow and who is the site author.
- The site is supported by the NHS Greater Glasgow and Clyde WISH Programme and by Jubilee Trust.

Course Content and Materials

We recommend you use the following modules first so you get the most from the course:

- Welcome to Living Life course
- Then choose one of the available courses – the Living Life to the Full Classes, Little Book, Big Book or DVD courses
- Start with the first Module
- You are likely to get the most from the course if someone else (like a trusted friend or practitioner) can support and encourage you
- Planner and Review sheets help you Plan, Do and Review changes
- Download free tools and resources such as Relaxation Training MP3's and more, and Rate your Mood on a weekly basis.
- Make new friends, ask questions, or read helpful advice in the Forum

“Thank you so much to the Living Life to the Full Team. The newsletter has come at just the right time, exactly when a little extra support is needed. The wording is so simple and easy to understand - no long 'technical' terms! Thank you very much.”

Features of Living Life to the Full

- Sound, text and video clips are used throughout.
- Weekly emails (optional) help you keep on track.
- Discussion forums are available to help course users swap ideas, information and provide mutual support.

What would you like to get out of the Course?

We all need life skills in our work, relationships and in every other aspect of our lives.

Probably we all have very different reasons for doing the course. Some may be experiencing low mood, depression, anxiety or distress.

Whatever your reason for wanting to learn these life skills we hope the content proves helpful. The skills taught cover general skills/information we can all use in our lives when we feel under pressure, stressed or distressed.

Remember: Nothing is compulsory - you are in control.

After completing the **Welcome module**, you can choose to complete as many or as few of the course modules as you wish. We advise that you try fully complete and practice using the modules and make a commitment to use the course on a regular basis. Rating your mood regularly – and using the Planner and Review sheets to make plans to change will help.

“I first logged into the Living Life site earlier this year after a three week spell of sickness absence from work. Acute stress and anxiety had rendered me wholly ineffectual for work, and life in general. I am glad to say that this did not persist. My visits to the Living Life to the Full website has been my principal and most effective support. I am entering a New Year in a genuinely positive state of mind for the first time in many years. I will continue to use your site to sustain my health.”