

A stylized landscape illustration. In the top right, a large yellow sun is surrounded by a light green glow. In the top left, there are grey and white clouds with vertical lines representing rain falling. The background consists of rolling hills in various shades of green, brown, and tan. A winding path or road is visible in the lower part of the hills. In the foreground, there are several green trees of different shapes and sizes.

Living Life to the Full

Helping you to help yourself

www.livinglifetothefull.ca



Canadian Mental
Health Association
British Columbia

Association canadienne
pour la santé mentale
Colombie-Britannique

LIVING LIFE
TO THE FULL

VIVRE SA VIE,
PLEINEMENT

What is Living Life to the Full?

- Life skills course based on cognitive-behavioural principles
- Equips people with the inspiration and tools to get the most out of life
- 8 week course, 1.5 hour sessions/week
- Designed by **Dr. Chris Williams**, psychiatrist, expert in cognitive behavioural therapy, Professor of Psychiatry at the University of Glasgow, Scotland, UK



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Rationale

- Limited access to mental health services and professionals for people dealing with mild to moderate symptoms of depression, low mood, or stress
- Need for evidence-based mental promotion initiatives
- Low-barrier program: no jargon, framed positively, no pre-screening, materials easy to read
- Fun, accessible
- Course to increase knowledge and get new skills, not counselling or therapy



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Living Life to the Full provides people with tools to:

- Reduce stress and boost mood
- Improve motivation and problem solving skills
- Change unhelpful thoughts and behaviours

CMHA Branches across Canada deliver Living Life to the Full courses to local communities.

CMHA British Columbia Division holds the exclusive licence for Living Life to the Full in Canada.



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Course Content

- One topic and one booklet per session
- Group exercises and individual work
- Class discussions
- Facilitator guides the group through materials



**WHY DO
I FEEL
SO BAD?**

**WHY DOES
EVERYTHING
ALWAYS
GO WRONG?**

ABTBP

THE AMAZING BAD-THOUGHT-
BUSTING PROGRAMME

1. LABEL IT

2. LEAVE IT

3. STAND UP TO IT

**4. GIVE YOURSELF
A BREAK**

**5. LOOK AT IT
DIFFERENTLY**

**ARE YOU
STRONG
ENOUGH
TO KEEP YOUR
TEMPER?**

1

**KNOW YOUR
BUTTONS**

2

**KNOW YOUR
EARLY WARNING
SYSTEM**

3

**KNOW WHERE
THE ESCAPE
HATCHES ARE**

Breathe!

**10 THINGS
YOU CAN DO
TO FEEL
HAPPIER
STRAIGHT
AWAY**





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Northern Ireland—480 participants

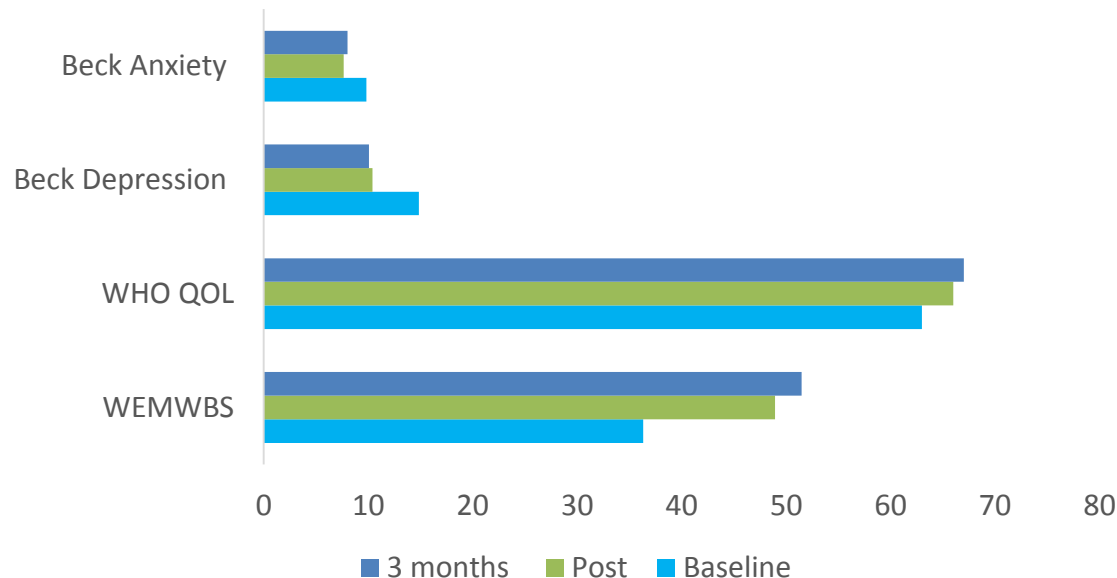


BC Pilot—228 participants

- 85% found the course useful/very useful
- 91% would recommend it to family and friends

Outcomes: Living Life to the Full

- CMHA Ontario Division Older Adult Initiative (Jan 2014 to March 2015)
- 375 participants / 30 courses in Older Adult Centres
- 75% learned new skills, 65% met new people, 62% improvement in mood
- 3 months later: greater social support, new social, problem-solving and coping skills





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At the beginning

- BC Pilot, April 2010 - March 2011 : CMHA branches delivered 29 courses to more than 380 people

Currently

- Offered in 60 CMHA branches across Canada in 9 provinces
- 8 partnering organizations delivering the course locally and nationally
- Over 100 courses delivered in 2015-2016 reaching 1,500 people
- Older Adult Guidelines
- Available in French Vivre sa vie, pleinement
- Living Life to the Full for Youth (aged 13-18)



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Participant comments

- *“I feel like I have much more control over my life, and have tools to become much more active in taking charge of a situation and even my own thoughts. This has been very empowering.”*
—Jaime Burford, Living Life to the Full Participant
- *“I was going through a time in my life where the only emotion I felt daily was hopelessness. Since the program, I have changed those habits that were affecting me. I quit smoking and started being accountable for my own health. I have recently lost 40 lbs and am working towards losing more. This program has given me a new direction and skills to assist me in life and my personal relationships.”* —Sandra Higham, Living Life to the Full Participant



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vivresaviepleinement.ca



Visit our website to find out about where courses are offered in Canada, how to become a facilitator or to buy the Living Life to the Full booklets.

LIVING LIFE TO THE FULL | **VIVRE SA VIE, PLEINEMENT**

CMHA [*insert your branch here*] delivers Living Life to the Full courses in our local community. [*insert your branch logo*]