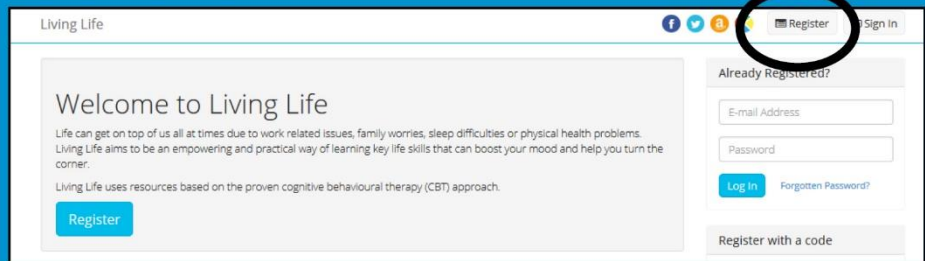


How to Get Started

1

Go to: code.lltff4.com (NB: enter exactly as shown, do not enter www.)

and click the 'Register' button.



Living Life

Welcome to Living Life

Life can get on top of us all at times due to work related issues, family worries, sleep difficulties or physical health problems. Living Life aims to be an empowering and practical way of learning key life skills that can boost your mood and help you turn the corner.

Living Life uses resources based on the proven cognitive behavioural therapy (CBT) approach.

Register

Already Registered?

E-mail Address

Password

Log In Forgotten Password?

Register with a code

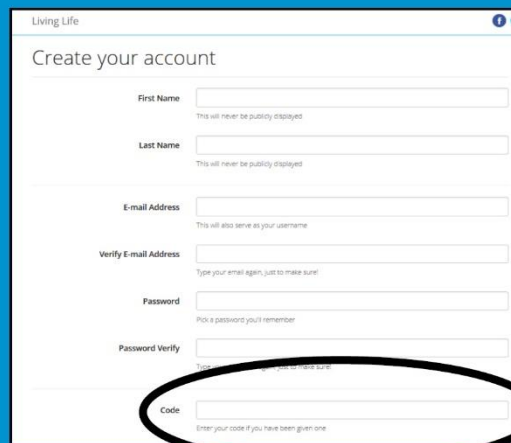
2

On the registration page enter your details. Keep a note of the email and password you enter as you will need this next time you login. You will be asked to enter your one off code.

Your code is:

lincs41875

3



Living Life

Create your account

First Name

Last Name

E-mail Address

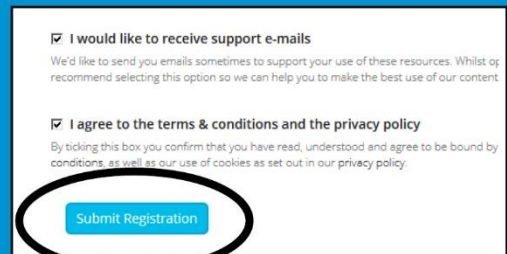
Verify E-mail Address

Password

Password Verify

Code

Once you have entered all your details click the 'Submit Registration' button.



I would like to receive support e-mails

We'd like to send you emails sometimes to support your use of these resources. Whilst we recommend selecting this option so we can help you to make the best use of our content.

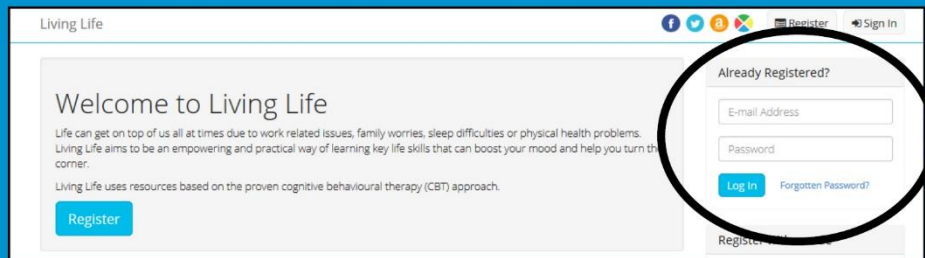
I agree to the terms & conditions and the privacy policy

By ticking this box you confirm that you have read, understood and agree to be bound by conditions, as well as our use of cookies as set out in our privacy policy.

Submit Registration

PLEASE NOTE:

Next time you visit the site login with the email address and password you set up during registration. **You do not need to enter your code again** – this is only a one off code for registration.



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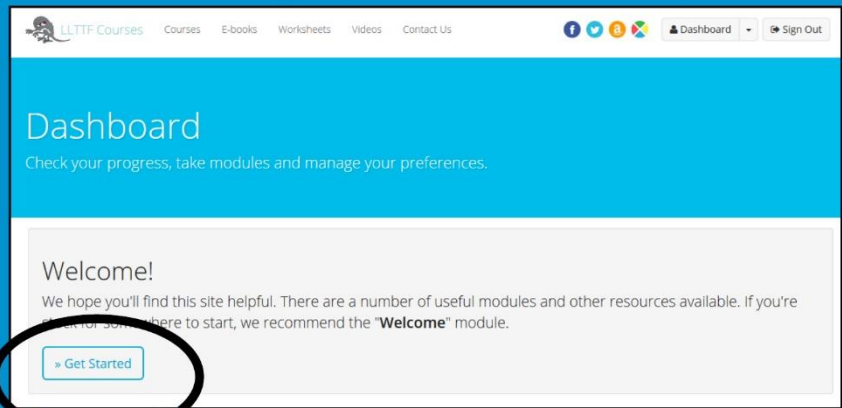
Error Reporting Problems Logging in?

Please email technical@fiveareas.com

- A screen shot of your problem or error message.
- The email address you registered with.
- The code you are using or have been provided.
- What action you expected and what actually happened.

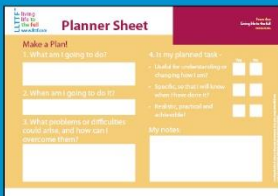
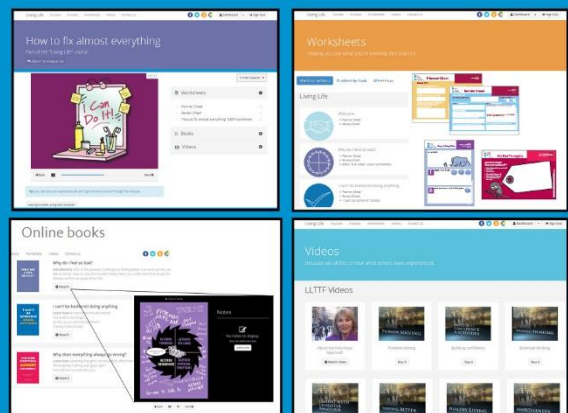
4

Once logged in we recommend that you start with the **Welcome Module**.



AN OVERVIEW OF THE LIVING LIFE COURSE:

- Educational life skills course
- Based on Cognitive Behavioural Therapy (CBT) principles
- Course modules
- Worksheets
- Linked books
- Linked videos
- Automated weekly support emails



Plan – Do – Review Model

It can be really hard sometimes to make changes, that's why this course provides two key tools to keep you on track, the Planner Sheet and the Review Sheet. The idea is to plan what you want to do and plan how to overcome anything that might get in the way, do it, then review how it went and what you learnt.

Monitoring how you feel

If you are working through the Living Life courses alone, it is important to be aware that the 'Get Help' button on your dashboard provides useful helpline numbers and resources for times when you need to get extra support. The Living Life course does not monitor how you feel so it is important to seek the help you need from your own doctor and other local support resources.

