

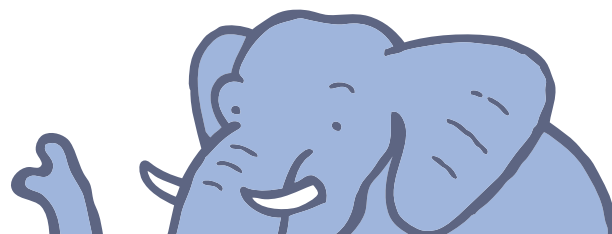
RECLAIM YOUR LIFE COURSE



CANCER, DISABILITY, CHRONIC PAIN, ME, FATIGUE, RECURRING ILLNESS, UNEXPLAINED SYMPTOMS, STROKE, DEPRESSION, MS, SIGHT IMPAIRMENT, POOR MOBILITY
Your life is more important than your illness

By Dr Chris Williams

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RECLAIM YOUR LIFE CLASSES

6 *fun friendly sessions* THAT CAN CHANGE YOUR LIFE

Your life is more important than your illness.

Would you like it back? It's all about understanding one truth: you are bigger than your problems. Which means they needn't stop you doing things, experiencing things, loving, laughing, tasting and living life. What you do is make changes to the way you think and act, creating a new relationship between your illness and yourself that separates who you are from what you've got.

With the help of a little book and supportive guidance at each session, participants learn how to improve their feelings when they feel ground down, frustrated or hopeless and will learn skills that help them tackle problems in their lives.

They will also meet others and have a lot of fun!

SESSION 1 RECLAIM YOUR LIFE

.... and how to change things around. You'll get to understand how to start to feel better even when you're exhausted and stressed out.

SESSION 2 MAKING POSITIVE CHANGES

Find out how working on enjoyment, closeness to others and getting stuff done can help you discover a happier and healthier you.

SESSION 3 RELATING DIFFERENTLY TO YOUR SYMPTOMS

Symptoms are an important part of your life. But they are different from you. Learn to identify 5 common traps we can each fall into when ill - and change things around.

SESSION 4 TACKLING COMMON PROBLEMS

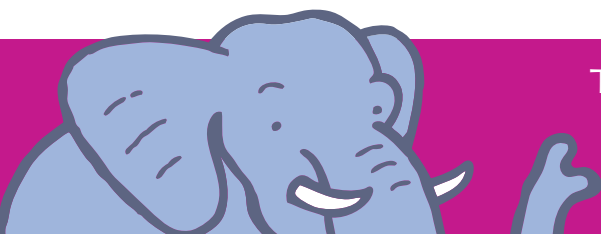
Leaky roof?
Difficult neighbours?
Tablet confusion?
Learn how to eat an elephant - and tackle any other life problems.

SESSION 5 LOOKING AT THINGS DIFFERENTLY

Build your confidence and tackle your doubts. Learn how to be a detective and discover bad thoughts that worsen how you feel.

SESSION 6 PLANNING FOR THE FUTURE

Here's a chance to make life changing plans that will look towards a bright future for. And you get a certificate too!



THE RECLAIM YOUR LIFE
LIFE SKILLS COURSE

