

RECLAIM YOUR LIFE



About the Programme



Reclaim Your Life (RYL) is a multi-module training programme designed for people living with long term conditions. With a core statement of 'Your life is more important than your illness!', this course helps you discover and cultivate a new relationship between yourself and your illness.

What topics does it cover?

This series of courses focuses on developing skills to help boost mood, improve effectiveness, manage tension, irritability, and anger, and planning for the future. It also provides additional guidance for those wishing to quit smoking or drinking, and provides direction for those wanting to improve their diet and even improve their sex life.

List of Modules

Core Modules

- Getting ready for change
- Starting out
- Next steps
- Keeping going
- Boost how you feel
- The power of sleep
- Become a more effective carer
- Tension control
- Optional Modules
- So you can work on the things you need to

Optional Modules

- Stop smoking in 5 minutes
- Fix your drinking
- You me and us
- Asking for what you need
- Eat well
- Facing fears and tackling avoidance
- Getting a better night's sleep
- Irritability and anger
- The things you do that mess you up
- Getting a better night's sleep
- Irritability and anger



- The things you do that mess you up
- The things you do that help
- What about sex
- Planning for the future
- You Time modules
- So you can work on the things you need to.

'You Time' Modules

- 10 things you can do to feel happier straight away
- Be kind to yourself
- Be thankful
- Do a Wow walk
- Get the rhythm
- Help someone out
- Take a mindful moment

Who is this course for?

This group of online courses and e-books for people living with long term conditions can help you to make the most of life, helping you to manage the good days and the bad. Topics covered include making healthy changes, getting enough sleep, support for carers and finding ways to feel happier. Your life is more important than your illness. **Sign up today!**

Create an account here: <https://www.gmlifeskills.com>