

## The Effective Living Skills Program

**Purpose:** The Effective Living Skills (ELS) Program is designed to bring hope, emotional healing and empowerment to persons struggling with intense anxiety, urges to self-harm or die, feelings of worthlessness and discouragement. It is based on the belief that developing **effective living skills** will lead to a more effective pattern of thinking, feeling and living.

**Essential Coping Skills:** The ELS program focuses on teaching ten effective living skill sets to start the process of living a more skilled and meaningful life. Participants will learn skills to calm the body and mind and to be more focused and centered. They will learn skills to stop mentally beating up on themselves. Skills of self-compassion and of acceptance of others will be acquired. Effective communication skills of non-judgmental listening and assertiveness will be developed.

**Personal Strengths:** In the ELS program participants will learn to recognize and focus on their personal strengths and build on those strengths. We all have strengths and weaknesses, and when we focus too much on our weaknesses we become discouraged and unmotivated. When we focus more on our strengths, we grow in confidence and motivation to accomplish personal goals.

**A Problem with Mental Health Services:** A key problem with mental health services is the focus on what's wrong with clients and patients. **We will experience more of what we focus on.** Way too often persons who seek mental health end up with several diagnoses or labels that communicate to them they are broken. Often those individuals need to understand that they are not broken or significantly different from others. Instead they need to understand the neuroscience of anxiety and normal reactions to trauma. Then they need to be taught coping skills and strategies to take control of their life.

**Focus of the Skills and Strengths Program:** The focus is to help participants to experience peace of mind and improved self-worth through learning ten essential skills sets in an easy to follow self-study plan. The program will also encourage participants to focus on recognizing their personal strengths and competencies. It is hoped that you will choose to work the program, because it can change your life.

**Suggestions to Do the Self-Study:** Go to the downloads heading on the Feel Good Enough webpage. Download the PDF of the skill set you want to start. There will be a worksheet that has a place for you to check the requirements for learning that skill set as you meet them. You may want to put the worksheet on a clip board or print it on color paper to easily find it and prompt you to work on it daily. Make it a priority in your life.