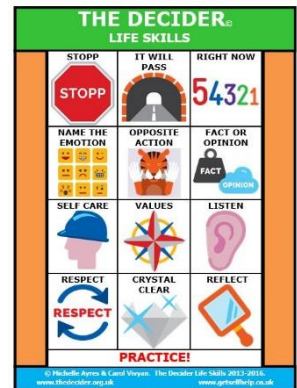


# the decider

**The Decider Life Skills** are 12 evidence based, effective, fun and memorable skills to enable us to become resilient, robust, reflective, resourceful and responsible.

## PROACTIVE MENTAL HEALTH!

- Evidence-based (CBT & DBT) and effective
- Memorable and easy to use
- Creative and fun



The Decider Life Skills can be used at home, in schools, at work, and in social and health settings.

The skills are taught creatively, using music, imagery, visuals, props, and fun demonstrations which really bring the skills to life. This means we can remember and use the skills effectively when we need them!

The Decider Life Skills are 12 of The Decider Skills which have been adapted and simplified for use as **PROACTIVE MENTAL HEALTH** for use in businesses, schools, hospitals & health centres, universities, prisons, voluntary organisations etc. They are also useful to learn when you are waiting for therapy.

The skills can be taught in weekly classes or in a single workshop.

The Decider Life Skills were created by Michelle Ayres and Carol Vivyan who are cognitive behavioural psychotherapists from Guernsey.

More about The Decider Life Skills here: [www.thedecider.org.uk/lifeskills.htm](http://www.thedecider.org.uk/lifeskills.htm)



[www.thedecider.org.uk](http://www.thedecider.org.uk)  
[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)