

# Mood Lifters

Our Strategy. Your Strength.

## Do you feel down? Anxious? Stressed? Overwhelmed?

Many people feel this way for a variety of reasons like financial struggles, relationship conflicts, poor health, traumatic experiences, job difficulties, caregiving responsibilities, loneliness or other common problems. If this describes you, Mood Lifters might be for you!

**Mood Lifters is a novel mental wellness program that improves mood and helps people live the life that they want.**



**Who can benefit?** Anyone who is willing to work to make positive changes in their life can benefit from this program. This includes people who are dealing with stress, or struggling with anxiety, depression or low mood.

On average, participants in our program experience more positive emotions like joy and happiness and less symptoms of depression and anxiety. Different people see different improvements, depending on what they focus on, but overall most people feel better!

Mood Lifters can be used as a stand-alone program or in conjunction with professional talk therapy or medical care.

Learn more at:  
[www.mood-lifters.com](http://www.mood-lifters.com)

# WHAT IS MOOD LIFTERS ?

**Accessible:** In 2019, Mood Lifters is being offered in partnership with MHealthy. There is no additional cost for U-M faculty, staff, and employees, or for their adult, benefits-eligible dependents.

**Comprehensive:** Mood Lifters takes a comprehensive approach encouraging mentally healthy changes in five domains known to impact mood: body, thoughts, feelings, actions and relationships.

**Personalized:** Mood Lifters meets participants where they are at by encouraging them to personalize the science-based strategies to meet their unique needs. The participants are in control and determine what to work on and when.

**Science-based:** Every strategy we teach has science behind it and has been shown to work in our program.

**Peer-led:** People who have found the program helpful and have received additional Mood Lifters training, lead our groups. They have “been there” and know what worked for them and have been trained how to help others. Importantly, our research has shown that they are as effective as professional therapists.

**Universal:** All the techniques we teach are potentially helpful to almost everyone\*—from people with common problems of life through people with severe mental illness.

\*Mood Lifters is not for people with personality disorders, active psychosis or current mania.



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