

# OUR STRATEGY, YOUR STRENGTH

**Mood Lifters** is a revolutionary, evidence-based mental wellness program in which you will learn scientifically validated strategies in a supportive group setting.

Depression? Anxiety? Stress? Mood Lifters meets you where you are. Over the course of 15 one-hour weekly meetings, you will learn the most **effective strategies** to manage life—and not just today, but for the curve balls life may throw at you tomorrow, next month, or next year.

On average, those who complete the Mood Lifters program experience **more joy and hope** and less sadness, stress, anxiety and loneliness.

## Mood Lifters covers things like:

- The importance of a healthy body on mental health
- Identifying and challenging negative thoughts and rumination
- Regulating emotions and moods
- Developing and repairing meaningful relationships
- Living a meaningful and joyful life

Mood Lifters is not for those who are actively suicidal, psychotic, manic or for those with severe personality disorders. You must be 18 years of age or older to participate.

# ARE YOU READY TO FEEL BETTER?

Mood Lifters was developed and tested in clinical trials by Dr. Professor Patricia Deldin and her team, with generous support from the University of Michigan Depression Center and Department of Psychology.

## SERVING THE FOLLOWING COMMUNITIES

### YMCA Allard Center of Goffstown

116 Goffstown Back Rd, Goffstown, NH 03045

### YMCA of Downtown Manchester

30 Mechanic Street, Manchester, NH 03101

### YMCA of Greater Londonderry

206 Rockingham Rd, Londonderry, NH 03053

### YMCA of Concord

15 North State Street, Concord, NH 03301

### YMCA of the Seacoast

550 Peverly Hill Road, Portsmouth, NH 03801

### YMCA of Strafford County

35 Industrial Way, Rochester, NH 03867

**FOR MORE INFORMATION**, contact Cindy Lafond, Executive Director of Health Interventions at 603.232.8668 or email [health@graniteymca.org](mailto:health@graniteymca.org).



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOOD LIFTERS

## A HEALTH INTERVENTION PROGRAM AT THE GRANITE YMCA



**Mood Lifters**  
Our Strategy. Your Strength.®



[www.graniteymca.org](http://www.graniteymca.org)



**Science-based:** Every strategy taught is effective and backed by research.

**Comprehensive:** Mood Lifters recognizes that people are complex, so strategies are offered that positively affect your body, thoughts, feelings, actions and relationships.

**Personalized:** Mood Lifters meets participants where they are, encouraging them to meaningfully adapt the program's teachings to their unique needs and situations.

**Peer-led:** Groups are led by people whose past success in completing the program continues to enrich their lives. These peer leaders have "been there." They know what worked for them and have been trained by world class experts in how to help others.

## PROGRAM TOPICS INCLUDE:

### Body

- Sleep
- Exercise
- Nutrition and dehydration

### Mind

- Problem solving
- Thought awareness
- Thought changes

### Mood

- Character strengths
- Emotion awareness
- Emotion regulation

### Actions

- Values in action
- Behavioral change

### Relationships

- Making connections
- Apologizing
- Forgiveness

## 15 weeks to a better version of you!

Mood Lifters was tested in a randomized control trial, the gold standard for scientific research. Each week, individual groups (of 8 - 15 likeminded people) discuss the latest science related to a specific topic. After learning about the topic, participants will apply this knowledge to set their goal(s) for the upcoming week. Over the next week, their "homework" is to practice their goals.

All groups are led by a specifically-trained peer leader, a previous program participant who wants to help others experience the same life-changing success. On-going research proves that peer leaders are just as effective as professionally-trained providers.

You are not alone in this journey, 8 - 15 of your peers will join you every week. While each participant will have their own unique challenges and concerns, you share a common goal—to live a happy and healthy life. Support from others is an important aspect to improve your mental health.

