

# Mood Lifters

Our Strategy. Your Strength.

## Are you feeling down? Anxious? Stressed? Overwhelmed?

Many people feel this way for a variety of reasons, especially during the coronavirus pandemic, but also for issues 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 mental wellness program that improves mood and helps people live the lives they want.

Mood Lifters at the Corner is a 15-week program that meets weekly for one hour. You are provided a workbook and access to the Mood Lifters app. During social distancing mandates, this will be offered over the internet. You can join your meeting via smart phone or computer.



There is no cost.

**Who can benefit?** Anyone ages 18-25 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.

To register, email [jmacleod@cornerhealth.org](mailto:jmacleod@cornerhealth.org) or call 734-714-2225.

