

More than 1700 people participated in The Lift Project hosted by ACLM.



I feel more energetic, less stressed and more in control of my feelings and emotions. The Lift Project gave me that push to start all these things and I am so thankful for that. Most of the time, especially being a professional, you know things but you need a push to put things to practice and The Lift Project did just that.

Participating in The Lift Project...



The Lift Project provided me with a really enjoyable platform to focus on lifestyle issues that influence mental health.



The evidence presented and the tools provided were really succinct and easily 'digestible'. Thus, I was not only able to relay some pointers to my patients each week, but I was able to more mindfully apply the strategies to my own life!



95%
WOULD RECOMMEND THE
LIFT PROJECT TO A FRIEND!

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I have a lifetime (48 years) of speaking terribly to myself. Since the first week I have been able to start changing that and it has made a difference with being more fully present in my life. It has changed my overall mood. There are times when it still happens, but I am able to catch myself and stop the negative self talk and have more grace and forgiveness for myself.

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