

WHAT IS THE LIFT PROJECT?

The Lift Project is an innovative mental wellbeing initiative designed to lift your mood and your life. It is currently being used in a number of settings including education, corporate, healthcare, and in entire communities.

Over the course of 10 weeks, The Lift Project explores wellbeing-enhancing topics from the fields of Neuroscience, Lifestyle Medicine and Positive Psychology. Topics include: physical activity, nutrition, the health benefits of nature, sleep, positive focus, mindfulness, nurturing relationships, and discovering meaning and purpose.

The Lift Project adopts a positive approach and is presented in a fun and simple way. Each week, participants learn and experience wellbeing-enhancing skills through engaging video presentations and challenges. While accessed online, The Lift Project is also designed for community group meet-ups.

Studies of The Lift Project, which have been **published** in academic journals, show that it decreases depressive symptoms, anxiety, and stress, while improving positive aspects of wellbeing such as vitality and life satisfaction.

RESULTS

^22%
VITALITY

∨42%
DEPRESSION

∨38%
ANXIETY

∨31%
STRESS



The Lift Project is certified by the American College of Lifestyle Medicine, and endorsed by the Australasian Society of Lifestyle Medicine.

Over 4000 people participated in Let's Lift Lake Mac!

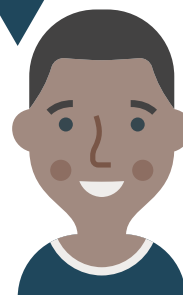
"The overwhelmingly positive feedback and stories of how the program drove tangible change for good among many participants speaks volumes about how it was both highly effective and wonderfully embraced by the community."

Lake Macquarie Mayor Cr Kay Fraser



It was great to see such positive holistic health & wellbeing concepts being promoted in a very mainstream channel & supported by a local government organisation.

I loved the messages and realistic goals. I like that it gave me a focus to work on improving for the week. After viewing the lesson you couldn't help but smile due to the presenters in the videos.



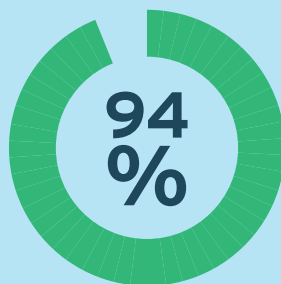
There was some amazing content in the program and it felt very, very relevant in these times. I really think it saved my sanity the last few weeks in lockdown. I am so grateful to Lake Mac Council for providing this wonderful program! Thank you so much!

Participating in The Lift Project...

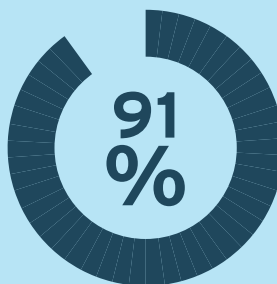
improved my mental health & wellbeing



gave me skills to support my mental health & wellbeing in challenging times



will have a positive, long-term influence on my wellbeing



I completed this with my team at LMCC. It was a great platform discussed every week and included in our professional development plans.

99%

WOULD RECOMMEND THE LIFT PROJECT TO A FRIEND!

“

The moderated Facebook page was great, you felt that someone was really paying attention. Sometimes I was reluctant to post - but then being part of the community was the whole point of the exercise - so I did. I thought the videos were great and the use of humour helped serious topics seem less scary. I think it was a really great project for the Council to undertake. Thanks to everyone involved.

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The School District of Lee County in Florida registered over 400 participants in The Lift Project. Here's what they had to say:

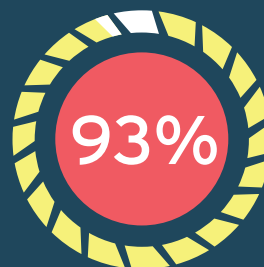
I liked several things about The Lift Project. First, the videos were very engaging and easy to understand. Next, I looked forward to receiving my weekly and mid-weekly emails for the next lesson to complete. It helped me start off each week on a positive note. Lastly, it helped broaden my mindset on what is needed to improve my wellbeing - both inside and out. Overall, this was a great experience and I would recommend this to family and friends.



“

What I liked best about the Lift Project was that it made me mindful of my control over how I react to things, like my self-talk and eating better. I wrote down a few quotes and keep them at my desk.

”



WOULD
RECOMMEND
THE LIFT PROJECT
TO A FRIEND

88%

PARTICIPATING IN THE LIFT PROJECT IMPROVED MY MENTAL HEALTH AND WELLBEING.

91%

PARTICIPATING IN THE LIFT PROJECT GAVE ME SKILLS FOR SUPPORTING MY MENTAL HEALTH AND WELLBEING DURING CHALLENGING TIMES.

89%

UNDERTAKING THE LIFT PROJECT WILL BE LIKELY TO HAVE A POSITIVE, LONG-TERM INFLUENCE ON MY WELLBEING.



Our family went through a very personal trauma, I did not know how sad and depressed I was getting, The Lift Project was introduced through my employer and when I started to get into it, it started to make me feel and think positively, I felt alive and vibrant, it gave me peace of mind and hope.



the lift project