

A man and a woman are shown from the chest up, smiling and looking at each other. The man is on the left, wearing a blue t-shirt and a watch. The woman is on the right, wearing a green top. The background is a blurred outdoor setting.

the lift project

LIFT YOUR MOOD AND YOUR LIFE

A group of people are running away from the camera on a dirt path in a desert landscape. The scene is bathed in the warm, golden light of a sunset or sunrise. In the background, there are several iconic Joshua trees and a large rock formation. The overall mood is one of movement and hope.

WHY THE LIFT PROJECT?

To lift 10 million lives

the lift project

- **Evidence-based mental wellbeing program** used in workplaces as well as educational and health care settings.
- **Experientially explores** scientifically validated strategies from Neuroscience, Lifestyle Medicine and Positive Psychology.
- **Pitched in the positive** (fun and inviting, stigma free).



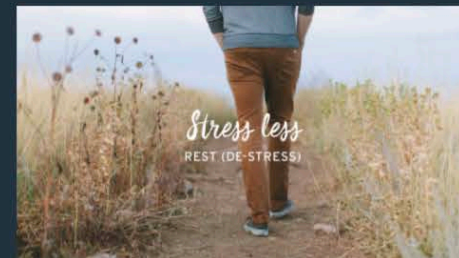
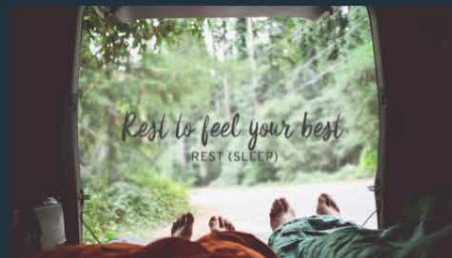
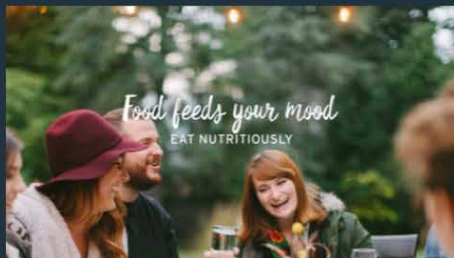
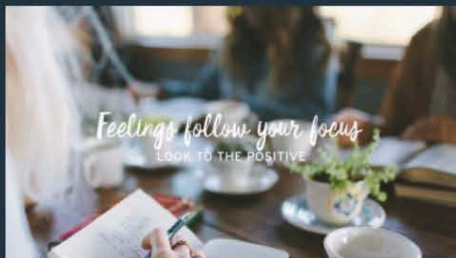
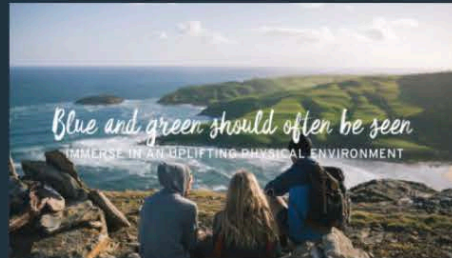
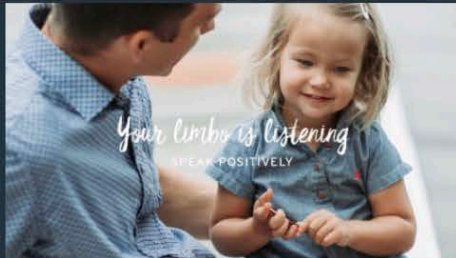
WHAT IS THE LIFT PROJECT?

- **10 lessons**, ideally taken over 10 weeks with a group (group sessions of 30-60 minutes include viewing an educational video, discussion and group activities).
 - **All participants** have access to an online learning platform for deeper learning.
 - We are also offering a condense 5 week program. We will cover the 10 lessons in 5 weeks – so 2 times per week meetings.
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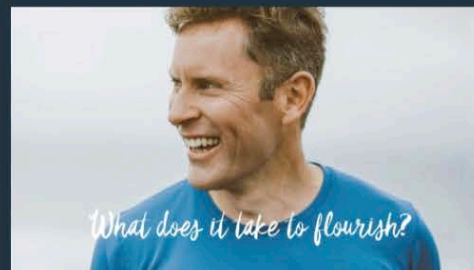


WHAT IS THE LIFT PROJECT?

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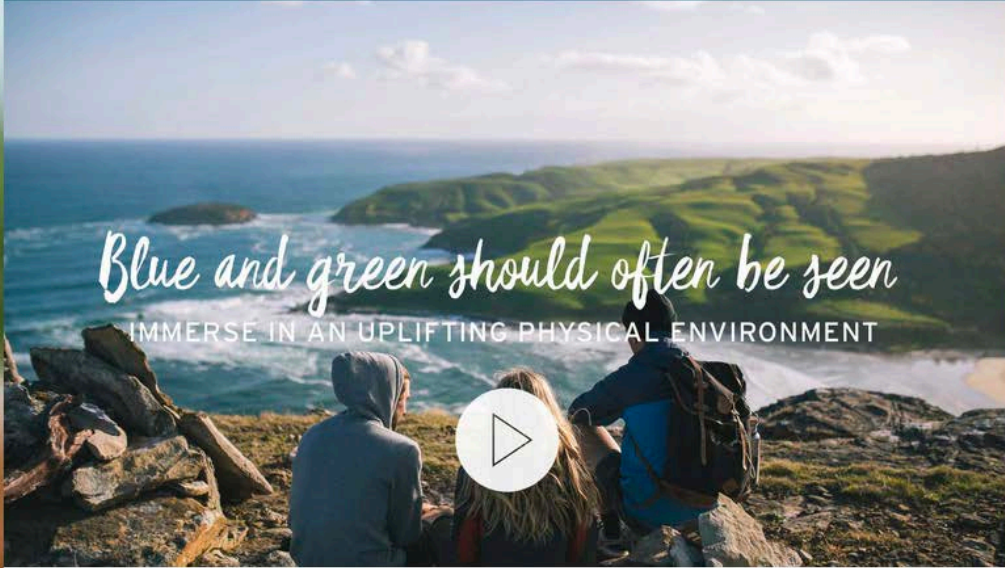


10 fascinating lessons.



Choose your own adventure.

→ LESSON 3, INTRODUCTION ←



Blue and green should often be seen

IMMERSE IN AN UPLIFTING PHYSICAL ENVIRONMENT

In this lesson you will learn that your Limbo receives messages from your senses—sight, sound, smell and taste—and it is highly influenced by them. In particular, you Limbo loves bright natural light. The take away message is that there is something truly great about the Great Outdoors and so "Blue and green should often be seen". Immerse yourself in an uplifting physical environment!

LESSON 3

#BLUEANDGREENSHOULD OFTEN BE SEEN

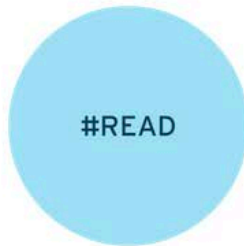
01	02	03	04
LEARN	EXPERIENCE	THINK	SHARE
#stepone	#steptwo	#stepthree	#stepfour

LESSON FORMAT

- Introduction
- LETS:
 - LEARN
 - EXPERIENCE
 - THINK
 - SHARE

→ LEARN, STEP ONE ←

To learn the simple science, you can choose to [#WATCH](#) the video below or [#LISTEN](#) or [#READ](#) by clicking on the links underneath the video (or do all three!). Note that the [#LISTEN](#) and [#READ](#) sections dive deeper into the content.



WANT TO LEARN MORE?

Here are some more fun resources relating to this lesson:

This article in Scientific American dives deeper into why [Scents affect people's mood and work performance](#).

Here is an interesting TED talk titled ["Get hooked on nature"](#).

LESSON FORMAT

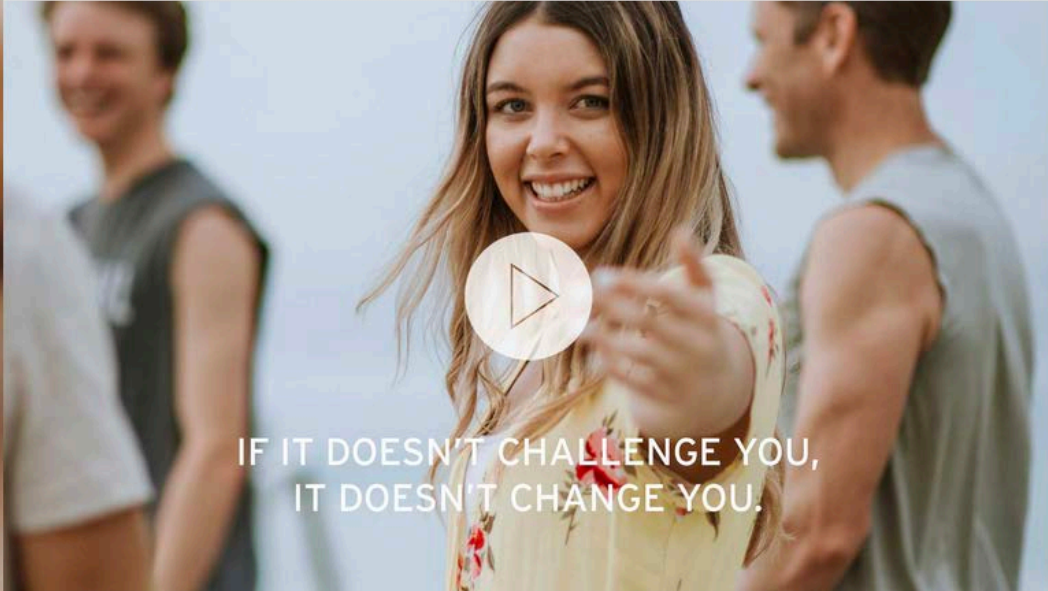
- **LEARN**

- WATCH
- LISTEN
- READ

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→ EXPERIENCE, STEP TWO ←

One of the best ways to learn is to do. Let me show you how to put the learnings from this lesson into practice. Watch the video or read about it below!



IF IT DOESN'T CHALLENGE YOU,
IT DOESN'T CHANGE YOU.

IT'S CHALLENGE BY CHOICE.

Any positive steps you make are steps in the right direction. But if you really want to challenge yourself...

#1. **Each day this week** go and play outside! Spend 30 minutes or more in your best available blue and green space while the sun is shining. While you are out there, do something active for an extra special lift!

#2. **Once this week** enjoy a sunrise. Really take the time to soak in the beginning of a new day.

LESSON FORMAT

• EXPERIENCE

- Challenges that put the learnings into practice.
- "It's challenge by choice"

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→ THINK, **STEP THREE** ←

To learn best it is important to think about and reflect on what you are learning. To help you with that click on the image below to take a quick quiz!



TAKE THE QUIZ HERE

THINK

What's the Big Idea? Imagine you are in an elevator and you have 30 seconds to explain to someone the Big Idea of this session.

What would you say?

How did the challenges go? Did they give you a lift? What worked well and what could be even better next time?

→ SHARE, **STEP FOUR** ←

Here are 3 ways to share your Lift Project Adventure: **Talk, Tell, Tag**

#1 **Talk** about this lesson with others who are also doing The Lift Project. Meet-up for a "walk and talk" or connect over a meal to chat about what you learnt this lesson that is new and helpful to you and how you went with the challenges

#2 **Tell** someone who is not doing The Lift Project something you learnt this lesson that could give them a lift. Let's lift 10 million lives together and change the world! (#lift10)

#3 **Tag** on Instagram your experience of this lesson's challenges (such as your favourite outdoor environment or a sunrise shot). Use the hashtags: #blueandgreenshouldoftenbeseen, #theliftproject, #lift10

LESSON FORMAT

- **THINK**

- Reflective quiz questions (required to complete the lesson).

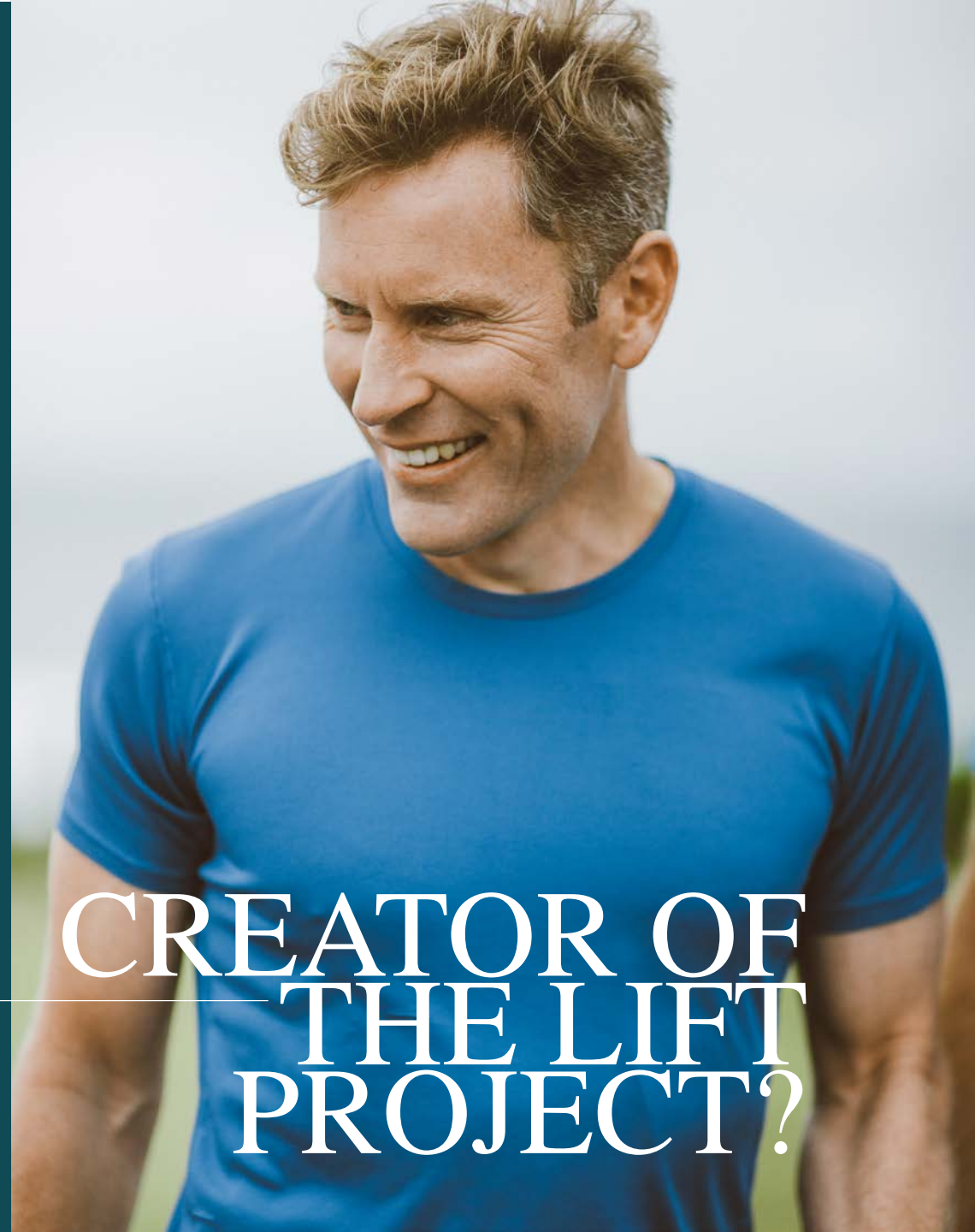
- **SHARE**

- Connect and contribute.

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DR DARREN MORTON

- **Internationally recognized** expert in Lifestyle Medicine.
- **Researcher and educator** with over 25 years of experience.
- **Author** of over 50 academic publications and books.
- **Creator** of wellbeing interventions used in over 15 countries.



CREATOR OF
THE LIFT
PROJECT?

EVIDENCE FOR THE LIFT PROJECT

Results published in academic journals showing significant:

- ✓ **Reductions in depression, anxiety and stress.**
- ✓ **Improvements in overall mental health, vitality and life satisfaction.**

EVIDENCE-BASED; COMPREHENSIVE; EXPERT DELIVERY; PROFIT FOR PURPOSE COST EFFECTIVE

(Morton et al., 2016; Hinze et al., 2017; Przybylko et al. 2018; Renfrew et al., 2019)

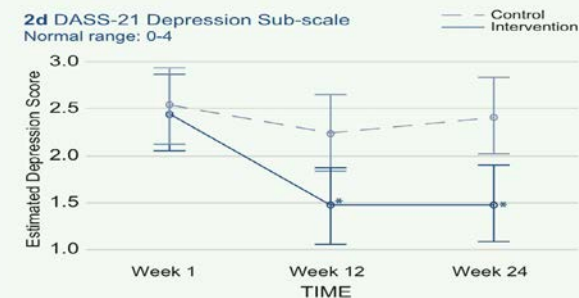
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OUTCOMES OF THE LIET PROJECT

Depressive symptoms

-42%

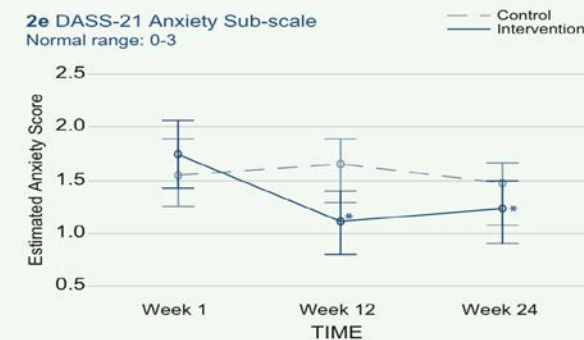
($p < 0.001$, $d = 0.40$)



Anxiety

-38%

($p < 0.001$, $d = 0.33$)



Stress

-31%

($p < 0.001$, $d = 0.45$)



OUTCOMES OF THE LIET PROJECT

Overall mental health
+10%

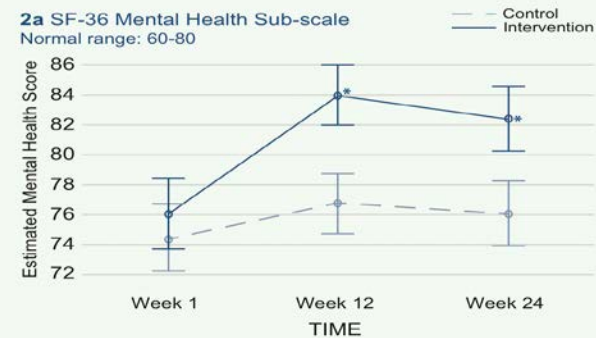
($p < 0.001$, $d = 0.52$)

Vitality
+22%

($p < 0.001$, $d = 0.56$)

Life satisfaction
+8%

($p < 0.001$, $d = 0.56$)



Your hosts:

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LifestyleMedicine Options

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**WHY THE
LIFT
PROJECT?**



COST STRUCTURE

\$99 per person*

Additional costs for: **host training, blood work, assisted delivery or professional development certification.**

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* Discounts available for bulk orders

We can "LIFT YOUR MOOD AND YOUR LIFE" ! It will take us 10 Lessons to do that so please JOIN US

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