Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital

MGH 1811

Stress Management and Resiliency Training (SMART)

Mind Body Programs for Improved Health and Resiliency

The 8-week Stress Management and Resiliency Training (SMART) can teach you to reduce your stress, regain a sense of control, reduce medical symptoms and enhance your quality of life.

SMART participants learn a variety of mind body practices and self-care interventions:

- How to recognize their personal responses to stress
- Meditative techniques that help elect the Relaxation Response, the body's innate stress buffer
- How to change thought patterns and emotional outlook by shifting from stress-based to resilience-based thinking
- Techniques to improve eating, sleep and physical activity

A 2015 preliminary study found that patients who participated in the SMART Program reduced their medical visits on average by 43% in the year after taking part

SMART can help to improve many medical conditions, including:

- Anxiety-related symptoms
- Asthma or allergy
- Autoimmune disorders
- Chronic pain or TMJ
- Mild to moderate depression
- Gastrointestinal disorders
- Headaches or migraines
- Skin problems
- Insomnia

The SMART program provides three individual appointments, which are reimbursed by most insurers, and eight weekly, two-hour group sessions, which are self-pay.

Leadership: Peg Baim, MS, NP, Clinical Director; Leslee Kagan, MS, FNP-BC, Co-Director; Laura Malloy, LICSW; Darshan Mehta, MD, MPH, Medical Director

To enroll, please call (617) 643-6090 or email mindbody@partners.org
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