



Mind-Body Program for Health and Fertility

The Stress Management and Resiliency Training (SMART) Program for Health and Fertility has helped hundreds of women cope with the challenges of infertility

Research shows that practicing mind body strategies helps to decrease physical symptoms and to reduce feelings of distress, depression, anxiety, isolation and anger. This program teaches women how to regain a sense of control and well-being, develop coping strategies to better manage treatments and optimize chances for success.

Over the course of the program, you will:

- Learn techniques to elicit the relaxation response (including deep breathing, imagery, and yoga)
- Learn how lifestyle behaviors can impact fertility
- Be part of a supportive group sharing similar experiences
- Develop skills to reverse negative thinking

After completing our program, our typical patient finds herself calmer, more in control and better able to cope with the future.

Elements of the Program Include:

- Lectures
- Skills training
- Group sharing
- Self-care
- Symptom monitoring

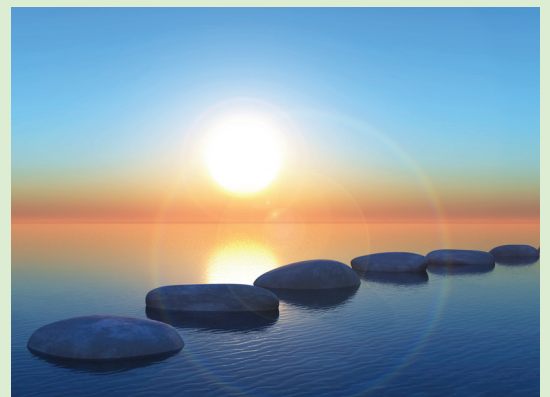
Leadership

The program is led by **Ellen Slawsby, PhD**. An expert in the field of mind body medicine, Dr. Slawsby has extensive experience in helping women develop self-care techniques to reduce stress and improve health outcomes.

Enrollment

The program includes two individual visits billable to insurance and eight weekly, 90-minute group sessions, which are self-pay. Individual and couples sessions are also available.

www.bensonhenryinstitute.org



For more information:

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