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](http://www.bensonhenryinstitute.org)

For more information:
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