



Relaxation Response Resiliency Program (3RP)

Mind Body Programs at Massachusetts General Hospital
Reducing Stress and Enhancing Resiliency

The **Relaxation Response Resiliency Program (3RP)** teaches self-care practices that help buffer daily stress, making participants less emotionally and physically vulnerable to it.

This program is designed to help participants regain control and build resilience through a variety of mind body principles and self-care interventions, leading to **reduced medical symptoms and enhanced quality of life.**

This program will help participants:

- Understand the connection between stress and physical or emotional problems
- Learn a variety of techniques to elicit the relaxation response, the body's innate stress buffer
- Appreciate the role of positive thoughts and beliefs
- Learn the importance of healthy eating, restorative sleep and physical activity

Anyone with the following would benefit:

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

The 3RP includes three individual appointments, which are reimbursed by most insurers. The program also includes eight weekly two-hour group sessions, which are self-pay.

Leadership

The 3RP is directed by the following clinical staff: **Peg Baim, MS, NP**, Director; **Leslee Kagan, MS, FNP**; and **Darshan Mehta, MD, MPH**, Medical Director. For complete bios or for more information, please visit our website.

To enroll

Please call Sue Clough at **617-643-6054** or email her at sclough@partners.org

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