



## Mind Body Program for Health and Fertility

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

The **Mind Body Program for Health and Fertility**, offered by the Benson-Henry Institute for Mind Body Medicine, is a groundbreaking program that has helped hundreds of women through the difficulties of infertility.

The program teaches women how they can regain a sense of control and well-being, develop coping strategies to manage treatments better, and optimize their chances for success. Much research has shown that learning and practicing mind body strategies helps to decrease physical symptoms and to reduce feelings of distress, depression, anxiety, isolation, and anger.

#### Over the course of the program, you will:

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

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

#### Leadership

The program is led by **Leslee Kagan, MS, FNP**, Director of Women's Health at the Benson-Henry Institute. With the Institute for many years, she has extensive experience in providing health care for women in the Greater Boston area. For a complete biography, please visit our website at [www.massgeneral.org/bhi](http://www.massgeneral.org/bhi)

#### Enrollment

The program includes three individual visits and weekly two-hour group sessions. Individual visits are billable to insurance and group sessions are self-pay. Individual sessions are also available.

To enroll, please contact Sue Clough at **617-643-6054** or [sclough@partners.org](mailto:sclough@partners.org)

