The Relaxation Response Resiliency Program (RRRP) teaches self-care practices that help buffer daily stress, making you less vulnerable to stress both emotionally and physically. This outpatient program is designed to reduce stress and build resilience through a variety of mind body principles and interventions. Stress can lead to anxiety, depression, and to exacerbation of physical symptoms or illness; more self care leads a reduction of physical symptoms and an enhancement of the quality of life.

The RRRP includes three individual visits reimbursed by most insurers, and eight-weeks of two hour self-pay group sessions.

The RRRP Will Help You:

- Reduce your medical symptoms
- Understand the link between stress and physical/emotional problems
- Appreciate the role of positive thoughts and beliefs in support of mind body healing
- Learn to turn off your own stress through new behaviors and attitudes
- Develop skill in a variety of techniques that elicit the relaxation response
- Successfully incorporate mind body principles and practices, including socialization, into personal health
- Learn the importance of healthy eating and physical activity to your overall health and well-being

Anyone With the Following Would Benefit:

- Anxiety-Related Symptoms (such as palpitations, shortness of breath)
- Headaches
- Gastrointestinal problems
- Skin problems
- Pain
- Sleep disorders
- Autoimmune disorders
- Mild/moderate depression
- MS
- Fatigue
- Asthma-related symptoms
- Allergy-related symptoms
- Any disorder complicated by stress
Our Team
The team includes the following clinical staff: Peg Baim, MS, NP, Director; Leslee Kagan, MS, NP; and Darshan Mehta, MD, MPH. For complete bios or for more information, please go to our web site www.massgeneral.org/bhi.

To Enroll or for More Information
Simply call 617-643-6055 today.