

# Stress Management and Resiliency Training (SMART)

*A Mind Body Program for Improved Health & Resiliency*

Stress Management is one of the 6 pillars of Lifestyle Medicine.

This is a popular and successful experiential skills-based program that presents a variety of tools for helping ourselves and our patients.

*This course has been approved for 16 hours CPD by the British Society for Lifestyle Medicine*

This 8-week research-proven\* program will help you develop self-care tools to recognise and manage your stress, reduce medical symptoms and enhance your quality of life.

You will learn:

- How to recognise your personal response to stress
- Meditative techniques to help elicit the Relaxation Response
- How to change thought patterns and emotional outlook
- Ways to improve eating, sleeping and physical activity

By understanding our own stress, and learning new relaxation and coping strategies, we will be able to extend this understanding to our patients in new ways.

Developed by the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, the program is based on the pioneering work of Dr Herbert Benson, author of "The Relaxation Response".

***SMART can help improve medical conditions in which stress is a factor, including:***

Anxiety • Asthma • Autoimmune disorders • Chronic pain • Mild to moderate depression • Insomnia • Gastrointestinal disorders • Headaches or migraines

\*Relaxation Response and Resiliency Training and Its Effect on Healthcare Resource Utilization

doi: 10.1371/journal.pone.0140212. eCollection 2015

*Join the next UK group,  
8 Wednesday evenings*

**3 May-21 June 2023**

**19:00-21:00**

The meetings will take place on Zoom.

**£410**

*Includes:*

- Course manual (£60 value)
- Individual intake session (optional) during the month of Jan

*As manuals will be shipped from the US please register asap or by 12 April*

*Class size limited to 16 participants.*

**Offered by**

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Please register by sending an email, with your postal address (for shipment of the manual). You will receive an invoice for payment. Manuals will be shipped after you have registered and paid. **£40**

**discount for BSLM & PBHP UK members.**

[www.plantbasedlifestylemedicine.com](http://www.plantbasedlifestylemedicine.com)