Volunteers Wanted for Research Study

Stress Management and Resiliency Training (SMART) for People with Chronic Conditions

Mind Body Program for Improved Health and Resiliency

SMART provides eight weekly, two-hour group sessions found to be beneficial for people living with a chronic health condition. Sessions teach people to manage stress, regain a sense of control, reduce medical symptoms and enhance quality of life.

SMART participants learn a variety of mind body practices and self-care interventions such as:

- How to recognize personal patterns of response to stress
- Meditative techniques that help elicit the Relaxation Response, the body’s innate stress buffer
- How to change thought patterns and emotional outlook by shifting from stress-based to reliance-based thinking
- Techniques to improve eating, sleep and physical activity

This training and research is being conducted under the direction of Jane Nathan, Ph.D, a BHI-trained SMART practitioner and is funded through the UVM Medical Center Fund at no cost to the patient (a $550 value). SMART groups are confidential with research focusing on improving resilience and wellbeing for people living with chronic conditions.

Program schedule: January 16 through March 6, 2018
Weekly Meetings: Tuesdays, 5:30-7:30 pm
Location: One South Prospect, Burlington

For more information or to set up an intake to participate, call (802) 847-1089 or email: stressmanagement@uvmhealth.org