



Overwhelmed? Stressed? Anxious?

Approach life's challenges the **SMART** way.



SMART (stress management and resiliency training)

teaches you self-care practices and techniques to help you feel less vulnerable to physical, emotional and mental stress and can help you feel more connected to yourself and others in just 14 weeks.

This comprehensive, evidence-based mind-body virtual group treatment is offered by the Stony Brook Mind Body Clinical Research Center. Mind-body medicine is built on the foundation that thoughts, behaviors, emotions, biology and environmental influences can interact to positively or negatively affect one's mental and physical health.

SMART improves personal resiliency through:

- Meditation
- Guided imagery
- Chair yoga
- Healthy lifestyle guidance
 - Nutrition
 - Restorative sleep
 - Physical activity
 - Positive thoughts, humor and laughter
 - Reassessing belief systems

*Most insurances accepted • Groups available Mondays, Tuesdays, Wednesdays
A brief, initial intake is required before registering.*

**To schedule your appointment, please call the
Stony Brook Mind Body Clinical Research Center at
(631) 632-8657**

