



Mind Body Medicine for Stress Reduction

The separation of psychology from the premises of biology is purely artificial, because the human psyche lives in indissoluble union with the body. ~ Carl Jung

What is Mind Body Medicine for Stress Reduction Class?

Mind/Body Medicine for Stress Reduction teaches self-care to help reduce frustrating symptoms from daily stress and illness. Stress can lead to anxiety, depression, a weakened immune system and increased physical symptoms or illness. The 8 weeks are designed to reduce stress and build resilience through a variety of mind/body practices, enhancing your ability to heal and grow.

Who is this for?

This class is for anyone wanting to learn effective tools for mitigating stress and improving health. The techniques taught can be helpful for many conditions including (but not limited to):

- Pain conditions
- Stress-related illnesses including heart disease, high blood pressure and others
- Depression and anxiety
- Women's health issues (infertility, menopause, etc.)
- Coping with treatment for chronic illnesses such as cancer
- Stress, grief and other life issues

Get started with the next class:

You can call 402-934-1617 to sign up or go online at omahaic.com. Questions you can call or email info@omahaic.com.

What topics are covered?

- Understanding the stress response
- Resiliency training
- Yoga and nutrition
- Changing automatic thoughts
- Mind body medicine practices

What are the benefits?

- Improved health and immune functioning
- Emotional resiliency
- Improved concentration, creativity and productivity
- Much needed relaxation or stress reduction in our busy world

When is it?

- 8 week course begins January 10th
 - 5:00-6:30 PM
 - Omaha Integrative Care **MAIN**

What is the cost?

- \$350 for 8 week session
- Binder and materials included
- Insurance may be accessed

