Stress Management and Resiliency Training (SMART)
A Mind Body Program for Health & Resiliency

Are you stressed? We can help!

This 8-week program will help you develop self-care tools to manage your stress, improve overall health and enhance your quality of life.

You will learn:

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

Developed by the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, the SMART program is a research-proven group program that can help you regain a sense of control.

SMART can help improve many health related symptoms including:

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

Classes begin
February 2, 2022
Enroll in SPIRE
Meeting Wednesdays from 2-4 PM
Instructor Permission Required

Offered by
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SPIRE info: UNIV 197s-01 Course # 37949