

What are Kaiser Permanente's Mind Body Medicine programs?

Kaiser Permanente's Mind Body Medicine programs are classes designed to:

- Show you connections between the stresses in your life and your physical symptoms or medical problems
- Help you manage the stress in your life
- Teach you relaxation techniques, self-care skills, and other coping methods

Are Mind Body Medicine programs for you?

Ask yourself these questions:

- Are you experiencing stress, chronic pain, and/or chronic illness?
- Have you recently received a troubling diagnosis from your physician?
- Are you going through an uncomfortable change or transition in your life?
- Do you want to develop self-care skills to complement the medical treatment you're now receiving?

If you answered "yes" to any of these questions, Kaiser Permanente's Mind Body Medicine programs are for you.

What you can expect from Mind Body Medicine programs

Research shows that Mind Body programs can help prevent disease, speed recovery from illness, and extend lives. People who take part in our Mind Body Medicine programs report:

- an increased ability to handle daily stress
- a greater overall sense of well-being

Learn more about Mind Body classes

Pathways to Stress Reduction: This single-session class explains how stress can lead to physical symptoms. You will learn what happens in your body during the "stress response" and what you can do about it. This is also a great place to learn about the "Mind Body Medicine" class series and other Kaiser Permanente resources.

Mind Body Medicine: This multi-session class will help you build awareness about the mind-body-symptom connection. You will learn how to manage day-to-day stress, practice relaxation techniques, change unhelpful thinking patterns, and strengthen your personal support system. The Mind Body Medicine series is taught by a Behavioral Medicine Specialist or other experienced medical professional.

Other Health Education programs: Kaiser Permanente classes related to mind body health include:

- *Overcoming Depression*
- *Controlling Anxiety and Fear*
- *Mindfulness-Based Stress Reduction*
- *Healthier Living*
- *Yoga, Tai Chi*
- *Anger Management*

What is the cost?

"Pathways to Stress Reduction" and "Mind Body Medicine" are offered at no additional cost or copayment to Kaiser Permanente members. Fees for other programs vary. Scholarships are available. Please check with your local facility to find out about fees and scholarship eligibility.

Other resources

- Log on to www.kp.org, where you can learn more about stress management. Click on the "Kaiser Permanente Members Only" button and follow the "Health Encyclopedia" link.
- Read through the chapter related to mind body wellness in your *Kaiser Permanente Healthwise Handbook*.
- Visit your local Health Education Department or Center for books, pamphlets, and videos about stress.

What do Kaiser Permanente members say about the Mind Body Medicine class?

"I've learned how to take care of myself. I'm not mad at my pain anymore."

"I've always been a caretaker. I've taken care of my husband, my parents, and my sons. It was affecting my health. I had all these symptoms, and I didn't know what they were. Now, with the relaxation and breathing, I'm feeling better. I have more energy."

"My attitude has changed. I'm more assertive and sure of myself."

"The educational component helped me understand the dynamics of my mind that were affecting my body."

"I feel like I'm healing from the inside out."

"My relationships at work righted themselves; I'm able to be myself again."

"I had forgotten what it was like to feel good, to look forward to life."



This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have further questions, please consult your doctor.

For more information on Behavioral Health Education programs, call:

Antioch	925-779-5147
Campbell	408-871-6463
Fairfield	707-645-2312
Fremont	510-248-3455
Fresno	559-448-4415
Gilroy	408-848-4690
Hayward / Union City	510-784-4531
Livermore	925-243-2920
Manteca	209-476-3299
Martinez	925-372-1198
Milpitas	408-945-2732
Modesto	209-557-1177
Mountain View	650-903-2636
Napa / Solano	707-645-2312
Oakland / Alameda	510-752-1075
Park Shadelands	925-906-2190
Petaluma	707-765-3485
Pleasanton	925-847-5172
Redwood City	650-299-2433
Richmond	510-307-2210
Sacramento / Davis / Folsom / Rancho Cordova / Roseville	916-973-7315
San Francisco	415-833-3450
San Rafael / Novato	415-444-2173
Santa Clara	408-851-3800
Santa Rosa	707-571-4167
Santa Teresa (San Jose)	408-972-3340
S. Sacramento	916-688-2428
S. San Francisco	650-742-2439
Stockton	209-476-3299
Tracy	209-839-6230
Vacaville	707-645-2312
Vallejo	707-645-2312
Walnut Creek	925-295-4190

Regional Health Education

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KAISER PERMANENTE®

Mind Body Medicine Programs

Relief for Stress
and
Stress-Related Illness

