

# MINDFULNESS BASED STRESS MANAGEMENT



This evidence-based 8 session group offers techniques to assist individuals in coping with stress (job, family, financial), medical illnesses (cancer, chronic pain, GI distress, headaches, high blood pressure), anxiety and panic, depression, sleep disturbances, fatigue, and grief.

## Participants will learn:

- Techniques to manage stress
- Increased ability to relax
- Techniques to manage physical symptoms and pain
- Ability to cope more effectively with short & long-term stressful situations
- An understanding of stress and immunity

Where                      44 Bearfoot Road, Suite 300 Northborough, MA 01532

Contact Dr. Lyons, Psy.D. at 781-551-0999 x256. This group may be covered by your health insurance. Please speak with Dr. Lyons for details.



**Michele Lyons, Psy.D.** is a licensed Psychologist and Certified Health Services Provider.

Dr. Lyons integrates cognitive-behavioral therapy, mindfulness-based stress management, relaxation training, guided imagery, clinical hypnosis, and bio-behavioral interventions to promote adaptive coping with cancer and cancer treatment.

[www.cfpsych.org](http://www.cfpsych.org) | [www.IntegratedBehavioral.org](http://www.IntegratedBehavioral.org)  
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Also in Abington, Norwell, Holliston & Quincy