

Kaiser Permanente is devoted to your well being through excellent health care and prevention information. We want to help you manage your own health and help you live better through more knowledge and by learning self-care skills.



Mind Body Medicine at Kaiser Permanente is a behavioral health education program for members with ongoing health concerns. It's an effective complement to medical treatment that you may be already receiving. **Mind Body Medicine** can help you reduce some medical symptoms and can help you manage stress and stress-related illnesses.

Research shows that this type of interactive, multi-session class can help members:

- Improve healthy lifestyle behaviors and reduce medical symptoms
- Enhance the quality of life while reducing depression and anxiety
- Manage chronic pain and reduce stress-related symptoms.

In addition to the **Mind Body Medicine** program, there are many Behavioral Health Education classes and online resources available to you which are designed to help you improve your self-care skills/behaviors for managing symptoms of physical and emotional stress. Some of these resources include:

Classes:

- **Pathways to Stress Reduction:** a 1-session overview for members discover how your body, mind, and symptoms are connected. We'll help you identify the stresses in your life and learn basic coping skills. This class also provides an overview of available Mind Body classes so you can choose the ones that are best for you.
- **Mind Body Medicine:** an 8-session class with emphasis on positive thinking and behavioral skills for managing stress
- **Mindfulness sed Stress Reduction:** an 8-week class combining meditation with behavioral health education

On-Line Resources:

- members.kp.org online member resources include the “mind/body” featured health topic, health encyclopedia, and “Relax” healthy lifestyle program.
- permanente.net includes behaviorally-based self-care tips, Healthwise Handbook and more.

To find out about **Mind Body Medicine** classes, please call Behavioral Health Education at 916-973-7315 or log on to members.kp.org.

