

## Mind-Body Medicine



What is it? Mind-Body Medicine is based on the inseparable **connection between the mind and body. Specifically, it works** from the assertion that our thoughts, feelings, and behaviors affect our physical health and conversely, that our physical health affects our thoughts, feelings, and behaviors.

The Mind-Body Medicine program at NNMC offers information and instruction on a variety of evidence-based approaches, such as meditation, yoga, breath work, and guided imagery, which serve as a complement to traditional medical care. These practices are intended to elicit the individual's innate ability to heal, as well as empower them with the tools for sustained health and well-being.

How is it delivered? Individual appointment with a Mind-Body Medicine Therapist, instructional classes on a specified Mind-Body Medicine technique, and/or participation in an on-going group.

What do the services focus on?

- Whether your priority is to heal from a condition, maintain your health, or prevent illness, Mind-Body Medicine techniques are intended to promote wellness on all levels. Research has shown Mind-Body Medicine techniques to be efficacious for a range of clinical applications, including:
- Depression
- Sleep disturbance
- Chronic pain
- PTSD
- Anxiety
- Substance abuse
- Emotional regulation
- Borderline personality disorder
- Diabetes
- Smoking cessation
- Fibromyalgia
- Binge eating and bulimia
- Caregiver stress
- Brain and immune function
- Sleep, stress, mood, fatigue in cancer patients
- Improving insulin levels

- Psoriasis
- Who qualifies → All TRICARE Prime beneficiaries as well as all staff of NNMC (contract and GS)
- How to access the service → ask your provider or contact the poc listed below.
- Point of Contact → Susan Johnston, MSW, LCSW-C: 301- 319-8273 or Alexandra Arbogast, MSW, RYT: 301-319-4960