

Mindfulness-Based Stress Reduction



Research suggests that women are more likely to experience symptoms of stress than men, and long-term stress can have negative impacts on health, such as leading to an increased risk of heart disease. Therefore, it is especially important for women to take care of themselves and manage their stress levels.

Mindfulness-Based Stress Reduction (MBSR) is an empirically based program that was originally created to reduce stress levels among hospital patients, but has been widely adapted to help all people with issues related to stress, anxiety, psychological disorders such as depression, and other health issues, such as chronic pain. MBSR is a highly individualized approach to mindfulness that helps people become more aware of their feelings and actions to make choices that reduce their overall suffering.

Important information

- The James House is located on the Phelps campus on the hill behind the hospital.

To register, please contact
Ellen Woods at
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Vitality@northwell.edu.

Phelps Hospital

701 N Broadway
Sleepy Hollow, NY 10591

Date: Thursday, May 16, 2019

Time: 6:00pm-8:00pm

Where: The James House
701 N Broadway
Sleepy Hollow, NY 10591



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