

# The Mind is Made for Healing

There is growing evidence that our mind has the power to heal by increasing its positive impact on our body.

Ask your health care provider if mind-body therapies may help you manage your health.

## Mental health conditions

Such as depression, anxiety, and PTSD.

## Physical health conditions

Includes high blood pressure, headaches, and some types of pain.



## Mind-body therapies

Cognitive behavioral therapy, biofeedback, and progressive muscle relaxation.

## More examples

Meditation, mindfulness-based stress reduction (MBSR), creative arts therapy (art, music, or dance), and hypnosis.

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