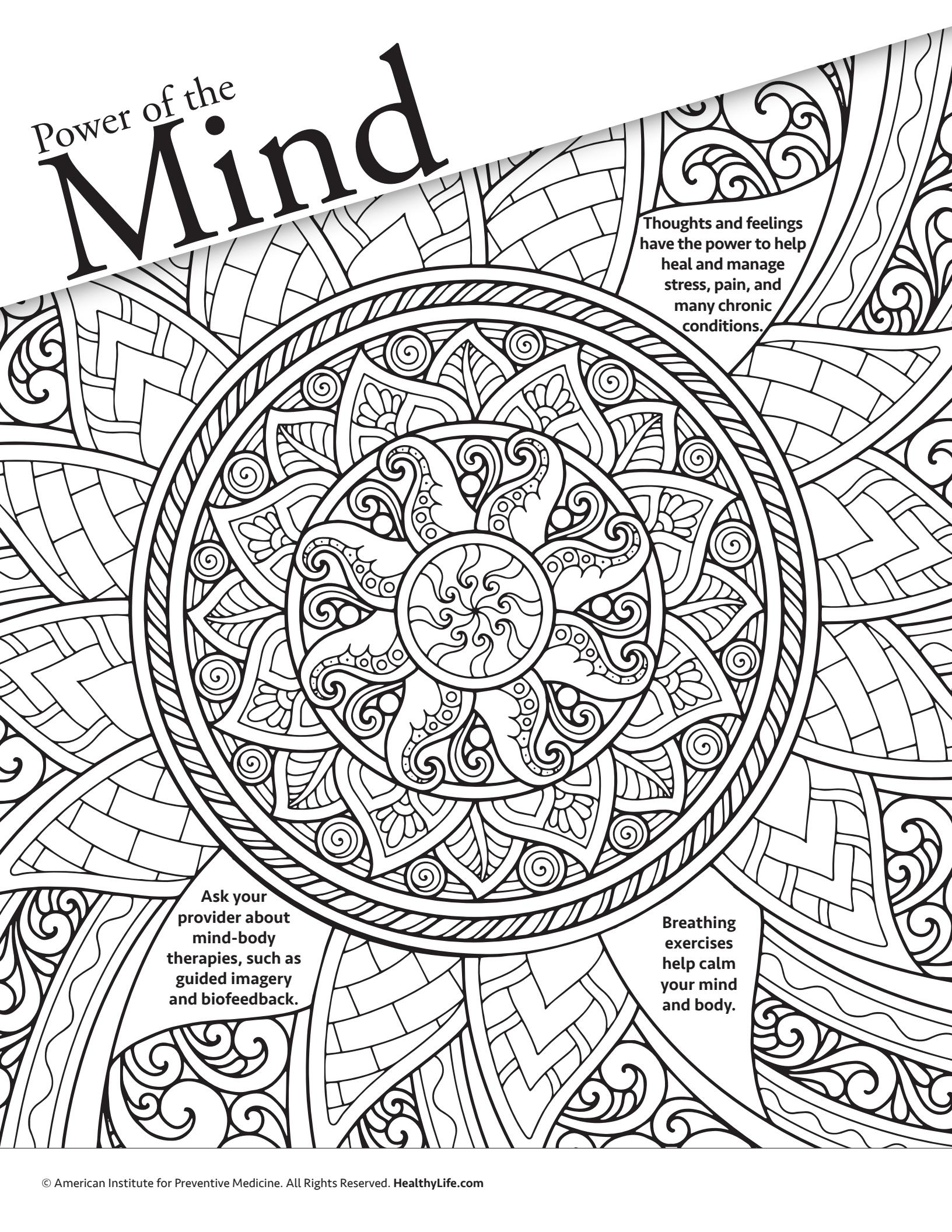


# Power of the Mind



Thoughts and feelings have the power to help heal and manage stress, pain, and many chronic conditions.

Ask your provider about mind-body therapies, such as guided imagery and biofeedback.

Breathing exercises help calm your mind and body.