Northwestern University and Near North Health are partnering to conduct a research study to understand how mind and body approaches such as breathing techniques, mindfulness meditation, and gentle yoga might work to improve stress.

**ARE YOU:**
- Female
- 18-65 years old
- English-speaking

**DO YOU SOMETIMES FEEL:**
- Stressed
- Overwhelmed
- Irritable
- Difficulty concentrating
- Unmotivated
- Tense
- Tired or fatigued
- Down or sad
- Uninterested in most things

**REQUIREMENTS**
- Attend an 8-week on-line group, 90 minutes per session
- Learn breathing techniques, relaxation techniques, gentle stretching, and other stress management skills
- Complete surveys electronically and by phone at baseline, 8-, 16-, and 24-weeks

**INCENTIVES**
- Up to $110 in compensation via PNC gift cards
- Complementary skills manual and other supplies
- Social support

**CONTACT US**
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All research activities will be held on-line