

Medical students find mind-body regulation training helpful

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(HealthDay)—A practical approach may be used to offer mind-body regulation training to medical students, according to research published in the Fall issue of the *Annals of Behavioral Science and Medical Education*.

William J. McCann, Psy.D., of the Wake Forest School of Medicine in Winston-Salem, N.C., and colleagues introduced a combination of applied relaxation and applied mindfulness techniques to third-year [medical students](#).

The researchers found that overall feedback was positive from the approximately 150 students who received the self-regulation training. Mind-body self-regulation techniques were taught, including muscle relaxation and meditation.

"The practice of medicine is a stressful challenge even for our best and brightest students," McCann said in a statement. "The rate of burnout among doctors is sobering and every medical school needs to include stress-management training in their curriculums."

More information: [Abstract](#)
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