

# Biofeedback Program

## HOW DO I GET STARTED?

Before you begin biofeedback, you will need to talk with a counselor who will complete a biofeedback screening and schedule (or conduct) your orientation to biofeedback session.

### *Questions?*

140 7th Avenue South  
SLC 2200  
St. Petersburg, FL 33701

Phone: 727-873-4422  
[www.usfsp.edu/wellness](http://www.usfsp.edu/wellness)

## WHAT IS BIOFEEDBACK?

Biofeedback is the process of becoming aware of various physiological functions, such as your heart rate, with the goal of being able to manipulate them or control them at will with your mind. In essence, biofeedback gives you the power to use your thoughts to control your body and its responses in order to relax more deeply and develop healthier coping styles. Each practice includes effective breathing and meditation techniques to induce relaxation and reduce stress.

## WHY IS STRESS BAD?

In our everyday lives, we all deal with a variety of stressors and respond by constantly tensing and relaxing. Over time our bodies become less effective at relaxing completely in between stressful events and we lose our ability to deeply relax. As a result we adapt to increasing levels of tension and physiological activity and get used to greater levels of tension as the norm. This tends to cause such conditions as high blood pressure, headaches, digestive problems, muscle pain, anxiety disorders, and other problems.

## HOW DOES BIOFEEDBACK WORK?

Biofeedback involves being connected to electronic sensors that monitor specific, often unconscious, physiological activities. Precise instruments measure physiological activity such as heart function, breathing, and skin temperature. As you receive and follow verbal instructions through the program to breathe deeply, think more positively, or clear your mind of worries; these instruments will rapidly and accurately "feed back" information to you in a variety of forms. The biofeedback sensors teach you how to make subtle changes in your body, such as relaxing certain muscles, to achieve the results you want. Once you are aware of what your body is doing, you can learn to change those patterns to reduce stress, anxiety, or related physical symptoms. Over sessions, you will grow to understand and work with your mind-body connection in order to quickly and effectively move into deeper levels of calm and relaxation.

