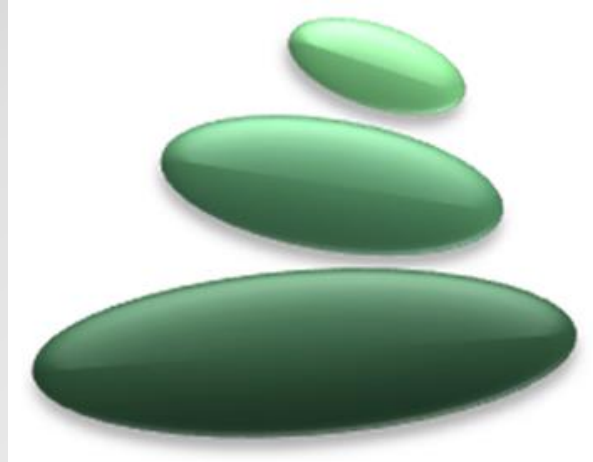


Counseling and Testing Service

Stress Management & Biofeedback Center

Idaho State University



DOES THIS SOUND FAMILIAR?

I am so stressed out!!

How will I get it all done?

I hope I'm not getting a cold!

Oh no, not another migraine!



I'm so nervous, I can't get to sleep!

OF ALL
THE
SKILLS
YOU
LEARN AT
ISU...



Learning to manage stress may be the most important.

In fact, it could change your whole life!



HUMANS HAVE DEVELOPED AMAZING SYSTEMS TO SURVIVE THREATS:



Fight



Flight

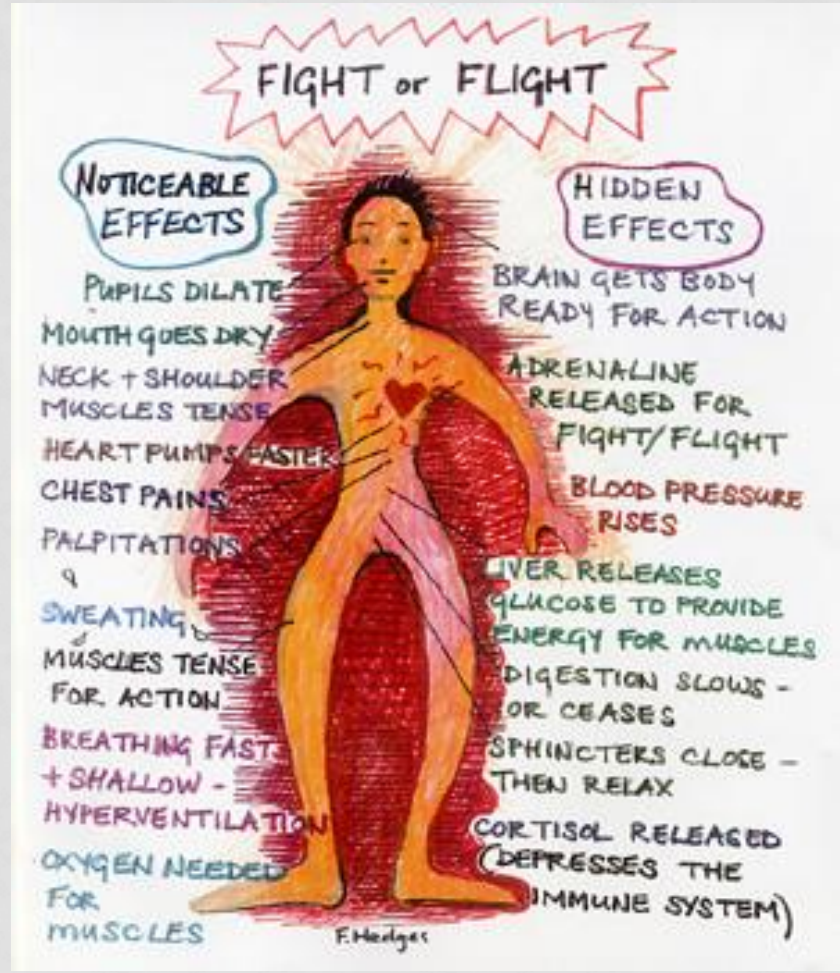


Freeze



Faint

OUR BODIES AUTOMATICALLY REACT TO GET US READY TO FACE THE PERCEIVED THREAT



DURING THE FIGHT OR FLIGHT RESPONSE...

- Muscles: Tense Up, Poised for Action
- Mind: Instinctive; Higher thinking shuts down
- Stress Hormones Released: Adrenalin, Cortisol, etc. (immune repair shuts down)
- Stomach: Digestion shuts down; “Butterflies”
- Heart Rate: Speeds Up (blood flows to large muscles)
- Breathing: Shallow and Quick
- Sweat Glands: Active
- Emotions: Strong-- Fear, Anger, Panic

THE PROBLEM IS, THESE RESPONSES DON'T HELP US
COPE WITH THE KINDS OF STRESSORS WE NOW
FACE MOST OF THE TIME...

Deadlines

Paying the bills

Lack of sleep

Exams

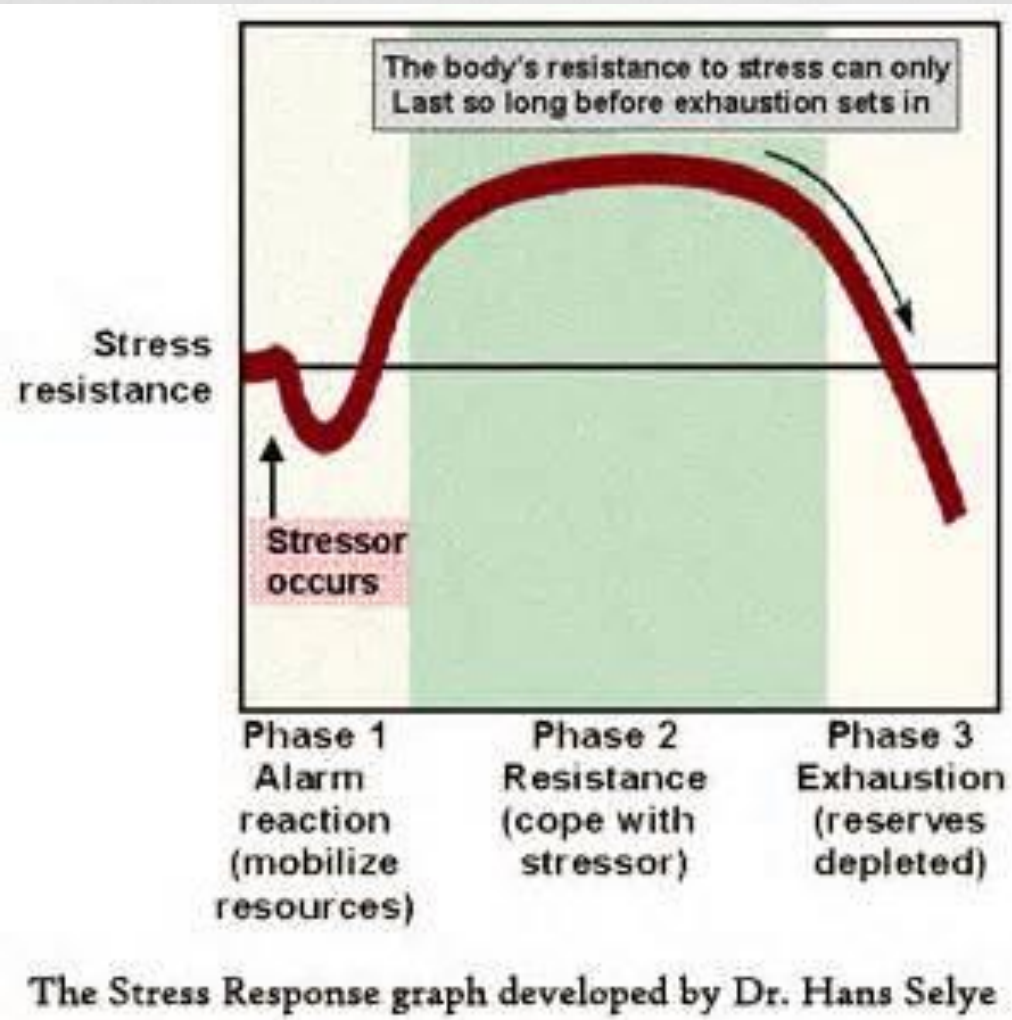
Difficult relationships

Role conflicts

Job decisions

Driving

...AND OVER TIME, THESE RESPONSES TAKE A TOLL ON OUR PHYSICAL AND EMOTIONAL FUNCTIONING



NOW THAT WE HAVE YOUR ATTENTION...



Just as you weren't born knowing calculus, you also have to *learn* how to recognize your body's response to stress and find ways to bring your systems back to equilibrium.

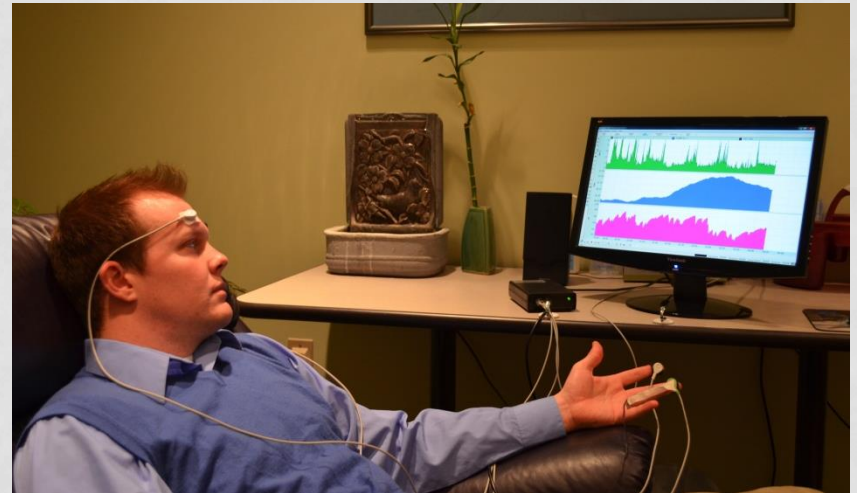
WHERE CAN YOU LEARN BETTER STRESS MANAGEMENT SKILLS?

The Stress Management & Biofeedback Center through ISU Counseling and Testing is here to help you do this through education, skill-building, and practice, all tailored to your specific needs.

...and it is FREE!

WHAT IS BIOFEEDBACK?

bi · o · feed · back *n.* The technique of using monitoring devices to furnish information regarding an autonomic bodily function, such as heart rate, muscle tension, hand temperature, or sweat gland activity in an attempt to gain some voluntary control over that function.



IN OTHER WORDS...

Biofeedback is a learning process that teaches an individual to control your physiological activity.

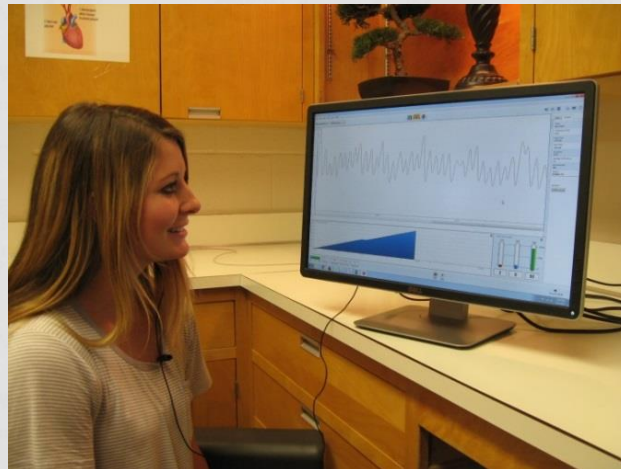
The aim of biofeedback training is to improve health and performance. Changes in thinking, emotions, and behavior often accompany and reinforce physiological changes.

Through practice, these changes become independent of external feedback from instruments.

HOW CAN IT HELP PEOPLE MANAGE STRESS?

Remember those *fight, flight, freeze, faint* reactions?

Biofeedback provides readings of our physical response to stress which allows us to train stress management skills.



OUR STRESS AND RELAXATION RESPONSE

Stress Management is like learning to drive

- Our Stress Response, in the Sympathetic Nervous System, is like a **gas pedal** which **revs up** our mind & body in reaction to physical danger or stress.
- Our Relaxation Response, in the Parasympathetic Nervous System, is like a **brake** which **calms us down** when we're speeding out of control from stress.



ACTIVATING OUR RELAXATION RESPONSE

Our inner **gas pedal** is **automatic**.

- ➔ We go from **0 to 60** in an instant in response to any stressor
- ➔ Our mind does not differentiate **danger** from **stress**



Our inner **brake** can be strengthened through **awareness** and **practice**.

- ➔ Catch ourselves “speeding”
 - Develop skills to relax “at will”
 - Maintain appropriate cruising speed
 - Make braking more automatic

BREATHING AS A BRAKE



- Diaphragmatic breathing is our best defense against Stress
- Slower, deeper, smoother and gentler breathing is immediately calming
- Diaphragmatic breathing brings our Stress Response System, our **Gas Pedal and Brake**, into balance.
- Autonomic Balance = Increased Heart Rate Variability = Calmness & Mental Clarity = Peak Performance
- Peak performance comes from the balance of the **energy** of the stress response and the **calmness** of the relaxation response

YOU CAN ALSO PRACTICE BY PLAYING ONE OF OUR BIOFEEDBACK GAMES

1. Dual_Drive

This car racing game requires that you keep yourself calm through diaphragmatic breathing to win the race. Train yourself to stay calm as you study, work, or are under any type of stress.



2. Relaxing Rhythms

This program measures heart rate variability and sweat gland activity. Learn greater calmness, patience and emotional balance through biofeedback games. Learn meditation, relaxation skills, and greater emotional regulation from expert teachers.



3. EmWave Heart Rate Variability Program

This program teaches diaphragmatic breathing for immediate calming, improved concentration and memory, and peak performance. Learn to change your heart rhythm pattern to create **coherence**, a scientifically measurable state of harmony in psychological and physiological processes. The technology collects pulse data through a pulse sensor and translates the information from your heart rhythms into computer graphics.



WHAT CAN YOU EXPECT WHEN YOU MAKE AN APPOINTMENT?

- We will schedule a personalized assessment and training session with a counselor using our state-of-the-art biofeedback equipment.
- Together, you will decide what you want to target and what biofeedback techniques you would like to try.
- You will receive detailed instruction for continuing to use what you learn as you go through your day.
- You can also come in and play the biofeedback games on your own.

CONTACT INFORMATION

Call ISU Counseling and Testing
Service @ 208-282-2130

Monday – Friday, 8:00-5:00

Visit us online:

www.isu.edu/ctc/biofeedback.shtml

The Stress Management &
Biofeedback Center is located on
the top floor of the University Health
Center (near the Bengal Pharmacy).

Some biofeedback services are also
available at ISU Counseling and
Testing Service.

And, of course, we offer free,
confidential counseling for almost
any personal concern.

