



Biofeedback

Biofeedback is a way to learn to adjust how your body responds to different situations, like slowing down your heart rate. The skill taught in biofeedback helps you focus on making small changes in your body. It helps you recognize that you are able to make changes to the way your body feels and behaves. Using these skills often improves the way you feel and what you can do. Various forms of biofeedback therapy such as deep breathing, mindful meditation, progressive muscle relaxation, or guided imagery have been shown to be helpful in fighting stress-related responses. Over 80% of studies related to biofeedback reported some level of improvement in symptoms as a result of biofeedback exposure (The Institute of Psychiatry at King's College, London).

Symptoms that may be improved:

- Anxiety
- Attention Deficit Disorder
- Attention Deficit/Hyperactivity Disorder
- Chronic Pain
- Depression
- Sleep difficulties and disorders
- Headaches
- Hyperactivity
- Rage
- Stress

Benefits:

- People who have used biofeedback report feeling good about being able to gain control over symptoms
- The skills taught can be used anywhere, like school, work and at home
- Fun, meaningful sessions. Others receiving biofeedback report looking forward to their next appointment
- Noninvasive (not harmful to the body)
- Might reduce or eliminate the need for medications
- Could be a treatment option for those who don't do well with medications
- May be an option when medications haven't worked well
- A possible alternative to medications for some conditions during pregnancy
- Helps people take charge of their health



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