

BIOFEEDBACK & RELAXATION GUIDE

These are guidelines only. Many techniques work for many issues.

BIOFEEDBACK KEY:

EMG/Temp/GSR: Muscle Tension, Hand Temperature & Sweat Gland Activity

Heart Rate Variability (HRV): emWave, Dual Drive, Relaxing Rhythms

STRESS ISSUE	BIOFEEDBACK	*RELAXATION SKILLS /PLAYLISTS	SPECIFIC AUDIO TRACKS	HANDOUTS (on website unless otherwise indicated)
General Relaxation	EMG/Temp/GSR ; emWave, Dual Drive, Relaxing Rhythms	**Optimal Breathing; All techniques: Experiment to see which work best for you	SK Breath-Sync CD: any 6.0 track	Stress & the Mind/Body Connections; Stress & Performance; Stress Busters for University Students; Coping with Stress; 15 Second Refresher
Muscle Tension	EMG/Temp/GSR ; Relaxing Rhythms: Daily Body Scan	Body Scan, Autogenics, Progressive Muscle Relaxation, Breathing	SK Relaxercise: Specific to area of tension	Headache helps, 15 Second Refresher, Study Break (ask assistant)
Jaw tension, TMJ	EMG/Temp/GSR ; Relaxing Rhythms: Daily Body Scan	Body Scan, Autogenics, Progressive Muscle Relaxation, Breathing	Sym Jaw/TMJ: Movements of the Jaw	15 Second Refresher
Pain	EMG/Temp/GSR ; Relaxing Rhythms: Daily Body Scan	Visualization, Autogenics, Body Scan	Sym Pain/Headaches: Breathing Relaxation & Sitting Meditation	15 Second Refresher
Headaches	EMG/Temp/GSR ; Relaxing Rhythms: Daily Body Scan	Body Scan, Autogenics, Progressive Muscle Relaxation		Headache Helps
Sleep: Thoughts & Worries	emWave, Dual Drive, Relaxing Rhythms	Visualization ; Meditation, Thought Stopping, Breathing, Autogenics, ***Self-Hypnosis;	Sk: Visualization: Clear the Deck;	Insomnia Busters
Sleep: Body tense, wound up	EMG/Temp/GSR ;	Body Scan, Autogenics, Progressive Muscle Relaxation; Breathing; **Optimal Breathing		Insomnia Busters
Concentration; forgetfulness	emWave, Dual Drive, Relaxing Rhythms	Meditation; Thought stopping; Breathing, **Optimal Breathing		Stress & Performance; Time Management
Anxiety, Excess Worry, Anger, Irritability,	emWave, Dual Drive, Relaxing Rhythms	**Optimal Breathing; Breathing; Meditation; Thought Stopping;		Stress & Performance; Dealing with Anxiety; Break the Worry Habit; Changing our Thoughts
Depression	See "General Relaxation"	See "General Relaxation"; ***Self-Hypnosis		Changing our Thoughts

Test Anxiety	emWave, Dual Drive, Relaxing Rhythms	**Optimal Breathing; Breathing; Meditation; Performance Rehearsal; ***Self-hypnosis		Test Anxiety; Changing our Thoughts
Performance Anxiety	emWave, Dual Drive, Relaxing Rhythms	**Optimal Breathing; Breathing; Meditation; Performance Rehearsal; ***Self-Hypnosis		Stress & Performance
Thoughts of Suicide	Seek Counseling Immediately			
Negative Thoughts		Thought Stopping; ***Self-Hypnosis	Sk: Visualization: Clear the Deck	Changing our Thoughts; Break the Worry Habit

*Audio file playlists and Specific Audio Tracks are in iTunes on the computer desktops. They are in the library for check-out organized by Name of the CD (see Library Resources on website). There are downloadable audio files of the basic techniques on the website: ccc.byu.edu/cc/stress-management-lab

***Optimal Breathing can be estimated using the emWave program: talk to a lab assistant about scheduling an appointment do to it

*** The Self-Hypnosis recording on the website goes with the Self-Hypnosis handout there. If you would like a personalized self-hypnosis recording, talk to the assistant about making an appointment to do it.

5 Easy Steps to *Daily* Stress Management

1. Set an Awareness goal and Practice goal for relaxation training (See form)
2. Check your body often throughout the day for tension and release it (See “15 Second Refresher” handout)
3. Choose a time **each day** that fits easily into your routine to practice deep relaxation (10 or more minutes) to learn the techniques and condition your mind and body to easily relax.
4. Experiment to find the techniques that work best for you.
5. All techniques can then serve as brief techniques to “tap the brake” throughout the day to calm down, improve concentration, memory, and focus.