



Biofeedback

Activation, not relaxation



Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Effective treatment improves your ability to respond adaptively by improving self-regulation of responses. **Biofeedback improves self-regulation.**



Listening to your body

Biofeedback teaches you to understand the signals your body is sending.



What's the message?

Pain, headaches, stomach aches, anxiety, nausea, perfectionism are your body's way of getting your attention.



What's your body telling you?

Breathing, heart rate, muscle tension, & sweat are all signals of how your body is functioning in response to thoughts, feelings, and actions.



Learning to listen

Biofeedback is a learning process. It helps you develop greater awareness and ability to influence physical, emotional, and cognitive activity to improve health and performance.



What's the goal?

Increase your body's ability to regulate itself - to respond adaptively to changes in your environment.



Optimal self-regulation

Being able to activate the nervous system most optimally for action and being able to relax and recover after the action is complete.

Developmental & Sports Neuropsychologist **Dr. Marla Shapiro** works with individual clients and related providers to offer a variety of multidisciplinary interventions to address barriers to recovery from illness, injury, and chronic pain, and to enhance performance.