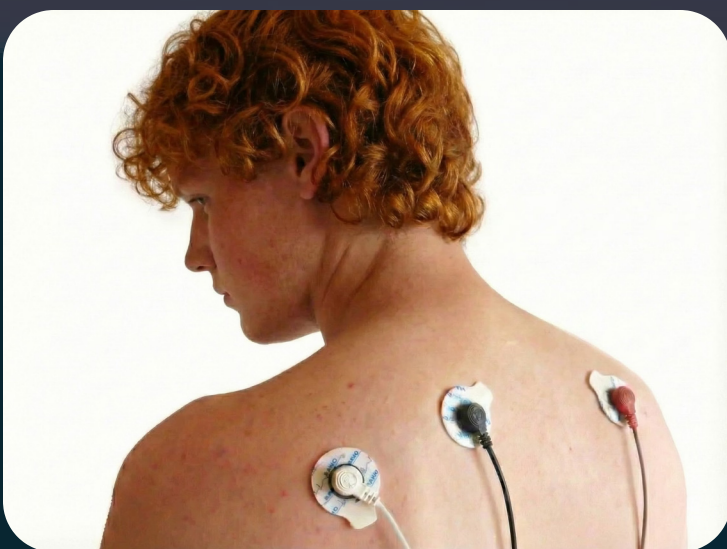


What Is Biofeedback?

Biofeedback helps you see how your body responds to stressors in real time. Sensors show signals like heart rate, breathing, muscle tension, or skin temperature, allowing you to notice patterns you might not feel on your own. As you practice, you learn to guide these patterns toward healthier, more balanced states. Think of it like looking in a mirror—but instead of seeing your face, you're seeing what's happening inside your body. This powerful tool gives you control over responses you thought were automatic.



See Your Body Respond

Sensors display your physiology on-screen, allowing you to observe your body's moment-by-moment changes.



Learn New Regulation Skills

Practice techniques like slow breathing, relaxation, or focused attention to gradually improve your self-regulation abilities.



Build Resilience

Consistent practice strengthens your body's capacity to recover from stress and maintain smooth functioning in daily life.

How Biofeedback Works



Biofeedback uses sensors and visual feedback to help you change your body's physiological responses. With practice, your brain and body learn to shift into calmer, more efficient states with less effort. The process is simple: sensors placed on your skin measure things like breathing patterns, heart rate variability, muscle tension, or skin temperature.

These measurements appear as easy-to-read displays on a screen—maybe a line graph that moves up and down, or an animation that changes. When you practice biofeedback exercises, you can actually watch your body calm down in real time. Over weeks of practice, your body learns to reach these calm states more easily, even without the sensors.



How It Works

- Sensors track breathing, heart rate, muscle tension, breathing, or temperature
- Feedback shows how breathing and relaxation exercises affect your physiology
- Over time, your body learns to respond with greater ease and stability

What to Expect

- Sessions last 20–40 minutes
- Many programs include 4–10 weekly sessions
- Home practice of 10–20 minutes helps build long-term benefit
- Generally safe, non-invasive, and drug-free

What Can Biofeedback Help With?

Biofeedback is not a standalone treatment. However, it can help you address physical and psychological concerns by improving self-regulation. When you learn to control your body's stress responses, you can reduce many different symptoms. Clients use biofeedback alongside other treatments to manage everything from chronic pain to performance anxiety. The key is that biofeedback teaches you skills you can use anywhere, anytime—no medication needed.

1

Stress and Emotional Regulation

- Perceived stress
- Tension and worry
- Performance stress
- Stress tolerance

2

Psychological Health

- Anxiety
- Depression
- Panic symptoms
- PTSD symptoms
- Substance craving or urges

3

Physical Health

- Asthma
- Fibromyalgia
- Headache
- High blood pressure
- Irritable bowel syndrome
- Low back pain

4

Sleep Improvement

- Daytime fatigue
- Insomnia
- Restless sleep
- Restorative sleep

Is Biofeedback Right for You?

Biofeedback works especially well for people who want to take an active role in their health. If you prefer non-medication options, like seeing measurable and real-time progress, and are willing to practice between sessions, biofeedback might be a great fit. It's not a quick fix—it requires commitment and regular practice—but many people find it empowering to learn they can influence their own body's responses. The best way to know if it's right for you is to talk with your healthcare provider about your specific goals and health needs.

10-20

Minutes Daily Practice

Helps reinforce self-regulation skills

4-10

Sessions

Most people begin to notice changes over time

1-3

Sessions to Early Results

Some notice early improvement



Ready to get started? **Talk to your healthcare provider about whether biofeedback fits your goals.** Many clinical psychologists, counselors, physical therapists, and medical clinics offer biofeedback services. Distance biofeedback can even be done at home with guidance.