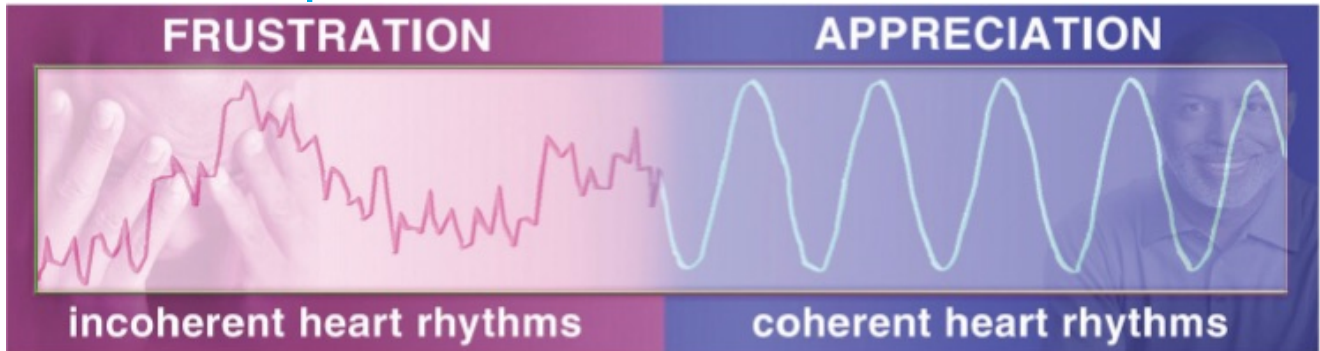


Counseling and Psychological Services

Biofeedback



How Stressed are you?

- Do you feel like stress is taking over your life?
- Do you feel overly tired or fatigued?
- Do you often feel nervous, anxious or depressed?
- Do you have sleep problems?
- Do you experience anxiety before an exam or when a paper is due?
- Do you worry about your school, finances or future?

If you checked off any of the above, then Biofeedback can help YOU.

What Is Biofeedback?

Biofeedback is a self-help technique in which individuals are taught to address the physiological symptoms that are associated with stress, anxiety and other concerns. This is accomplished by incorporating your breathing, focusing on your heart rate, and changing your thought process to make the necessary efficient adjustments.

Biofeedback utilizes highly sensitive computerized instruments that can let you know when you're stressed or relaxed even when you may not realize it. Specialists in many different fields use biofeedback to help individuals cope with stress, anxiety, depression, anger, test anxiety and many other concerns.

Biofeedback is a free service to UWF students.

How Can I Schedule An Appointment for Biofeedback?

If you are not already a client at Counseling and Psychological Services, call (850) 474-2420 and let them know you want to participate in biofeedback.

They will first schedule you for an initial assessment appointment. This allows you the opportunity to discuss your goals to and to make sure that biofeedback is the right service for you. They can get you scheduled for a biofeedback appointment.

For more information, visit our website at: uwf.edu/counseling

