

Biofeedback

A Great System for Anxiety Reduction

Do you feel overwhelmed with tension and worry? Do you find yourself thinking endlessly about financial problems, family and health issues? People with Generalized Anxiety Disorder (GAD) have a hard time relaxing and worry excessively though usually the source of anxiety is hard to pin point. Everybody gets anxious from time to time but when the amount of anxiety is out of proportion to the problem or lasts too long it can take its toll on your overall health. Usually treated with medications and psychotherapy, this disorder can sometimes last for years causing significant distress and disrupt normal daily routines.

Some symptoms of chronic anxiety may include:

Feelings of impending disaster.

Difficulty controlling worry.

Restlessness.

Muscle Tension.

Sleep Disturbances.

Headaches.

Easily tired.

Trouble concentrating.

What is Biofeedback?

Biofeedback is an alternative therapy that harnesses the power of mind-body medicine. With the use of electronic equipment, Biofeedback monitors your physical and emotional responses to stress such as brain activity, blood pressure, muscle tension and

heart rate. Electrical sensors are applied to different parts of the body and monitor your body's response to stress. The feedback given teaches the person how to control these states and balance them. This mind-body therapy uses your mind to control your body enabling you to rely less on medication and possibly eliminating it altogether. With practice you can learn to relax quickly, handle stressful situations and learn to control your body's reactions. With this non-invasive act of monitoring and minding your body you can undo and prevent the negative effects that chronic anxiety has on your physical and mental health.

Biofeedback and General Anxiety Disorder

Biofeedback training is especially useful in anxiety disorders such as GAD. The behavioral treatment includes relaxation techniques that are useful in helping people learn to deal with stress in a healthy way. Through practice, individuals are able to modify their stress responses and alter their mood. Studies show significant symptom reduction when the patient is willing to assume an active role in the behavior modification process, including home practice. The mind and body connection made with Biofeedback therapy offers people a safe and drug free way to control their stress, fear and anxiety.

To find out more about Biofeedback contact:

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