

Why is it Important to Manage Stress/ Anxiety?

Constant stress puts your health at risk. If your mind and body are constantly on edge because of excessive stress in your life, you may face serious health problems. That's because your body's "fight-or-flight" reaction — its natural alarm system — is constantly on.

The long-term activation of the stress-response system — and the subsequent overexposure to cortisol and other stress hormones — can disrupt almost all your body's processes. This puts you at increased risk of numerous health problems, including:

- Heart Disease
- Sleep Problems
- Digestive Problems
- Depression
- Obesity
- Cancer
- Worsening of Skin Conditions
- And, other health-related problems

Source: www.mayoclinic.com



Welborn Foundation
Wellness & Fitness Center

**emWavePro is available in the
Relaxation Room in Room 142.**

3501 N. First Ave , Room 142
Evansville, IN 47710
Phone: 812-429-0585
Web site: <https://www.ivytech.edu/southwest/>

**For one-on-one confidential counseling,
please contact:**
Renee Rockers, Mental Health Counselor
Lamkin Center, Ivy Tech Evansville Campus
Phone: 812-429-9883
E-mail: rrockers1@ivytech.edu

emWavePro® Biofeedback

For managing
stress and anxiety



Welborn Foundation
Wellness & Fitness Center



What is emWavePro® ?

The patented emWave Technology is designed to help you transform emotional stress, build resilience and increase intuition and performance in all areas of your life.

emWave Technology developed by Doc Childre, is a unique training system based on years of research on emotional stress and performance. It objectively monitors your heart rhythms and displays your physiological level of coherence. Coherence is an optimal state in which the heart, mind, and emotions are operating in-sync and in balance which has been proven to have numerous mental, emotional, and physical benefits. With practice you learn how to shift into coherence at will, and readily

see and experience changes in your heart rhythm patterns and sense of well-being as you practice the Quick Coherence® and other HeartMath® techniques.

What is Biofeedback?

When you raise your hand to wave hello to a friend, or lift your knee to take another step up the stairs, you control these actions. Other body functions—like heart rate, skin temperature, and blood pressure—are controlled involuntarily by your nervous system. You don't think about making your heart beat faster. It just happens in response to your environment, like when you're nervous, excited, or exercising.

One technique can help you gain more control over these normally involuntary functions. It's called biofeedback, and the therapy is used to help prevent or treat conditions, including anxiety, chronic headaches, and high blood pressure.

The idea behind biofeedback is that, by harnessing the power of your mind and becoming aware of what's going on inside your body, you can gain more control over your health.

How Does Biofeedback Work?

Researchers aren't exactly sure how or why biofeedback works. They do know that biofeedback promotes relaxation, which can help relieve a number of conditions that are related to stress.

During an emWavePro biofeedback session, an ear sensor is placed on your ear lobe. This sensor sends signals to a monitor, which displays an image that represents your heart and breathing rate.

When you're under stress, these functions change. Your heart rate speeds up, your muscles tighten, your blood pressure rises, you start to sweat, and your breathing quickens. You can see these stress responses as they happen on the monitor, and then get immediate feedback as you try to stop them.

Several different relaxation exercises are used in biofeedback therapy, including:

- Deep Breathing
- Guided Imagery
- Mindfulness Meditation

As you slow your heart rate, lower your blood pressure, and ease muscle tension, you'll get instant feedback on the screen. Eventually, you'll learn how to control these functions on your own, without the biofeedback equipment.

In order for biofeedback to be effective, you must use it on a regular basis. Like anything, it takes time to develop new habits in order to improve your health.

