



POSITIVE BIOFEEDBACK TECHNIQUES

TRAINING THE BODY AND MIND FOR BETTER HEALTH

Biofeedback is a safe, non-invasive technique that helps individuals gain awareness and control over physiological functions such as heart rate, breathing patterns, muscle tension, and stress responses. By learning to recognize these signals, patients can improve autonomic nervous system regulation and overall well-being.



1 DEEP DIAPHRAGMATIC BREATHING



Benefits:

- ✓ Activates the parasympathetic nervous system
- ✓ Reduces stress and anxiety
- ✓ Improves oxygen delivery

How to Practice:

- Inhale through the nose for 4–5 seconds
- Expand the abdomen rather than the chest
- Exhale slowly for 5–6 seconds
- Continue for 5–10 minutes

2 HEART RATE VARIABILITY (HRV) TRAINING



Benefits:

- ✓ Improves autonomic balance
- ✓ Supports patients with Dysautonomia and POTS
- ✓ Enhances resilience to stress

Goal: Synchronize breathing and heart rhythm through slow, controlled breathing.

3 PROGRESSIVE MUSCLE RELAXATION



Benefits:

- ✓ Reduces muscle tension
- ✓ Helps relieve headaches and stress-related pain
- ✓ Promotes relaxation

Technique:

- Tighten a muscle group for 5 seconds
- Release slowly
- Notice the difference between tension and relaxation

4 GUIDED VISUALIZATION



Benefits:

- ✓ Reduces anxiety and emotional stress
- ✓ Enhances focus and relaxation
- ✓ Improves sleep quality

Examples:

- Walking along a peaceful beach
- Sitting beside a waterfall
- Relaxing in a quiet forest

5 MINDFULNESS MEDITATION



Benefits:

- ✓ Improves concentration
- ✓ Enhances emotional regulation
- ✓ Promotes mental clarity

Practice:

Focus attention on your breathing and gently return your attention whenever the mind wanders.

6 THERMAL BIOFEEDBACK



Benefits:

- ✓ Improves circulation
- ✓ Helps manage migraines
- ✓ Useful for Raynaud phenomenon

Goal: Learn relaxation strategies that increase blood flow and warm the hands.

7 EMG (MUSCLE) BIOFEEDBACK



Benefits:

- ✓ Helps reduce chronic muscle tension
- ✓ Useful for TMJ disorders
- ✓ May improve neck and shoulder pain

How It Works: Sensors measure muscle activity and provide real-time feedback.

8 NEUROFEEDBACK



Benefits:

- ✓ May improve attention and focus
- ✓ Supports ADHD management
- ✓ Can improve sleep and anxiety symptoms

How It Works: EEG sensors monitor brainwave activity while patients practice self-regulation techniques.

CONDITIONS THAT MAY BENEFIT

- | | |
|---|--|
|  Dysautonomia & POTS |  ADHD |
|  Anxiety Disorders |  Insomnia |
|  Chronic Pain |  Stress-Related Disorders |
|  Migraines |  Hypertension |

SIMPLE DAILY BIOFEEDBACK ROUTINE

- 1 Sit comfortably in a quiet environment
- 2 Relax your shoulders and jaw
- 3 Inhale for 4 seconds
- 4 Exhale for 6 seconds
- 5 Continue for 5–10 minutes
- 6 Practice twice daily

KEY MESSAGE

 Small changes in breathing, relaxation, and awareness can create powerful improvements in autonomic nervous system function, stress management, and overall health.



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