

### What is Biofeedback?

- Biofeedback is a tool for learning how to gain control of your nervous system.
- It's been proven to help with relaxation and to relieve symptoms for many kinds of pain problems.
- Biofeedback can be high tech using sophisticated sensors at the hospital, or low tech like a thermometer to measure hand temperature at home.
- The goal of biofeedback training is to teach self-regulation allowing you to manage pain and stress in your own life.

**At Cook Children's a trained therapist uses specialized computer equipment to measure heart rate, breath rate, skin conductance (the amount of moisture produced by the fingertips), external temperature and muscle tension to help manage chronic pain.**



**Biofeedback works like a mirror, allowing you to see how your body responds to stress in real time.**

**The more aware you are of your own body signals the better you can change them to manage pain and improve your health.**

### Biofeedback Home Tools



The Inner Balance analyzes and displays our heart rhythm, measured by Heart Rate Variability (HRV), which indicates how emotional states are affecting our nervous system. [www.Heartmath.com](http://www.Heartmath.com)



The GSR 2 measures stress responses of skin and sweat glands. As tension increases, tone increases, as tension decreases, tone decreases helping you recognize stress and better relax. <https://bio-medical.com/gsr2-biofeedback-relaxation-system.html>



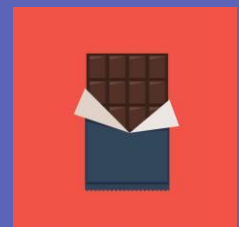
The skin pores on your fingertips are extremely sensitive to changing levels of stress. Pip accurately captures these changes through biofeedback and allows you to visualize them. <https://thepip.com/>



“Wearables” like Smart Watches allow you to track your breathing, measure your heart rate, and receive real time information about your stress levels so you can make healthy lifestyle changes.

### TRY THIS!

For a low tech but fun biofeedback experiment hold a piece of dark chocolate between your finger & thumb. To melt the chocolate your hand temperature must reach 90-93° F which is a sign of increased blood flow & relaxation.



**Warm hands = Calm Mind**