

BIOFEEDBACK

"Measuring the body's response to situations"

A little bit about biofeedback...

Stress and performance anxiety both have profound negative effects on performance. Biofeedback allows you to stay in tune with your body's response to situations. Once you have identified a stress response elicited from your body, you can take steps to counteract this response thereby improving your performance. Practice paced breathing to decrease stress responses.



Elements of Biofeedback

- Muscle activity
- Temperature
- Brainwaves
- Respiration
- Heart rate
- Skin conductance

How biofeedback helps...

- Aids consistency
- Improves injury recovery rates
- Facilitates relaxation
- Enhances self-regulation
- Improves self-perception
- Decreases muscle tension
- Decreases likelihood of injury
- Manages stress and anxiety
- Can improve coping mechanisms



Steps to

Paced

Breathing!

1. Get in a comfortable position
2. Close eyes if comfortable
3. Let your body relax
4. Focus on your breathing
5. Breathe in and out through your nose
6. Breathe steadily in for 3, then steadily out for 3
7. Repeat to desire

For more information visit: Sport Psychology for Coaches
IT'S FREE!

Source: <https://sportpsychologyforcoaches.ca/>



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