Stress Management Techniques

Biofeedback

Biofeedback equipment monitors and measures bodily functions. These instruments "feed back" information to you so you become aware of small changes in your body and the factors that bring about these changes.

Through these methods, you develop awareness that makes it possible to control your physiological functions such as activation of your fight-or-flight response. Biofeedback methods are also useful ways of demonstrating the effectiveness of various stress management strategies, such as imagery and mediation. As such, biofeedback converts vague feelings into hard, observable information.

Below are examples of various biofeedback methods and equipment:

Hand Warming

Hand warming is one of the many different methods used in biofeedback training for stress reduction and relaxation. The basic theory behind hand warming comes from our understanding of the fight-or-flight response. The fight-or-flight response is an automatic change of physiological markers that take place when a person suddenly perceives danger or stress. Blood flow to the extremities is significantly decreased while being increased to the vital organs of the body. This enables you to react quickly to physical danger.

The main goal of hand warming is to assist in measuring your level of stress through skin temperature, and thereby allow you to alter your stress levels. The more stressed you are, the lower the temperature in your hands, feet, and other extremities. The lower the stress level, the higher the temperature should be in the extremities. Biofeedback equipment, such as the SC911 Thermometer can monitor such changes.

GSR

A GSR unit measures the resistance of the skin to the passage of a very small electric current, known as the Galvanic Skin Response. It has been known for decades that the magnitude of this electrical resistance is affected not only by a person's general mood, but also by his or her immediate emotional reactions.
The EDA Bioscan measures your immediate stress response, known as “state anxiety,” and it also measures your overall stress, known as “trait anxiety.” By taking note of your trait anxiety reading, you can tell on a day-to-day basis if you are becoming more relaxed or more anxious.

The EDA Bioscan can help you determine what causes you to feel stressed. By identifying what causes your stress, you can then learn to manage these stressors.

EEG - Brain Waves

The ABT Bioscan measures small electrical signals from your brain, known as brain waves. Your alpha brain waves in particular are idling rhythms that occur primarily when your eyes are closed and your mind is completely free of thought.

The ABT Bioscan reads brain waves in the theta, mid-alpha and SMR/low-beta brain wave bands.

You can use the information gathered from the ABT Bioscan to help you become aware of thoughts that cause you to feel stressed so that you can learn to manage these potentially destructive thoughts. Monitoring these brain waves may help you reduce the symptoms of insomnia, anxiety, and attention deficit disorder, or even improve your ability to meditate.

It may be used at home in bed, while reading, listening to a lecture, or during other situations where the user has trouble relaxing or paying attention.

Reference

Bio-medical.com
http://www.bio-medical.com/homeuse-stress_management.cfm