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# EMOTIONAL BALANCE

How can Neurofeedback help?

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Emotional balance is the ability of the mind and body to maintain equilibrium and flexibility in the face of challenge and change. Emotional balance promotes physical health, and is a prerequisite for personal wellbeing and growth.

What we experience as our mind is made up of our thoughts and emotions, and our happiness depends on us remaining in a balanced mental/emotional state. We all experience negative thoughts and emotions from time to time but if we stay in any state for too long we lose the ability to return to our balanced, neutral position.

We might find ourselves “locked” in any number of negative states; such as anger, fear, worry, dissociation, self-sabotage or depression; agitation, impulsivity, anxiety, panic attacks and sleep trouble, lack of drive and motivation, or poor concentration. These stuck emotions run just below the level of consciousness, intangible yet often overwhelming. These uncomfortable emotions can dominate our thinking process and give rise to inappropriate reactions that impair our ability to be at our best.

Neurofeedback teaches the brain how to break out of these involuntary habits, allowing a shift back into our natural, contented state – with greater happiness and resilience in whatever circumstances we face.

*[www.calmyourmind.co.za](http://www.calmyourmind.co.za)*

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