
STRESS & ANXIETY

How can Neurofeedback help?

Stress, when managed properly, can be a real asset to performance.

However, prolonged exposure to stress strengthens that pattern within the brain. Just like with muscles, brain patterns grow stronger with use. Given enough reinforcement, these patterns can become 'locked' into place (see neuroplasticity), making it more and more difficult to return to a neutral, unstressed state. Stressed becomes the new normal.

When we are chronically stressed, we underperform at almost everything. It affects the tone of the central nervous system, affecting hormonal balance, suppressing the immune system, impairing mental processing and emotional control.

Anxious thoughts are damaging to the physiological system and can present physically in a myriad of ways. Migraines, fears, phobias, sleep trouble, irritable bowel, digestive difficulty, anger issues, adrenal fatigue, burnout; almost every system in our body suffers when under prolonged stress.

Neurofeedback is a targeted and direct method to show your brain how to return to a natural, unstressed position.

www.calmyourmind.co.za

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