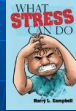


# Youth Stress Management and Performance

Presented by Harry L. Campbell  
Biofeedback Resources International  
[www.biofeedbackinternational.com](http://www.biofeedbackinternational.com)

Phone: 877-669-6463/914-762-4646  
Email: [Harry@biofeedbackinternational.com](mailto:Harry@biofeedbackinternational.com)



1

## Kids Don't Have Stress, Right?

WRONG!



2

## Difficult School work



3

## Bullying



4

## School Violence



5

## Family Problems and Divorce



6

## Sports & Performance



7

## Music Performance

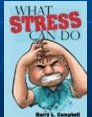


8

## Work Stress

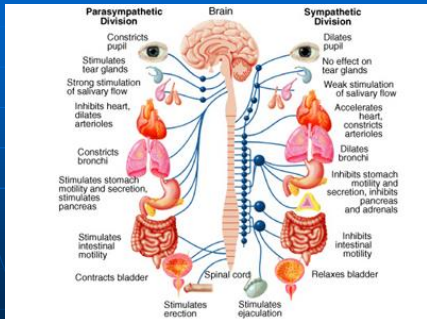


9



10

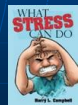
## What happens when a person is stressed?



11

## Stress Related Disorders

It has been reported that as much as 90 percent of all illnesses/doctor visits have some relation to stress, according to the Centers for Disease Control and Prevention.



12

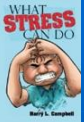


13

## Stress and Disorders

Stress is associated with so many varied illnesses because the Fight or Flight response can interrupt almost every system in the body.


If the normal function of a system is interrupted then illness can result.



14

## Stress & Performance

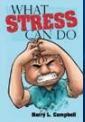
- Stress causes the brain to work less efficiently for performing mental tasks because it switches to emergency mode.
- Decreasing negative stress reaction helps improve performance.



15


## Methods to Decrease Stress

- Meditation
- Yoga
- Guided Imagery
- Diaphragmatic Breathing
- Sleep
- Essential Oils like Lavender
- Laughter
- .... Biofeedback




16

## A Picture is Worth 1,000 Words



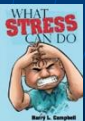
By seeing the changes in your physiology as they happen you can see how stress reactions and relaxation techniques cause changes in your body. This helps you learn how to control those changes.



17

*Biofeedback uses computerized technology to help you learn to control or manage your stress responses.*

- Sensitive instruments are used to measure physical processes with the purpose of "feeding back" the information to an individual in order to control these processes.*



18

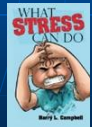
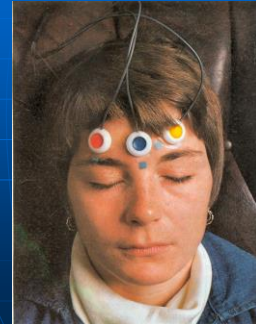
## Biofeedback Modalities

- EMG – Muscle Tension
- Skin Temperature
- Skin Conductance
- Heart Rate/Heart Rate Variability
- Respiration
- EEG – Brainwave



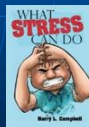
19

## EMG Sensors applied for relaxation of facial and cranial muscles



20

## Releasing Tension is important for Performance Enhancement

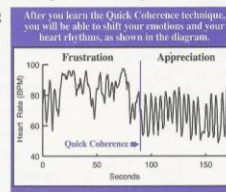


21

## Heart Rhythm Changes

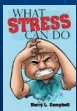
Research shows the following consequences of healthy or positive emotions:

- ▶ Improved performance and achievement
- ▶ More creativity and innovative problem-solving
- ▶ Better decision-making
- ▶ More flexibility in the way you think
- ▶ Improved memory
- ▶ Improved immunity to disease
- ▶ Improved hormonal balance
- ▶ Longer life span



22

## Demonstration



23

## Can young people really understand Biofeedback?

- YES! We live in a High Tech World.
- Biofeedback communicates faster than words.
- Even small children understand biofeedback.

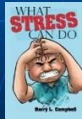


24

What helps give Canada's Dave Williams a steady hand in space?  
 Montreal's micro-miniaturization technology enabling National Aeronautics &  
 Space Administration



Astronaut Ron Garn wearing the FlexComp Infrat1™  
 photographed by Canada's Dave Williams during the NEMO NINE undersea mission.  
 (CNW Group/Thought Technology Ltd.)



25

## Indian Shooting Ace Wins The Gold At The Beijing Olympics



26



27

Repetitive Strain Injury, Computer User Injury With Biofeedback:  
 Assessment and Training Protocol

by Erik Peper, Ph.D. San Francisco State University, San Francisco, CA



Biofeedback machine attached to her right arm, staff member Sarah Chaput listens as Erik Peper describes proper posture for healthful computing



28

## The Stress Program



- Session 1 – Stress Management Education  
 What is Stress?  
 How does it affect health and performance?
- Session 2-3 EMG Biofeedback Education and Training
- Session 4 Progressive Muscle Relaxation Education and Training
- Session 5 Diaphragmatic Breathing Education and Training
- Session 6-7 Heart Rate Variability Biofeedback Education and Training
- Session 8 Bringing Stress Management Into Your Every Day Life

29

## Funding The Program

Book Sales – *What Stress Can Do*

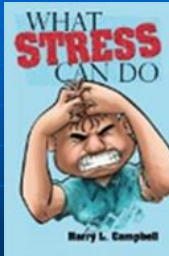
Discretionary Budgets of Schools and other organizations

Partnerships with Not-for-profit service organizations who receive grant funding



30

## What Stress Can Do



Order on Amazon.com \$14.95  
or here today for \$10

31

## Summary



- Stress Causes Disorders & Decreases Performance.
- Reducing Stress Reaction reduces stress related disorders and improves performance.
- Biofeedback gives individuals the power to learn how to regulate their own physiology which helps them to reduce negative stress reactions faster.
- If young people can learn these skills it can improve their quality of life and performance throughout their lives.

32

## Thank you

- Phone: 914-441-9714.
- Email: [Harry@biofeedbackinternational.com](mailto:Harry@biofeedbackinternational.com)
- Web: [www.biofeedbackinternational.com](http://www.biofeedbackinternational.com)
- Harry L. Campbell, BPS, BCIAC, President – Biofeedback Resources International



33