



Menu of Devices

Welcome to the MindBody Lab, a self-paced environment designed to help you explore various resources for improving your emotional and physical health. Here, you'll find audio and video instruction on a variety of topics in addition to several biofeedback tools and interactive programs. Most of the material featured is experiential so that you can follow along and practice the skills as they are being discussed. You'll also find instructional information that you can listen to in order to learn more about a given concern or intervention.

Please let us know which device you would like to use today:

iPODS: Experiential and instructional tracks on the following topics: Breathing Exercises, Muscle Relaxation, Meditation, Relaxation Imagery, Relaxation Sounds, Guided Imagery, Health & Well Being, Sleep Issues, Food Issues. *Students checking out iPods should use them in one of the three lounge chairs in the Lab.*

COMPUTER STATIONS: These feature the same audio and video programming as the iPods as well as access to *Stress Recess*, an interactive program for stress management and reduction, and *Healing Rhythms*, a wellness program featuring biofeedback and guidance from experts in the field.

RESPeRATE: An electronic device that monitors your breathing and gives you immediate feedback as it changes. This device allows you to more clearly differentiate between the way we typically breathe and the practice of deeper, slower breathing that is associated with a more relaxed physical state. *Students checking out RESPeRATE should use it in one of the three lounge chairs in the Lab.*

GSR2: A biofeedback device that measures galvanic skin resistance. When you are relaxed, skin resistance increases; when you are excited or upset, skin resistance decreases. The GSR2 is meant to be used in conjunction with the experiential audio and video programming found on the iPods and Computer Stations. *We recommend that first-time users sit at a computer station so they can follow along with the GSR2 tutorial video.*

emWAVE PERSONAL STRESS RELIEVER: A biofeedback device that measures subtle changes in your heart rhythms known as heart rate variability (HRV). HRV is believed to reflect heart-brain interactions and autonomic nervous system dynamics. By helping you recognize the difference between how you feel when you are relaxed vs. stressed, this device is designed to help you regulate your emotional state and experience stress relief. *Students checking out this device should use it in one of the three lounge chairs in the Lab.*

Each device has instructions and/or a menu of programming to help you navigate your way through its various offerings. There is also a video orientation of the MindBody Lab itself for first-time visitors.

The MindBody Lab is intended to provide information and education about various topics and is not intended to replace diagnosis or treatment by a qualified mental health professional. If you experience a worsening of symptoms after using any of these tools, please contact someone at the front desk immediately or call Telephone Counseling Services at 471-2255.