

Visual imagery and voluntary heart rate control.

University of Birmingham - Correlates of fantasy

The Brain

- Changes to heart rate are controlled by the medulla oblongata
- Cardioacceleratory centre – connected to SAN via sympathetic
- Cardioinhibitory centre connected to SAN via parasympathetic



Description: -

- Visual imagery and voluntary heart rate control
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Control of Heart Rate

I must repeat that good medical care for the serious problems mentioned above is essential and perfectly compatible with imagery. While it was initially thought that pursuit required retinal image motion from an external physical motion stimulus, evidence now indicates that smooth pursuit can occur during apparent motion , including motion aftereffects , isoluminant motion and illusory moving contours , suggesting that SPEMs are linked to the visual percept rather than retinal stimulation.

Neural Control of Ventilation

In this relaxation technique, you use both visual imagery and body awareness to reduce stress. Use of visual or kinesthetic motor imagery appears to be influenced by type of task and stage of learning.

Neural Control of Ventilation

ReSource training The overarching goal of the ReSource Project is to improve subjective well-being, mental and physical health, as well as compassion and intersubjective skills. Limitations One limitation of our study was that a movement of greater complexity and intensity could have been included to be able to compare the results between groups and to verify their influence in relation to the response of the ANS. This, along with increasing vasodilation of vessels, acts to reduce the arterial pressure.

What is Imagery, and How Does it Work?

At the very other end of that continuum is a full-blown panic attack: heart racing, pupils dilating, hyperventilating. A detailed review of studies describing autonomic changes during imagery practice falls beyond the scope of this update. This is the basis for concluding that the discharge of specific cells underlie conscious sensation of vision.

Individual differences in imagery vividness and voluntary heart rate control

Relax for a moment and imagine you are holding a juicy yellow lemon.

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