



Mind Body OT, LLC

Biofeedback Therapy

Proven Physical and Mental Health Benefits of Practicing Mindfulness

- *Healthy heart: improve circulation, lower heart rate, lower blood pressure*
- *Stronger immune system*
- *Decreased cortisol (stress hormone)*
- *Decreased anxiety*
- *Improved memory retention*
- *Enhanced quality of sleep*
- *Support for Women's health (better pain tolerance and emotional resilience)*
- *Reduced depressive symptoms*
- *Decrease in negative effects of PTSD*
- *Improved academic performance*
- *Improved regulation of emotions; reduced emotional reactivity*
- *Decrease in inflammation*
- *Conserve clarity of thought under pressure*

Susan Baumann, OTR

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Recommended apps for breathing and meditation:

Breathe2Relax

Calm

Headspace

Insight Timer

Mindfulness Daily

Stop, Breathe, and Think

Recommended podcasts:

Daily Breath with Deepak Chopra

10% Happier With Dan Harris

Tara Brach

The Rubin Mindfulness Meditation

Untangle

On Being with Krista Tippett

Mindfulness Mode by Bruce Landford

The Happiness Lab with Dr. Laurie Santos

Recommended you-tube videos for mindfulness and for sleeping:

10 hours of Deep sleep music

Mindful Body Scan and Mindful Breathing

Passive and/or progressive muscle relaxation

Autogenics

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Discuss Biofeedback Therapy with your Physician

If you're interested in biofeedback therapy, discuss this treatment option with your primary care physician, physician's assistant, or nurse care practitioner.



Feeling anxiety?

Try this grounding tool:

Look around you. Find **5** things you can see, **4** things you can touch, **3** things you can hear, **2** things you can smell, and **1** thing you can taste.



After receiving a referral from your medical provider, please contact **Mind Body OT, LLC** to schedule your initial appointment.



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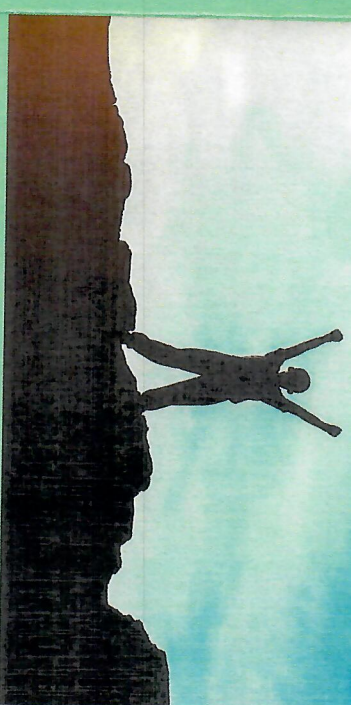
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Biofeedback Therapy

*I have a passion for
empowering people*

who are living with chronic pain, anxiety, insomnia, and the daily challenges of living with chronic illness. Biofeedback therapy is learning self-regulation techniques personalized to your specific symptoms and life circumstances.



Susan Baumann, OTR

Occupational Therapist for 30 years,
Specializing in biofeedback therapy

since 2001

Currently accepting Medicare, Medicaid, VA, and several private insurances.



Biofeedback Therapy can help with:

Anxiety, Panic, PTSD

Biofeedback addresses the physical symptoms of anxiety, which can include: muscle tension, restlessness or feeling edgy, fatigue, sleep difficulties, shakiness, difficulty relaxing, feeling overwhelmed, back and/or neck pain, headaches, irritability, racing heart, sweating, dizziness or lightheadedness, shortness of breath, upset stomach/nausea, frequent urination, or diarrhea. You will learn self-regulation techniques to use at onset of stress triggers to reverse the pain and stress response. You will learn how to slow respiration rate, lower heart rate, and decrease excess muscle tension to manage severity and duration of anxiety symptoms with minimal reliance on medications. Use of therapy techniques at onset of stress triggers will prevent escalation into full-blown panic attacks and decrease severity and duration of symptoms to allow minimal impact on your daily activities.

Chronic Pain and Headaches

Biofeedback used alone or in combination with other therapies is a wonderful treatment option for people who cannot tolerate side effects of medications or for those who prefer not to rely on prescription medications. Biofeedback will instruct you in self-regulation techniques, as well as dietary triggers, sleep patterns, exercise, and lifestyle modifications. Biofeedback therapy can be very beneficial for someone learning to manage chronic muscle pain and tightness, migraines and tension headaches, fibromyalgia, as well as chronic conditions such as high blood pressure, Raynaud's, TMJ, and Bell's Palsy. Pain management and relaxation techniques are used in combination with biofeedback. In addition to biofeedback intervention, **cranio-sacral therapy**, a hands-on manual therapy technique that promotes soft tissue release, as well as kinesiотaping are frequently utilized, as needed.

Insomnia

Cognitive Behavioral Therapy for Insomnia (CBT-I) is a research-proven intervention to treat chronic insomnia that is not the result of intrinsic medical sleep disorders (such as sleep apnea). CBT-I is shown to be more effective than short-term use of prescription sleep medications. CBT-I is a great alternative treatment option for people who suffer from insomnia and would prefer not to rely on sleep medications.

Incontinence

Loss of bladder control affects more than 19 million adults. **Biofeedback** is an effective therapy that helps both women and men regain control of both stress and urge/frequency urinary incontinence as well as fecal incontinence and pelvic floor pain.