

Anxiety

Usually anxiety results from one's response to stress. The stress can be psychological, physical, dietary, or environmental, like loud noises. Once a person gets locked into a pattern of anxiety, it can be hard to break. Learning how to modulate or turn off chronic stress responses is life changing.

Neurofeedback helps people learn to change past anxiety-producing responses to stress. With brain training, they can develop the skills they need to reduce or eliminate anxiety in their lives.

How do you know it's anxiety?

Anxiety comes in various forms. Sometimes anxiety includes excessive worrying, a nagging sense of fear, restlessness, overly emotional responses, negative thinking, catastrophizing, awfullizing, and defensiveness. Anxiety is involved in addiction, perfectionism, being overly controlling, and behavioral issues.

Anxiety sufferers are often overwhelmed, exhausted, and stressed out. Some can't concentrate due to their intense internal focus. Others obsess about specific things. The constant internal chatter can get so bad that it interrupts their sleeping and steals their quality of life. They don't live in the present; they constantly worry about the future or live in the past.

Teaching the brain is the solution.

Helping people learn to calm or quiet themselves is by far the best and most effective solution for anxiety. Learning to decrease anxiety gives suffers hope as they take control of their lives. Biofeedback and EEG neurofeedback are two of the quickest and fastest ways to teach people to learn to help themselves, and it's easy to learn. These technologies have been used for many years with solid, proven results. It's true, one can learn how to decrease anxiety and remain calmer with neurofeedback. Learning this life skill decreases the need for dependence upon medications and improves quality of life.

For more information visit our website: www.loralonsberry.com, or call our office for an appointment: 752 6634