

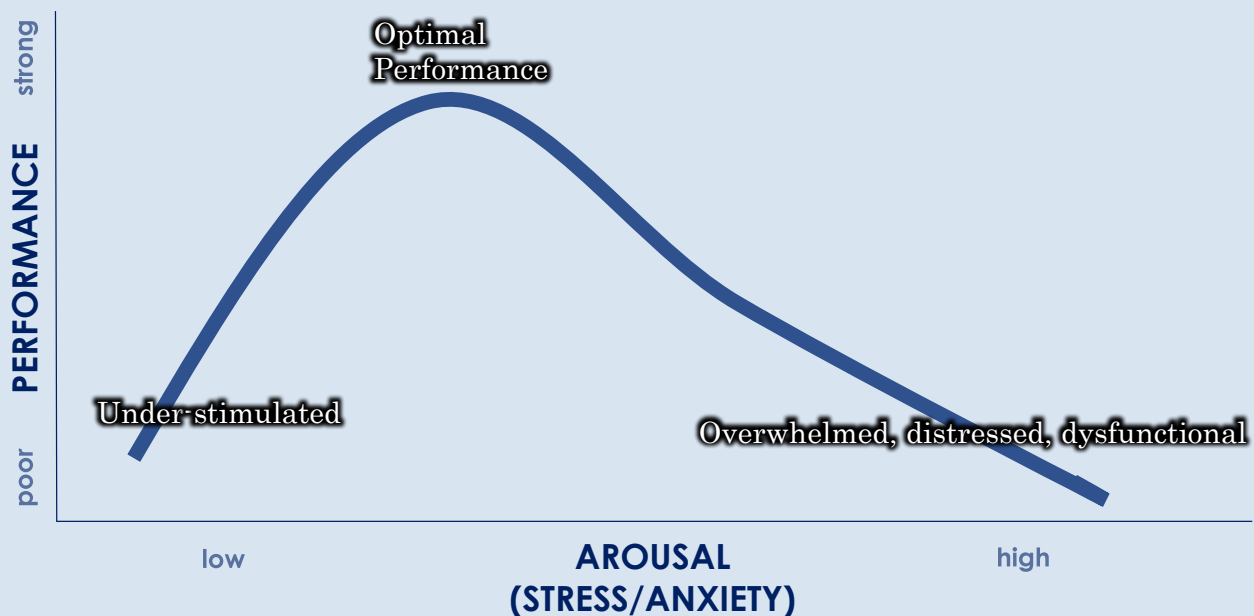
# Biofeedback Services

For Stress Management

Student Health and Counseling  
Academic Support Center  
Office of Health Promotion

## Yerkes-Dodson Stress & Performance Curve

ROBERT M. YERKES, M.D. & JOHN D. DODSON, M.D., 1908



Biofeedback can help you calm yourself down quickly and easily and make your excessive stress/anxiety **manageable and productive.**

Biofeedback sessions can be scheduled at SHAC after you've attended an orientation session.



Or, you can also download the free Inner Balance app and check out a sensor at the library!

