



## 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 biofeedback tools. Most of the content 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, and Food Issues.

**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.

**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.

***Each device has instructions and/or a menu of programming to help you navigate your way through its various offerings.***

*The MindBody Lab is intended to provide information and education about various topics and is not meant 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 the CMHC Crisis Line at 512-471-2255.*