

BIOFEEDBACK CLINIC

Are you an athlete who struggles with remaining calm under pressure?

Do you want to learn a physiological technique, proven to improve emotional regulation?

**REGISTER
HERE:**



What does the clinic involve?

- 6 sessions: Thurs PM in the Dame Margaret Barbour Building on Campus
- Short questionnaire at three different timepoints.

What are the benefits for me?

- Can help improve physical & mental performance.
- Can help regulate emotions when faced with stressors.
- Can help manage stress and anxiety during competitions.

More Information :

For more information, please email
A.Points2@newcastle.ac.uk



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