

# HRV BIOFEEDBACK CLINIC

ARE YOU AN ATHLETE  
STRUGGLING WITH  
REMAINING CALM UNDER  
PRESSURE?

DO YOU WANT TO LEARN  
A PHYSIOLOGICAL  
TECHNIQUE, SHOWN TO  
IMPROVE EMOTIONAL  
REGULATION?



## WHAT DOES THE CLINIC INVOLVE?



### 6 SESSIONS

HELD WEEKLY IN THE DMBB  
AND VARY FROM 15 -45  
MINUTES.



### SHORT QUESTIONNAIRE

PARTICIPANTS WILL  
COMPLETE A SHORT  
QUESTIONNAIRE AT THREE  
DIFFERENT TIMEPOINTS.



### CONFIDENTIAL & ANOYMOUS

YOUR DATA AND  
PARTICIPATION WILL NOT BE  
SHARED AND BE ANOYMISED  
FOR RESEARCH.

## WHAT ARE THE BENEFITS?

- CAN HELP IMPROVE PHYSICAL & MENTAL PERFORMANCES.
- CAN HELP YOU REGULATE EMOTIONS WHEN STRESSED.
- CAN HELP YOU MANAGE STRESS & ANXIETY.



## FOR MORE INFORMATION:

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or sign up using the QR code.