

FAMILY HOLISTIC HEALTHCARE AND NEUROBIOFEEDBACK SERVICES

Douglas J. Koch, D.C., CCN, FIAMA
1100 Kings Highway East, Fairfield, CT 06825
www.FamilyHolisticHealth.com

Laura R. Koch OT/L
203 576-1993
203 333-6497 fax

When you're feeling anxious or stressed, these strategies may help you cope:

- **Take a time-out.** Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- **Eat well-balanced meals.** Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.
- **Limit alcohol and caffeine,** which can aggravate anxiety and trigger panic attacks.
- **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- **Exercise daily** to help you feel good and maintain your health. Check out the fitness tips below.
- **Take deep breaths.** Inhale and exhale slowly.
- **Count to 10 slowly.** Repeat, and count to 20 if necessary.
- **Do your best.** Instead of aiming for perfection, which isn't possible, be proud of however close you get.
- **Accept that you cannot control everything.** Put your stress in perspective: Is it really as bad as you think?
- **Welcome humor.** A good laugh goes a long way.
- **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- **Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.
- **Learn what triggers your anxiety.** Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.
- **Talk to someone.** Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.
- **Consider Neurofeedback.** We have had numerous clients comment that they are so much calmer and able to deal with the stresses that life gives them, since neurofeedback (see back).

*Taken from Anxiety and Depression Association of America

"In August of 2015, I suffered two panic attacks, about a week apart. At that time, many things in my life contributed to them. Having struggled with anxiety my whole life, and never having experienced panic attacks before, I felt an extreme urge for a wakeup call.

I saw my primary doctor, an ENT for anxiety-induced acid reflux, and my therapist of almost 20 years. We all agreed this heightened anxiety began having significant negative physical effects on my body: anxiety induced acid reflux, insomnia, weight gain, shortness of breath, and the onset of depression.

The coping strategies I had used in the past were breaking down and they just weren't able to "combat" this type of post-traumatic stress/anxiety. Medication was recommended, prescribed and eventually taken.

I wanted relief. I needed relief. I have two young children and a husband, all of whom I love, adore and cherish and I needed to *show up*. I wanted to be a part of their world and not live in mine filled with dread, fear and worry.

After about eight weeks on anti-anxiety and anti-depression medication, I knew this wasn't going to be a long-term solution for me. While I wouldn't say I felt worse or even better, I just didn't *feel me*.

I had known Laura Koch was treating people using Neurofeedback. In November, I called, made an appointment and went. My husband and I listened to the description of the treatment. This concrete, yet abstract program intrigued me. The ability for the patterns in *my* brain to get retrained to a more "normal" state was the greatest hope I had.

I felt immense relief that maybe I didn't have to "do" anything more to calm my anxiety and depression other than make a commitment to being open to receiving potential change.

And, that's what I did. My husband made the commitment to support this decision in all ways. I wanted to go three times a week. I told my doctors and therapist that this was going to be my choice to climb out of a very difficult place. I did wean off of all medications while I began my work with Laura.

And, after about two to three weeks, I began to feel better. By better, I mean calmer, clearer, restful sleep and most of all hopeful.

Hopeful that something which plagued me my entire life might have an alternative solution.

Partnering with Laura and trusting her and the process was one of the greatest gifts I've truly ever given myself. There were highs and lows throughout the process. But something felt different.

After 78 treatments, I can honestly say I feel remarkably different. This isn't to say my world is problem free, on the contrary. It's that the problems and worries of living in this world don't overcome me. They don't "take my breath away".

Staying in the moment, seeing more clearly the source of what is upsetting me, remaining calm under stress have become more organic and natural. Restful sleep has been restored and I've begun to lose weight. I haven't felt depressed in months.

Finally, my complete and I mean complete trusting relationship with Laura was a significant part of the success of the program.

Laura is not a therapist; she will tell you herself. Yet, when dealing with clients struggling with anxiety and depression AND *working it out* using Neurofeedback, Laura, for me, was a conduit in helping me understand what changes were happening in my brain. In some ways, she was the liaison between my brain and me. This was important for me because for the first time, I was *feeling* differently and Laura helped me understand why.

The panic attacks were my wakeup call that my anxiety had become something different and harder to manage. Neurofeedback was the antidote that allowed me to refrain from falling into the "I need to do something to fix this". Neurofeedback helped me move into, "let's see what's possible in my brain's ability to change" in order to help me long-term.

And so it has."