

What's in the Inner Resources Room?

Self-guided instructions are located in the lower left desk drawer files.

Light Box: bright light therapy

Light therapy involves daily, scheduled exposure to intense levels of artificial light. Our light box was specifically chosen because it meets specifications utilized in clinical research studies. Light therapy is used to regulate seasonal mood swings, improve sleeping patterns, and enhance feelings of well-being. Go to cet.org to learn more. Please read the instructions, including contraindications, in the **Light Therapy** folder in the desk drawer.

Computer Biofeedback:

EmWave Desktop: biofeedback training computer program

Using *EmWave Desktop* regularly will allow you to develop confidence in your ability to manage any task more efficiently by teaching you how to *flow* and get in the *zone*. This biofeedback program allows you to manage your heart rhythm to increase coherence. The hardware measures heart rate variability (HRV) and heart rate coherence (HRC) through the black ear sensor which you clip onto your ear lobe. Click on the *EmWave* icon on the computer desktop and then on the Tutorial for full instructions. Once you've learned how to manage your heart rhythm you are prepared to manage life more effectively and efficiently. The *emWave* program contains pdf instructions. Also see the *emWave* folder for more articles which will enhance your sessions, such as *The Quick Coherence Technique*.

Healing Rhythms: biofeedback training computer program

Healing Rhythms (aka *Relaxing Rhythms*) is an instructional self-care tool that combines *Wild Divine's* groundbreaking biofeedback technology and beautiful interactive imagery with expert coaching. *Healing Rhythms'* practical mind-body training works through measuring heart rate variability (HRV) and skin conductance level (SCL). It provides: 1) guided meditation and breathing exercises led by expert coaches; 2) visually interactive activities which allow you to practice the techniques you learn in the program; 3) bio-feedback allowing you to monitor your physiology as you improve your mind/body skills; and 4) an online journal so that you can track your improvements over time. Click on the *Healing Rhythms* icon on the computer desktop and attach the white sensors (next to the computer) to your fingers. Instructions on the computer program are self explanatory, and a user's guide is in the *Healing Rhythms* folder.

Journey to Wild Divine: biofeedback computer games *Passage/Wisdom Quest & Zen Journey*

Participate in a "meditation adventure for the mind and body." *The Passage & Wisdom Quest* is a two-part interactive computer game which allows you to progress through meditation and breathing exercises. Begin with *The Passage* and then for more advanced biofeedback challenges, move on to *Wisdom Quest*. Learn to FOCUS through Archery, learn BREATHING to build a magic stairway with your breath, and enhance ENERGY to juggle balls with your laughter. And *Zen Journey* features authentic Zen training by Zen Master Nissim Amon. You progress through the game in a lush and beautiful Zen temple earning robes along the way with individualized guidance from the master. As you wear the white sensors (next to the computer) on your fingers, the unique technology helps you to reduce stress and anxiety. How does it work? The hardware platform measures both heart rate variability (HRV) and skin conductance level (SCL) through the three sensors gently attached to your fingers. The measurements are registered through the white "IOM" sensors and fed back to you through energy events on the screen, which challenge you to control your body's reactions. Our *Journey to Wild Divine* games provide an entertaining way to learn stress and anxiety reduction, increase relaxation and focus, and improve mental and physical performance. See the *Journey to Wild Divine* folder.

RESPeRATE: Respiration biofeedback to reduce stress and blood pressure

RESPeRATE, located on the cabinet, is a non-drug portable FDA-approved medical biofeedback device designed to lower high blood pressure. It is also very relaxing to use for stress management. You can sit in our recliner with the device in your lap to listen to instructions and music using the attached headphones. *RESPeRATE* will then interactively guide you through a 15 minute therapeutic breathing exercise that has been clinically proven to lower high blood pressure within 4-6 weeks— with no side effects. A Quick Start user's guide is in the *RESPeRATE* folder.

Please note: Symptoms of stress and depression can have multiple causes, including environmental, social, emotional, and medical. Please consult your health care professional who understands your specific situation before beginning any self-guided stress management or depression treatment program

For more see next page ->

Temperature Sensor: Thermal biofeedback for stress management

People's hands tend to become cold when stressed because the body's stress response causes blood vessels to constrict in the extremities. Using a digital thermometer with a temperature sensor gently taped to your fingertip, you can learn to reverse your body's stress response by learning to warm your hand temperature. The digital thermometer (located in the cabinet) provides feedback on your ability to calm your sympathetic nervous system and create a relaxation response. Hand warming biofeedback can be beneficial for those who suffer from stress, migraine headaches, high blood pressure, insomnia, pain, digestive disorders, and other stress-related or stress-exacerbated disorders. *Digital thermometers* are located in the cabinet, and instructions for how to increase fingertip temperature are in the **Temperature Sensor** folder. We recommend also using the *Stress Management CD, Lesson 3* on biofeedback with the accompanying workbook.

Negative Ion Generator: A passive device for improving moods

Research has shown that exposure to high-density negative ions in the air significantly improves mood and reduces mood disturbance, depressive symptoms, and anger even for those who are not clinically depressed. In addition, high-density negative ion air generator treatment has been found to improve moods for people with seasonal affective disorder as well as non-seasonal chronic depression. Read more at *cet.org*. A high-density Negative Ion Generator is available in the Inner Resources Room, right next to the massage chair. Plugging in and then attaching the *wrist strap* creates a closed circuit which increases its effectiveness.

Automated Massage Chair / Recliner: Just sit back and relax!

The Automated Massage Chair allows you to select one of three automated programs which alternate between massage modes and can target different areas of your back. Or, you may customize your massage using a wide variety of massage modes. For specific sore spots, position the massage rollers to target that spot. The remote control in the chair's left pocket allows you to select the program best suited for you! Of course, you can also use the chair as a comfortable recliner while you listen to music or an instructional CD, watch a DVD, or while using portable biofeedback equipment, such as *RESPeRATE* or a *Digital Thermometer*.

Zen Timepiece: Use as a timer for your appointment or for meditation

The attractive Zen clock on the desk can be set to serve as a soothing timer to indicate the end of your Inner Resources Room appointment. You can also use it as a "mindfulness bell" or to time your meditation practice. Please see the **Zen Clock** folder for instructions to learn how to set the timer.

Music and Instructional CDs / DVDs: for relaxation, mindfulness, and meditation

We've collected soothing music and video in both CD and DVD formats. You can create a tranquil atmosphere by viewing a rocky mountain waterfall or a Caribbean beach. Or listen to music that adds benefits beyond just relaxation. For example, certain types of music, such as selections on the *Quiet Joy* CD, have been found to improve autonomic nervous system balance and immune response, as documented in the *Journal of Stress Medicine*. We have also developed a collection of Instructional CDs and DVDs so that you can listen to guided relaxation exercises, learn mindfulness meditation, and more. Please see the CDs and DVDs in the cabinet and beside the TV. See the **Music CDs / DVDs** folder and the **Instructional CDs / DVDs** folder for descriptions so that you can make your selection.

Sound System: The audio in the Inner Resources Room is set to come out of the room's speakers. For enhanced listening, you can sit in the recliner and use the **noise-cancelling headphones** tethered to the receiver. The headphones are located on the shelf below the TV. See the **Sound System** folder to learn how to use the DVD player, CD player, and the receiver.



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The Inner Resources Room is a joint gift from the University of Notre Dame Senior Class of 2004 and the Saint Liam Hall Renovation Project made possible by donor William K. Warren, Sr. If you have suggestions for the Inner Resources Room or would like to make a donation to our collection, please contact Wendy Settle, Ph.D. at 574-631-7336 or Wendy.H.Settle.1@nd.edu