

NEW!

Biofeedback Computers

**Now Available to
CSUN Students!**

The Relaxation Room at UCS has two biofeedback computers equipped with HeartMath.

**To Reserve Your
Time with HeartMath**

Please call 818-677-2366, option 1 or stop by Bayramian Hall, Room 520 to sign up for a Biofeedback Session.

***This is a FREE service to
all CSUN students.***

What is HeartMath?

This program uses simple video games to show you how controlling some of your biological systems, like your heart and breathing rates, can help you feel more relaxed. With continued use, HeartMath has been shown to decrease feelings of stress and anxiety and improve overall well-being.

