

Biofeedback lab's methods recognize and relieve stress

Joyce Atkinson
Production Coordinator

Guilford College may have one of the only free biofeedback clinics in North Carolina. The lab, located on the second floor of King (238-B) holds afternoon hours Tuesday through Friday, with no appointment necessary. If these hours are inconvenient, an appointment can be made on Monday or Saturday.

The clinic is open to all students, staff and the general public. William Wright and John Christ are running the clinic as part of their Independent Study and Jackie Ludel and Claire Morse act as the advisors of the lab.

Many people may be leery of biofeedback because they're not quite sure of what it is. The main objective of biofeedback is to reduce the stress level a person has by gauging his/her temperature and muscle tension level.

People experience daily stress that may be manageable but we are not aware of much of the stress within ourselves.

For example, many students don't get enough sleep and drink coffee to compensate, but won't realize how badly this effect their physiological system until they encounter violent headaches, depression, or experience extreme cases of panic.

In other words, there are many signals our bodies give off internally that we are not consciously able to detect. The biofeedback monitors aid in bringing unconscious physiological signals to our conscious level of thinking where we are able to control them with a number of relaxation techniques.

The Guilford College biofeedback lab has two monitors: the Autogen 60 which registers temperature levels and the Autogen 1000 which detects the level of muscle tension. The temperature machine has two hookups which are normally attached to a

finger and the forehead. The client's temperature is monitored by sound. If they are very tense, a sharp tone will sound out, but as the person learns relaxation techniques, the tone will mellow down, indicating the client's temperature is rising due to the increased blood flow throughout their body.

The Autogen 1000 has three hookups which can be placed on major muscle tension areas. This process works just as the temperature process does. The sharper the tone, the more tension the client has.

Wright, one of the students running the lab, indicated that people just starting out with biofeedback could use either machine first to detect physiological states they're not aware of.

When asked what the success rate of the biofeedback was Wright replied, "We've had about six to eight people who have come in more than one time, and all of them have improved."

Once a client's anxiety level is

detected by the biofeedback machines, the lab operators, Wright and Christ, offer main relaxation techniques which include exercises in breathing, visualization, meditation and self affirmations.

The lab offers a number of handouts including Zen Tenets, instructive deep breathing exercises, and affirmations in self actualization. Books and tapes are available on loan for anyone who is interested in learning more about how to detect early anxiety and control stress.

Biofeedback is an up and coming holistic science that is being used nationally for rehabilitation of accident victims, prevention of ulcers and migraines, and is even being studied to

control space sickness, a problem that NASA has found about 50 percent of their astronauts suffer from.

Normally, people pay from \$60 to \$80 for one hour of biofeedback in a neurologist's office. Take advantage of Guilford's free clinic and help ease and eventually prevent anxiety and stress. David Barlow, director of the Center on Stress and Anxiety in the State of New York, Albany, described biofeedback as "a characterization of a background from which symptoms appear from time to time under stress. Whether it is intrusive thoughts, depression or panic attacks, we might be changing how we conceptualize these disorders."

Dizzy Gillespie

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A&T Gillespie promised that when he returns next year he will perform a song written to celebrate their action.

After the performance Gillespie attended a reception held in his honor at the Student Union building. Although he answered a few questions, he was

hungry and tired and perhaps mildly disgruntled at being surrounded by so many of his questioning fans. He remarked to one woman, "I'm tired, I'm a seventy-two year old man. I should be at home in bed... by myself."

All in all, though, it was a splendid evening, an incredible performance.

FCAers retreat to Ridgecrest

Eric Badertscher
Features Editor

From Feb. 2-4, 11 members of Guilford's chapter of the Fellowship of Christian Athletes (FCA) participated in a weekend retreat at Ridgecrest Baptist Convention Center. The event was attended by over 600 people, with over 300 from Clemson University alone.

Freshman Butch Maier said the center was like a hotel, in that it had only six people to a room, unlike summer camps' bunkrooms. He called the retreat the "most insightful, eye-opening weekend of my life, and I think I grew a lot." One of his roommates on the retreat, junior David Hopkins, said those three days showed him the importance of "discipline through submitting to Christ... discipline in your efforts and in your commitment to Christ."

The retreat's theme came from St. Paul's first letter to the Corinthian church. Divided into "huddle groups," the FCAers studied I Corinthians 9:24-27 which reads:

"Do you not know that in a race all the runners compete, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. Well, I do not run aimlessly, I do

not box as one beating the air; but I pommel my body and subdue it, lest after preaching to others I myself should be disqualified." (Revised Standard Version)

Senior Heidi Gibson said that Saturday offered a choice of four different "buzz sessions"; she went to the ones on "Self-Esteem, Christ-Esteem" and "Knowing Your Calling," whereas others went to "Sex and Dating" and "The Spirit-Filled Life."

"The whole weekend just gave you so much to think about," she said.

Sophomore Stacey Boggs, who attended the same session as Gibson, said, "I was really blessed by both of those in a big, big way." She also enjoyed the large-group talks by speaker Tom Nelson, who pastors a church in Dallas. Nelson listed four *wrong* ways to be holy:

1. Legalism, or trying for salvation through rule-keeping.
2. Emotionalism; in Nelson's words, "accelerating the flesh."
3. The "second blessing" mentality; i.e., thinking that once a person is saved, he/she does not sin anymore.
4. Libertinism, or doing anything one wants, because God is going to forgive it anyway.

Boggs summed up the retreat's theme by quoting Nelson: "The only thing you can do with the flesh is to crucify it... the basis of Christian life is the cross."



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