

# AUTOGENICS AND BIOFEEDBACK

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## *Autogenics*

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Autogenics = “Creating change in oneself”

Learning autogenics: Learning how to regulate your autonomic nervous system (“pumping the breaks”)

Autogenics combine simple relaxation with phrases and images → parasympathetic nervous system goes online → relaxation

Autogenics can undo the “fight, flight, or freeze” response

Autogenics bring people into the present moment, increase understanding, and can bring balance to the nervous system

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## *Biofeedback*

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Biofeedback = The use of an instrument or tool to tell the brain what is going on the body

Ordinary people can learn how to use external signals to help control some autonomic nervous system activities (like breathing rate)

Biodots:

- Place on the webbed part on the back of the non-dominant hand between the thumb and pointer finger
- Goal of biodots: Increase awareness, and bring the parasympathetic nervous system online if needed
- Biodots are not an exact science; if your color doesn't change, that doesn't mean there is something wrong

**This information was taken the Center for Mind-Body Medicine ([www.cmbm.org](http://www.cmbm.org)) and was adapted by Minneapolis VA Medical Center psychology staff**