

Case 3

Read the following passage carefully and answer the questions given at the end. Biofeedback is a process that allows people with stress-related illness such as high blood pressure to monitor and improve their health by learning to relax. In biofeedback, devices that monitor skin temperature are attached to a patient's arm, leg, or forehead. Then the person tries to relax. As he or she relaxes completely, the temperature of the area under the devices rises because more blood reaches the area. When a machine that is attached to the devices detects the rise in temperature a buzzer sounds, or the reading on a dial changes. As long as the patient is relaxed, the buzzer or dial gives encouragement. The next part of the biofeedback process is learning how to relax without the monitoring devices. The patient recalls how he or she felt when the buzzer or dial indicated relaxation and then tries to imitate that feeling without having to check the biofeedback machine. After succeeding in doing so, the patient tries to maintain the relaxed feeling throughout the day. Stress may cause as much as

75 percent of all illness, therefore, biofeedback promises to be an outstanding medical tool.

➤ **Questions**

5. What is biofeedback? Describe in your own way.
6. Can learning to relax improve health? Explain your view point.
7. Why is biofeedback considered to be an instrument with great potential for the treatment of stress-related illness?
8. Suggest a title.

Q1.

Biofeedback is a machine to determine health and in this process, a person also learns to maintain the feelings of relaxation. Moreover, it is best for the people who are struggling to defeat their stress-related illness.

Q2.

Yes, learning to relax improves health. In a depressing situation, a person knows better how to calm himself. Moreover, a person ^{avoids} tries to take any stress as he is much cautioned about his health.

Q3.

Biofeedback is considered an instrument with great potential for the treatment of stress-related illness. This instrument does not only monitor the level of stress but also teaches how to relax. Moreover, its function is long-lasting ^{as a person} recalls the feelings of relaxation, and tries to follow them.

M T W T F S

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Q4.

Reducing Stress by the Process
of Biofeedback