



## 5 Main Problem Areas Neurofeedback Solves For Those with ADD, Anxiety, or Learning Style Issues

(Taken from) ADD: The 20 Hour Solution. Training Minds to Concentrate and Self-Regulate Naturally Without Medication

### 1. Dysregulation of the arousal system

**Problem** ➡ A person's arousal system manages a person's ability to control themselves. Poor management of this arousal system in the brain is at the core of many behavioral healthcare issues (such as ADD, Anxiety, Learning issues, etc...). It also leads to inconsistencies in performance.

**Solution** ➡ Neurofeedback enables the brain to self-correct arousal fluctuations so that the person can stay on task, stay calm, and stay on track.

### 2. Poor integration with environmental demands

**Problem** ➡ Persons with behavioral healthcare issues such as ADD, Anxiety, or Learning style issues tend to do better with tasks they choose or like. This selective attention makes it difficult for them to conform to schedules, deadlines, and timelines.

**Solution** ➡ Neurofeedback enables the brain to self-regulate, so less internal effort is required on the part of the person to keep themselves in check internally on tasks that aren't so exciting to them. This leads to more consistent performance on all tasks.

### 3. Perceptual focus problems

**Problem** ➡ Many persons with ADD, Anxiety, or Learning style issues tend to be either highly distractible or highly over focused ("zoom lens").

**Solution** ➡ By training the brain to self-regulate and focus Neurofeedback organizes, promotes flexibility, and regulates the emotional responses of an individual that get in the way of a calm, focused approach.

### 4. Stressed brain syndrome

**Problem** ➡ Person's with ADD, Anxiety, or Learning style issues tend to get "stuck" when applying their selves to a task. Because of the dysregulated arousal system (see #1 above)the brain under stress freezes up leading some to become frustrated, angry, or lead to them giving up.

**Solution** ➡ Neurofeedback teaches the brain to rest and focus in a balanced manner. It is then ready for challenges and demands and can respond without hyperventilating or choking.

### 5. Compromised flexibility

**Problem** ➡ Flexibility in thinking means making adjustments, changing plans, and looking at problems from different vantage points. Persons with ADD, Anxiety, and Learning style issues tend to have problems with this.

**Solution** ➡ Neurofeedback provides a positive feedback loop for persons with ADD, Anxiety, or Learning style issues. It is a cause and effect model that positively helps the brain make adjustments, shift gears, and modulate behavior.