



Anxiety is a normal reaction to stress and can actually be beneficial in some situations. For some people, however, **anxiety can become excessive**. The person experiencing excessive anxiety can quickly develop difficulties managing it and it can affect daily living in significant ways. There are a variety of anxiety related conditions that can result, including Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Panic Attacks, Obsessive Compulsive Disorder, to name a few.

Scientists are making great progress in understanding how the functioning of the brain can cause feelings of being anxious. Several parts of the brain are key actors in the production of fear and anxiety. By learning more about how the brain creates fear and anxiety, we are able to devise better treatments for anxiety disorders and excessive stress. In the field of neurofeedback, we closely examine a type of brain wave called “high beta” to understand the level of hyper arousal or anxiety in the brain. Excessive and dysregulated high beta brain waves typically reflect a brain that is “parked” in an anxious state. **Neurofeedback can help correct this.**

Unfortunately, the use of psychotropic medications as a primary treatment for anxiety has soared in the past decade, especially for women. **Neurofeedback has been shown to effectively address anxiety symptoms** and is potentially an excellent way to avoid using medications (Hammond, 2005). Biofeedback and Neurofeedback together help the participant **calm anxious brain wave activity**, settle down an overly excited central nervous system, and program a different response to stress.

Are you ready to do something about the anxiety, stress, and tension in your life? The Ready To Focus program can provide the help and solutions to your chronic stress and anxiety. The place to start is scheduling a one-time consultation to see how we can help you.

As a 38 year-old husband, father of four, and leader of an organization I had a lot of responsibilities so I figured that my anxiety was normal. I struggled to turn my brain off at night and therefore I couldn't fall and stay asleep. So, almost two years ago, I started to take Xanax to turn me off and get some rest. The anxiety I had was always present and it made me feel like I was in a rush and it made me blow things out of proportion. My wife encouraged me to pursue “Ready To Focus” and seek some relief. As I went through the program I found myself more focused, less uptight and finally able to sleep. I got off the Xanax and my wife commented about the changes she saw in me.



Call 1-800-850-0535 to schedule
www.readytofocustm.com

