

## Reaching a Higher Level: Can Biofeedback Be the Key?

Contributed by Joe Slowinski  
Monday, 30 September 2013

In the October 2013 Slowinski at-large, I discuss how pre-competition anxiety builds. Athletes who do not effectively deal with the anxiety will underperform. Specifically, the body will respond by influencing the physical body leading to sweating, increased heart rate, etc. But, with awareness comes the possibility of a proactive response to calm the mind and body. Accordingly, I share with readers the use of biofeedback to build awareness of the stress response and how to control your body under anxiety situations. This can lead to a higher performance level.

[Download the article here \(in PDF\)](#)