

Psycho physiological Assessment

STRESS PROFILE

For Mr. XXXX





Hello there, Are you ready?

Psst... Asking again- Are you ready? Because we are going to present you something which is going to blow your mind. By giving yourself an awareness of these physiological reactions, biofeedback allows you to control them in a voluntary process.



Where are we today?

In today's world stress is being accumulated by extensive external and internal stimulus, and it's in our hands to find personalized solutions

Where can we be Tomorrow?

Improved performance in school, sports and at work. - percentage. The ability to stay relaxed and balanced in challenging situations. The ability to enter a relaxation state whenever you want.

A biofeedback session will often last between 30 and 60 minutes. A typical course of treatment often includes eight sessions which will show improvement in an individual's self-regulation skills, which leads to performance enhancement under competitive stress.



Why is it important to act now?

Biofeedback sessions are a tool kit to take care of yourself independently in every aspect of life. This information is useful in choosing specific strategies to use when working within specific physiological modalities which include Wellness qualities- Relational, Existential, Mental, Physical, Emotional & Environmental



So, what's in this report for you?



- Nervous system measured by Heart rate variability (HRV) to identify fight or flight activation or recovery and calmness state of a being.
- Respiratory system is measuring your Breathing rate.
- Temperature- measures peripheral temp in accordance to blood flow.
- Skin Conductance- measures the reactivity to skin to any stimulus.
- BVP- measure the changes in blood flow in your finger. These raw changes in blood flow are called blood volume pulse (BVP).
- Heart Rate Range-measure the efficiency and the range of the motion of the cardiovascular system.

Breakdown of the test

It is important for us to get to know how your body reacts to different kinds of stressors in order to determine the most helpful way for you to respond to those stressors and how to help you recover once the stressful event is over.

Recovery Zone Without any external Activity

Mental Math To solve arithmetic problems

Stroop Test Colour Word Task

Mouse Game Try to control the balloon with the mouse

Stress Recall Sharing a stressful event

Color Codes:

Score 11 (Risky):



Score 22 (Pay attention):



Score 33 (Poor):



Score 44 (Bad Average):



Score 55 (Middle Average):



Score 66 (Good Average):



Score 77 (Good):



Score 88 (Great):

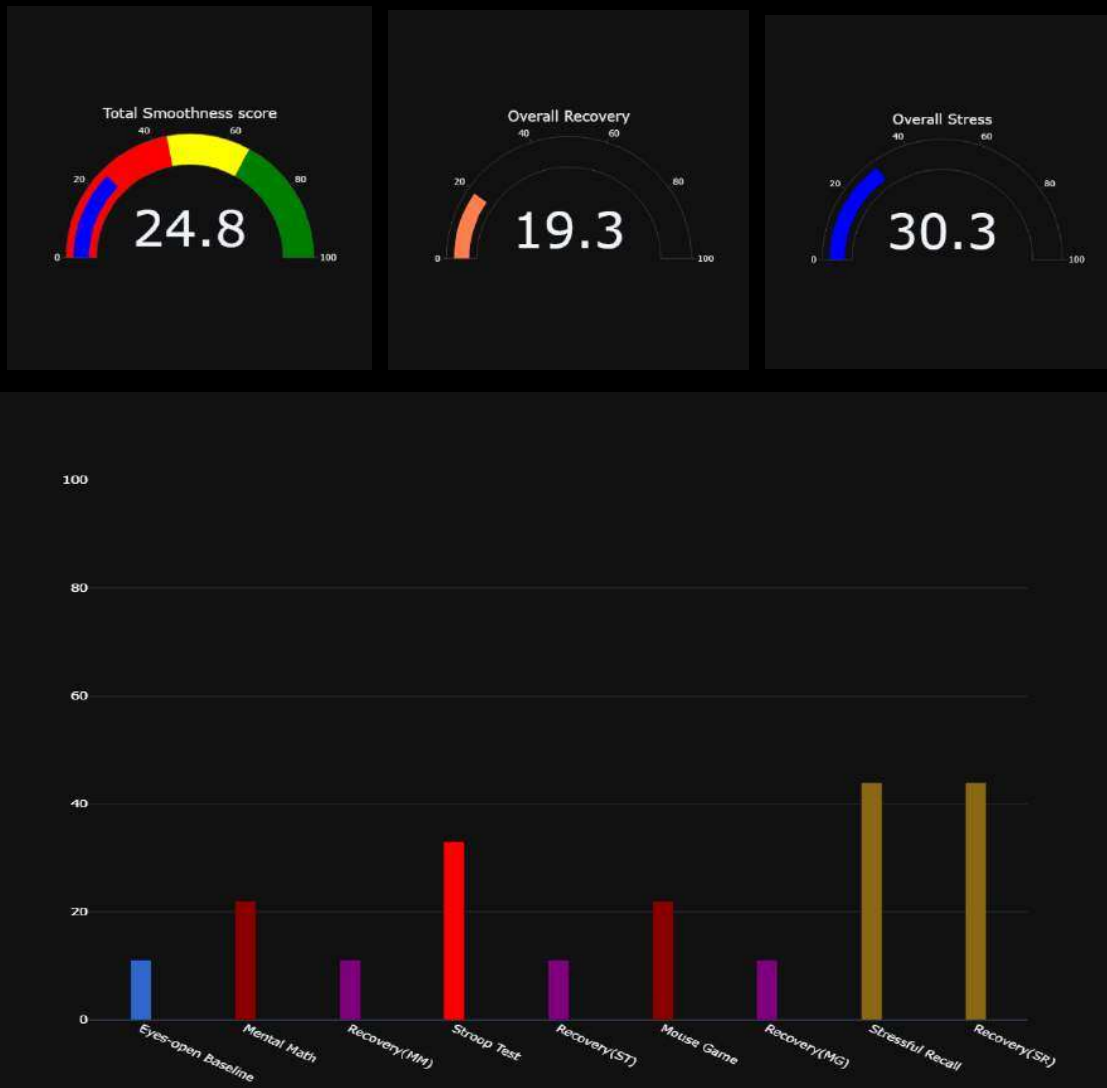


Score 99-100 (Excellent):



SMOOTHNESS:

Our nervous system is our communication infrastructure between the brain & body. It is measured by Heart rate variability (HRV) which is the variation in the time between heartbeats. In HRV the greater the amplitude of heart rate oscillations, the better the performance and health. We can alter HRV according to our internal environment and by doing this we can develop a clear mind, improve attention, concentration, and planning. Facilitate acceptance, openness and a positive emotional state. Create and maintain a sense of harmony and wellbeing.

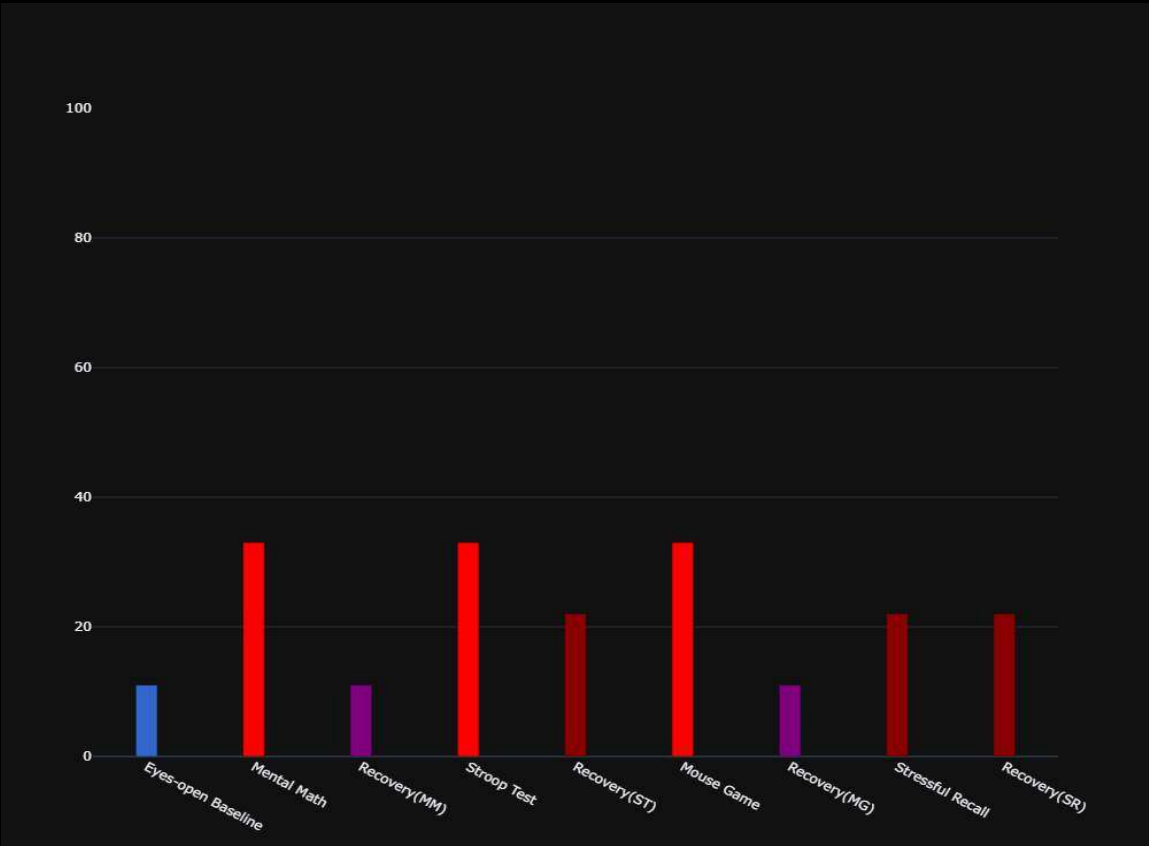


BELOW AVERAGE

The Smoothness coherency is a powerful measurement. Your performance seems to be between 11-33 % which indicates low levels of control over the coherence between your heart rate, respiratory and nervous system. Lack of ability to maintain it in the recovery and calm zone shows a highly reactive physiology. Without cohesion, it may hamper readability which is crucial for mind, body and breath connection. The good news is it is trainable, and you will be able to improve it in a short time if you will give it the attention it needs.

HEART RATE:

Your heart rate, or pulse, is the number of times your heart beats each second. Heart rate varies from person to person. It's lower when you're at rest (calm and digest) and higher when you exercise or react to any stressors (fight or flight).

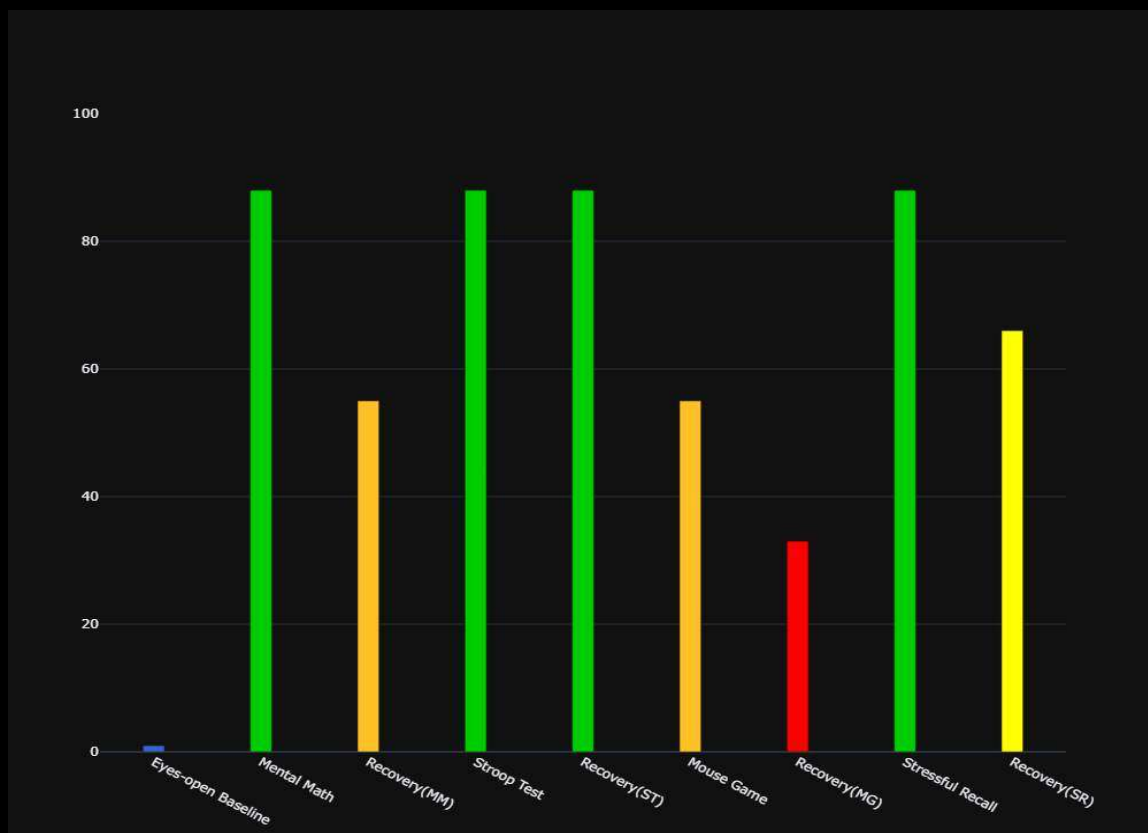


BELOW AVERAGE

A normal heart rate for adults can range anywhere from 40-80 bpm. Your heart rate performance seems to be between 11-33 % which indicates your heart beat tends to react easily to external stimulus. Good news is you are capable of training your heart beats and mastering these physiological reactions. Reactive heart rate may indicate higher health challenges as well as higher sensitivity which can become your personal strength. See how quickly you can adapt to this change, the choice is yours.

SKIN CONDUCTANCE:

Refers to the ability of skin to conduct electricity. SCL graphing measures the changes in sympathetic arousal Which means increased stress or any emotion requiring high activity would make our skin conductance increases. Low levels of skin conduction can improve attentional focus as it reduces the perceived stress. There are no norms for skin conduction as it can vary from individual to individual. Therefore, the comparison is being made between your baseline and the other phases.



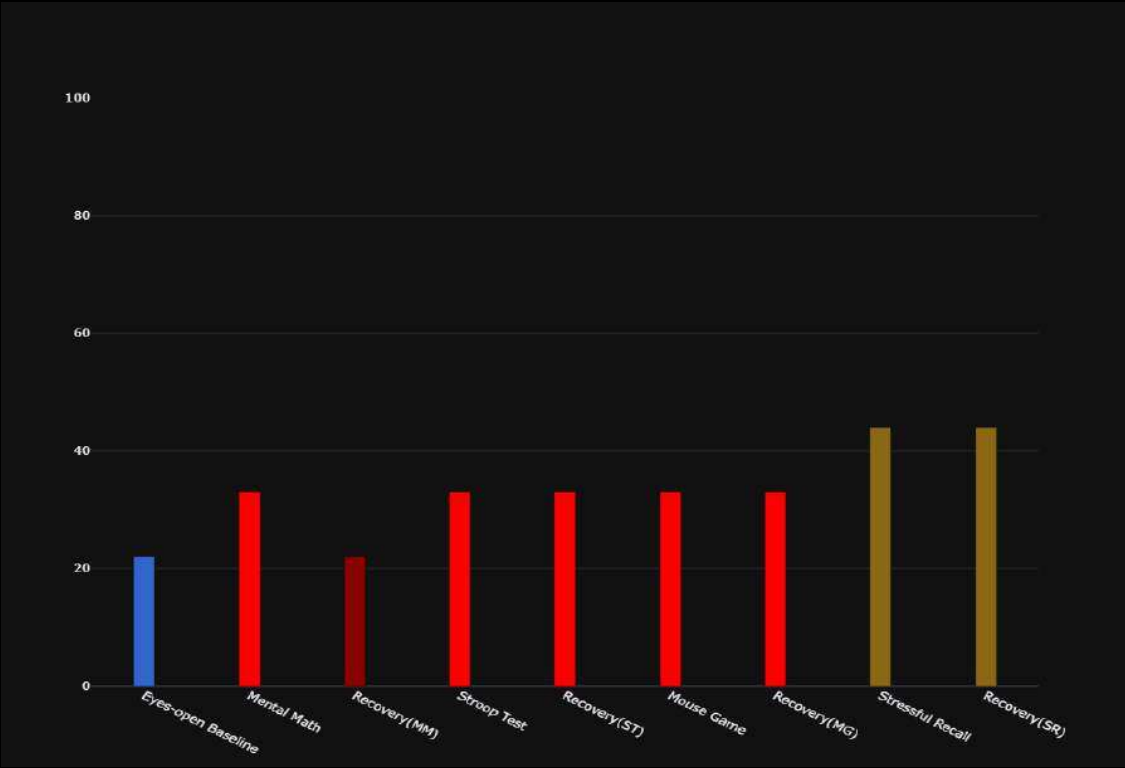
ABOVE AVERAGE

Your skin conduction performance seems to be between 77-100% which indicates you are ready to take on higher challenges eg:- greater abilities of maintaining non-reactive skin conduction for longer periods of time and being able to manage more powerful external stimulus.

Your graphs show that you have lesser chances of mental annoyance.

RESPIRATORY SYSTEM:

The respiratory system is networks of organs and tissues that help you breathe. It includes your airways, lungs, blood vessels and muscles. These parts work together to move oxygen throughout the body and clean out waste gasses. Our respiratory system isreactive to our internal and external environment.

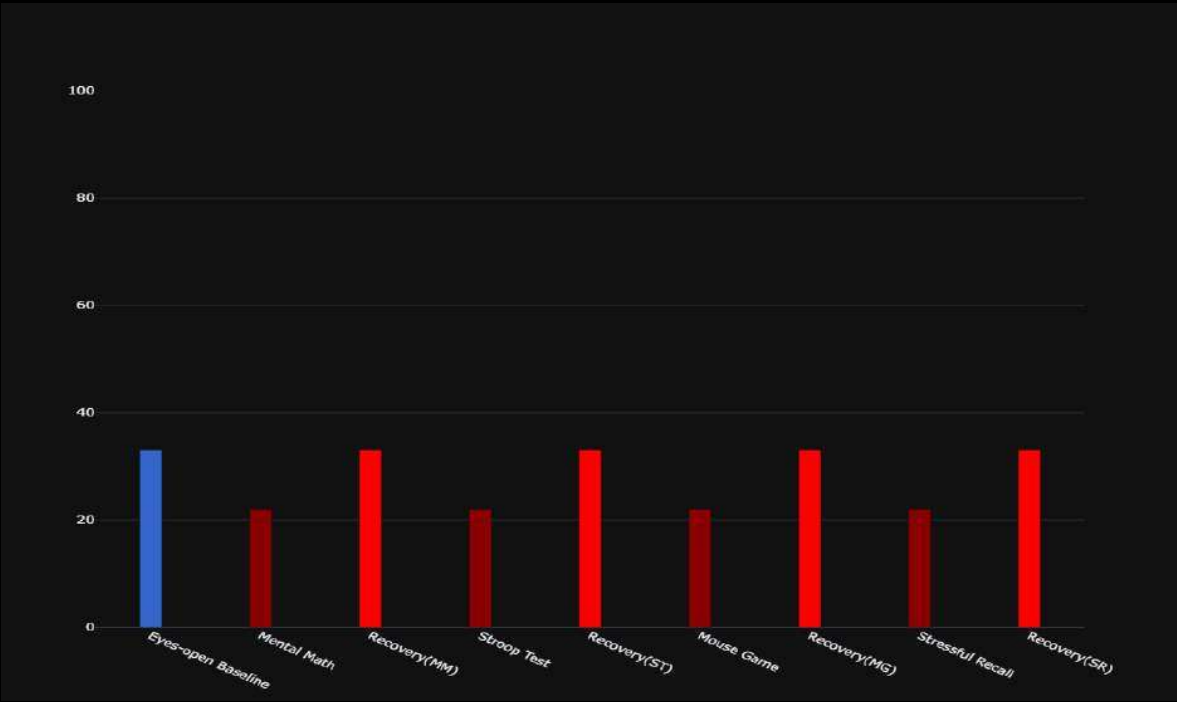


BELOW AVERAGE

The ideal pattern of breathing is through the abdomen with 6-7 breaths per minute. Your respiratory rate performance seems to be between 11-33 % which indicates your breath tends to react easily to your emotions. Good news is you are capable of training your breath and mastering your emotional reactions

BVP AMPLITUDE:

To determine your heart rate the software watches the changes in blood flow in your finger. These raw changes in blood flow are called blood volume pulse (BVP). Each time your heart beats there is a period of time where there is more blood in your finger, followed by a decrease in the amount of blood in your finger. This is used to determine your heart rate for each beat. The greater the blood flow indicates equal blood circulation throughout the body. When you experience certain kinds of stress the blood flow to your hands and feet decreases, decreasing the BVP Amplitude measured in your finger.

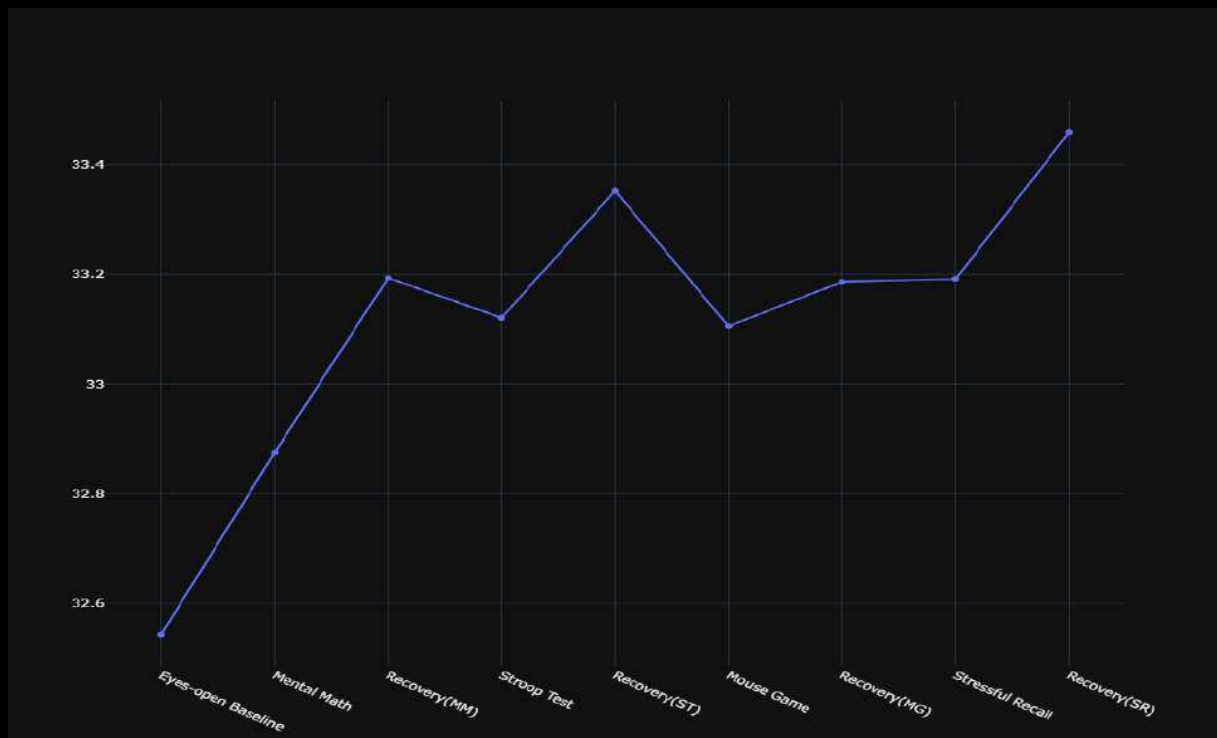
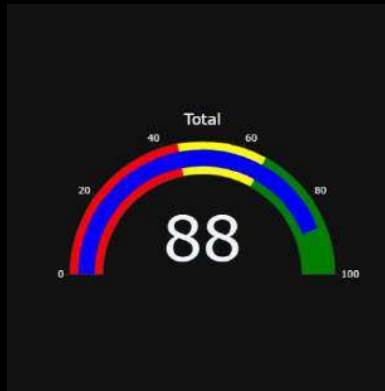


BELOW AVERAGE

Higher BVP indicates greater blood flow through the fingers. Your BVP performance seems to be between 11-33 % and below which indicates you may be in a constant state of vigilance. This may show lower attention levels and lower ability to anticipate and regulate anxiety. Practice and explore emotions, thoughts and feelings associated with Hyper-vigilance would be beneficial for training in improving the BVP in turn enhancing your performance.

TEMPERATURE:

Temperature biofeedback is always done with peripheral skin temperature measures, using temperature readings from the fingers. we can track your body temperature by the minute. How tense a person is, can be measured by a drop in temperature in their hands. This is because, during times of stress, the body will divert blood from the surface area of the body to the muscles and organs, allowing us to better respond to a nearby threat. This is also referred to as the levels of vigilance and the reactions to perceived stress. When our peripheral surface temperature is high, it typically means we are in a relaxed state. Temperature is a slow changing parameter.

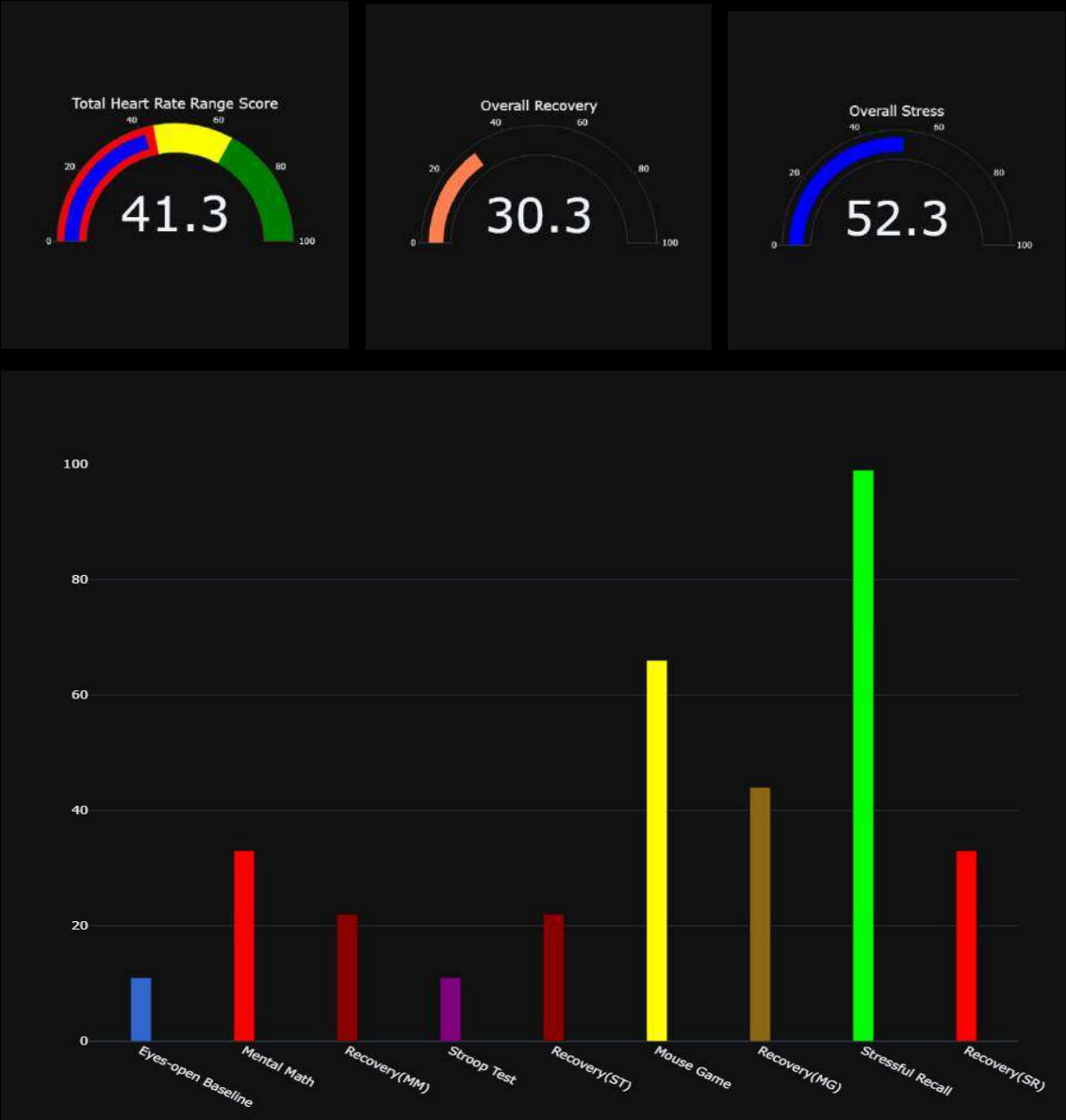


ABOVE AVERAGE:

Your temperature performance seems to be between 77-100% which indicates great blood circulation regulation and shows higher levels of confidence, comfort, safety and trust.

HEART RATE RANGE:

Heart rate range shows the efficiency and the range of the motion of the cardiovascular system. A greater range of motion improves efficiency of the cardiac output which means increase in the blood flow while reducing tension on the heart. On the other hand an extremely low range can indicate chances of heart attack.

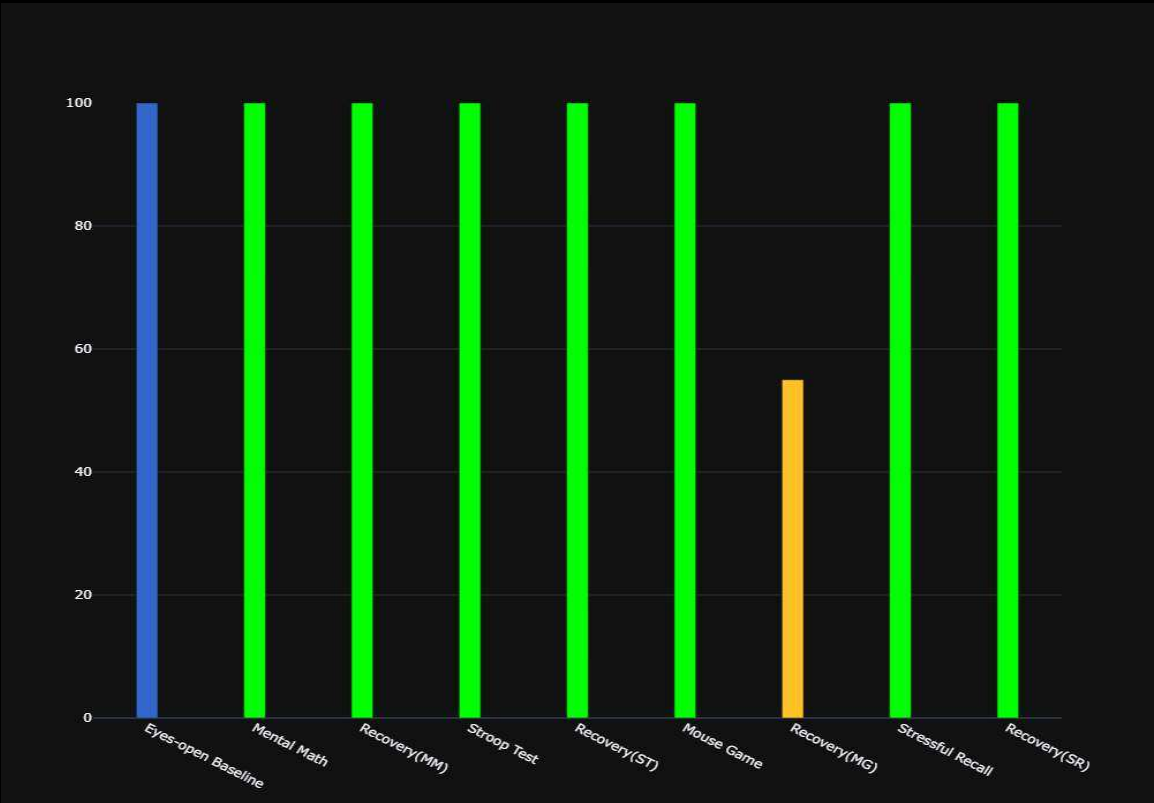


BELOW AVERAGE:

Your heart rate range performance seems to be between 11-33% which indicates your cardiovascular efficiency needs to improve. Maintaining your optimal heart rate range for longer periods of time will help you improve overall health and performance.

SWEAT STABILITY:

Similar to skin conduction which refers to the ability of skin to conduct electricity, sweat stability graphing measures the Changes in thoughts Which means increased levels of uncontrollable and recurring negative thoughts or any emotion requiring high activity would lower the scores. Lower scores may indicate less cognitive awareness and high emotional intrusions.

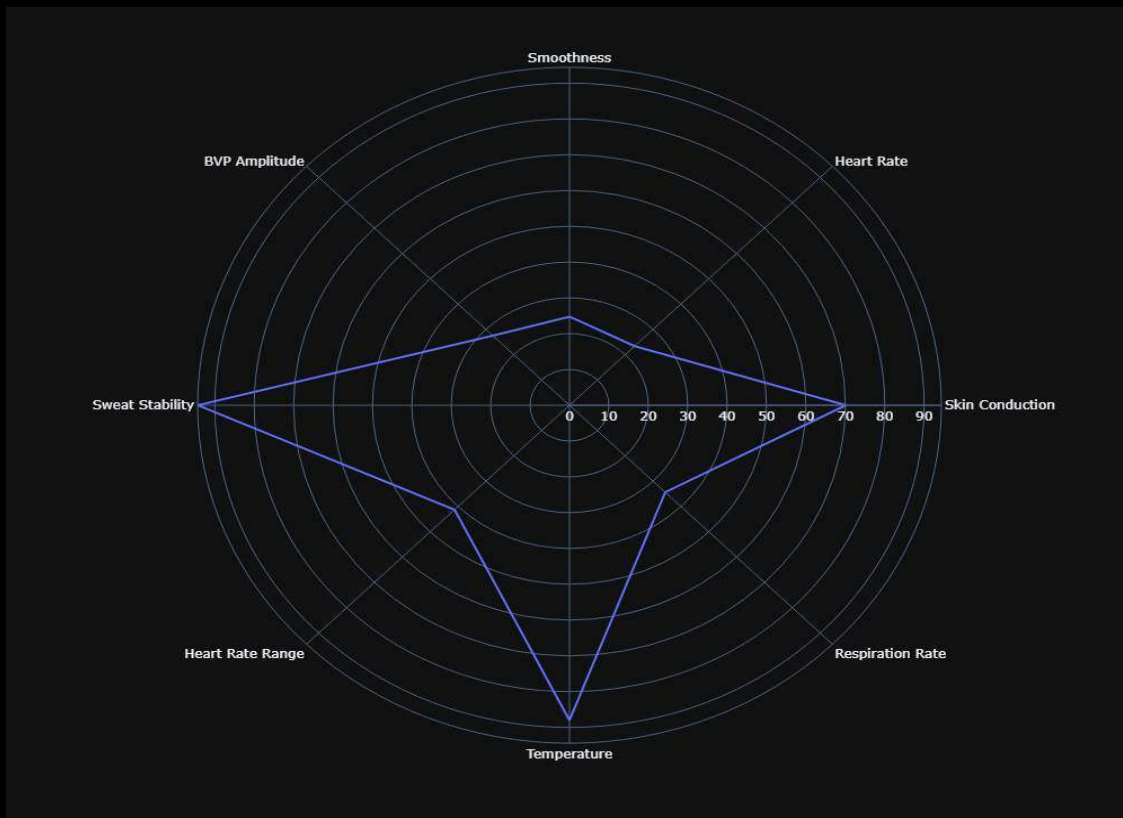


ABOVE AVERAGE

Your sweat stability performance seems to be between 77-100% of which indicates high cognitive awareness and low emotional intrusions. Your ability to concentrate and sustain attention without being hijacked by negative and repetitive thoughts is optimal.



Overview, let's see how you did:



👍 What's next?

The best performers in the world are using biofeedback as a way of training and the reasons are plenty. It's a known fact that we are learning in the most efficient way and can accelerate our abilities when we are involving more senses simultaneously. By simulating our physiological information we can easily increase our awareness and together with gamification and interactive experiences our brain then can be open and without resistance build new neural connections which will increase our mind and body capacity.



How does the training go?

In this training we have created an opportunity to explore and master automatic physiological systems. Each of us wants to be healthy and have great well being, but more than that we all would like to be at our best at all times. We believe that everyone can reach the peak of the mountain, and therefore, we curated this training experience for you to master your physiology, subconscious automatic and unwanted reactions and to be in a flow state of mind on a voluntary basis.



You chill and game with us

Play games and experience environments engineered to help you better manage physiological stress reactions and achieve emotional and mental balance in a fun and engaging way.

1



We take care of the metrics for you

The real time data which you will receive constantly while being connected to the sensors will monitor, track and curate personalized training.

2



See yourself transform in no time!

Thanks to the mirror effect, which accurately shows your internal map, your progress will be accelerated with improved performance in all aspects of life.

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