The SFCC invites UCLA staff and faculty to discover how Biofeedback can increase one’s resilience and effectiveness in managing stress.

In a six week individualized program, learn to:

- Assess how stress manifests physically, behaviorally and emotionally for you
- Elicit your relaxation response
- Develop new thinking patterns that can improve your health and well-being
- Better regulate your emotions and improve interpersonal relationships

To schedule a Biofeedback session:

Please call the UCLA Staff and Faculty Counseling Center at (310)794-0245.

M-F: 8am-5pm
10920 Wilshire Blvd., Suite 380
Los Angeles, CA 90024

Participants will use our state of the art Biofeedback system, listen to CD’s, and receive useful handouts and resources.