

MindBody Lab

Sewanee Counseling &
Psychological Services



What is the MindBody Lab?

The MindBody Lab is a free resource for Sewanee students that combines mindfulness coaching and biofeedback monitoring to help you learn how to better manage strong emotions and increase personal resilience.

What is Mindfulness Practice?

Mindfulness is simply being fully present in the current moment, without judgment. These practices include breathing and focusing techniques.

Mindfulness practices have been proven to have a positive effect on both mental and physical health. They help with:

- managing symptoms of depression and anxiety
- lowering blood pressure
- improving sleep
- coping with pain
- teaching you to separate your thoughts from your emotions and psychological reactions



What is Biofeedback?

Biofeedback is a technique that trains you to use signals from your body to improve your mental wellbeing. It is effective for helping people deal with symptoms of stress, anxiety, anger, and depression. It uses meditation and diaphragmatic breathing techniques to help you control your response to stress and other strong emotions.



Biofeedback monitoring uses highly sensitive computerized instruments that can help you learn to monitor and adjust your respiration rates and heart rate variability (HRV).



Phone: (931) 598-1325
Email: caps@sewanee.edu
Location: Wellness Commons, ground floor



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FAQ

How many sessions does it take and how long do the sessions last?

The recommended number of sessions is between 3-5. You will discuss the right number of sessions for your needs in the initial appointment. Sessions typically last 30-45 minutes.



How do I sign up?

If you are already seeing a CAPS therapist, ask them for a referral. If you aren't already a client at CAPS, call to schedule your initial visit. In this meeting, you'll discuss your goals to ensure that the MindBody Lab is the right fit for your needs.

What do I do if I'm really stressed and have to wait for a CAPS appointment?

Call CAPS at (931) 598-1325 to schedule a therapy appointment with a CAPS clinician.

If your need is urgent, you can call or just come in to our offices to request a "same-day" appointment.



After business hours and on weekends, you can call our 24-hour mental health crisis line at (931) 598-1700.



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