Biofeedback is a technique used to display information about internal processes to help learn to influence and control your internal functions such as heart rate, respiratory rate and temperature which are normally not under one's conscious control. These techniques are commonly used by high performing athletes to achieve optimal performance under pressure. These techniques have become a standard of practice in professional sports. These techniques are also very helpful in managing other conditions such as stress, High blood pressure and headaches. By controlling your heart rate and breathing you can reduce stress, nervousness and blood pressure, by learning how to change your skin temperature you can influence blood flow which can reduce or stop the onset of headaches.