

## What is HeartMath?

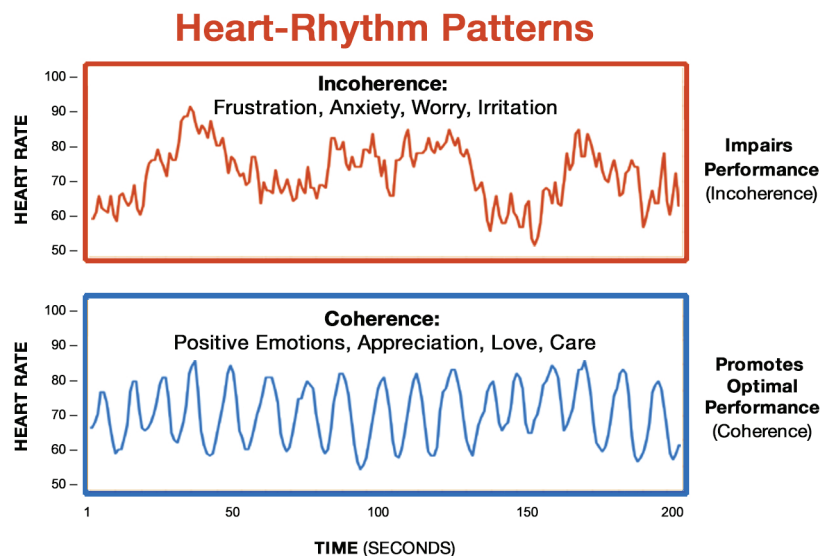
HeartMath is a science-based, evidence-based system of techniques and heart rate variability (HRV) technology for self-regulation that helps to build resilience and bring the mind, body and emotions into better alignment.

According to over 400-peer-reviewed journal articles, people who practice with HeartMath's HRV biofeedback to generate a state of coherence report improved attention and mental clarity, less pain, improved energy levels and better sleep.

## What is Coherence and how can it help you?

Coherence is a physiological state that is important for us to build resilience and maintain our mental, emotional, and physical well-being. Coherence can be used to describe any system, including the human body, when there is orderly and harmonious connectedness between parts. Borrowing from physics, when we are in a coherent state, virtually no energy is wasted. This is because our systems are performing optimally and there is synchronization between the heart, lungs, nervous system, endocrine system, and immune system.

Our emotions affect our body more than our thoughts. We can generate a state of coherence by shifting to a positive emotional state. These include compassion, care, gratitude or appreciation. In contrast, we can become incoherent when we experience negative attitudes or emotions, such as anger, fear or anxiety.



## The Quick Coherence® Technique

The Quick Coherence Technique is a simple HeartMath technique to help you develop a state of greater coherence in the moment. With practice, these 2 simple steps can be used to manage stress, promote feelings of well-being, and help your body function in a more optimal state.

**Step 1: Heart-Focused Breathing™** – Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that’s comfortable.

**Step 2: Activate a positive or renewing feeling** – As you continue heart-focused breathing, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

- ▶ Think of something or someone you feel grateful for
- ▶ Think of a time you did something you felt proud of
- ▶ Imagine a place where you feel safe or good
- ▶ Think of your pet, or something your pet likes to do
- ▶ Think of something that makes you laugh
- ▶ Focus on a feeling of “calm” or “ease”

Just like taking medication, this technique will only work if you use it regularly. In fact, the more often you use it, the more benefit you will receive. You can use the Quick Coherence Technique anytime, anywhere and no one will know you are doing it. This technique can be especially helpful when you start to feel a draining emotion such as frustration, worry or anger, and can prevent these feelings from escalating out of control. In less than a minute, it creates positive changes in your heart rhythms that send powerful signals to your brain and body, improving how you feel and how your body is functioning.

### Some opportunities to practice The Quick Coherence Technique include:

1. When you first wake-up in the morning, before getting out of bed.
2. In the car, while driving or stopped at a stop light.
3. Before a test, important meeting or difficult conversation.
4. When you are worrying about something you can’t do anything about.