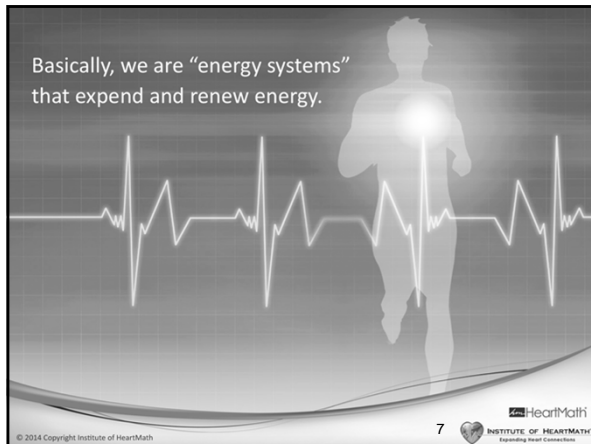


Basically, we are “energy systems” that expend and renew energy.

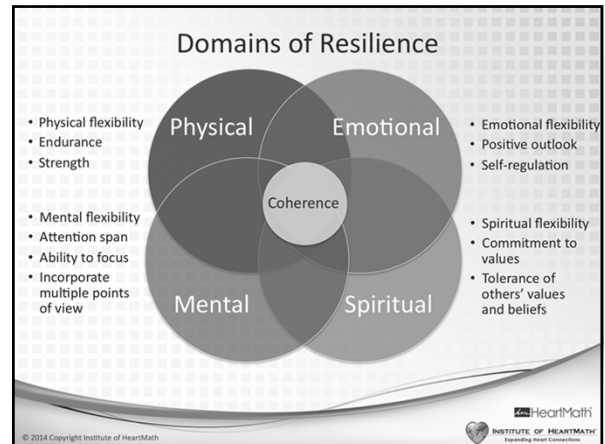


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Domains of Resilience



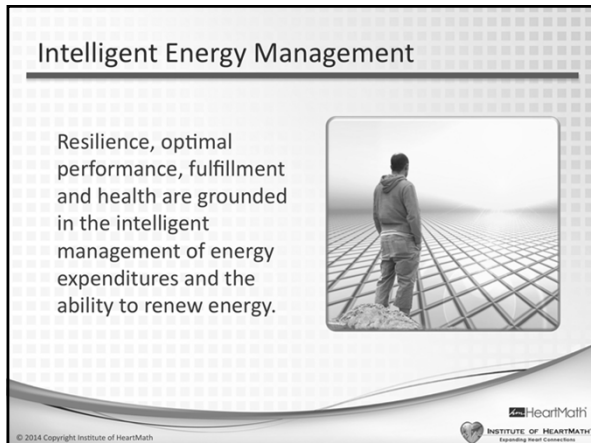
- Physical flexibility
- Endurance
- Strength
- Mental flexibility
- Attention span
- Ability to focus
- Incorporate multiple points of view
- Emotional flexibility
- Positive outlook
- Self-regulation
- Spiritual flexibility
- Commitment to values
- Tolerance of others' values and beliefs

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Intelligent Energy Management

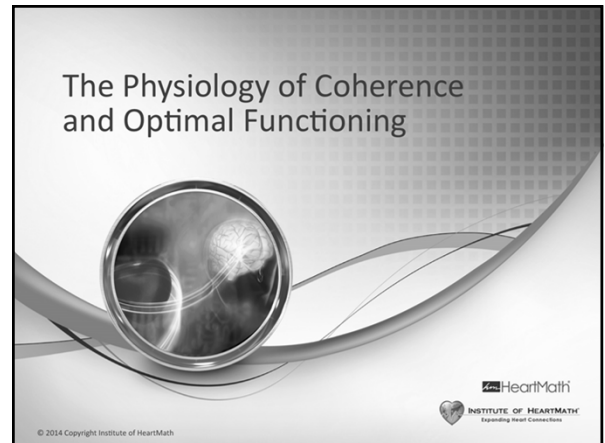
Resilience, optimal performance, fulfillment and health are grounded in the intelligent management of energy expenditures and the ability to renew energy.



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The Physiology of Coherence and Optimal Functioning



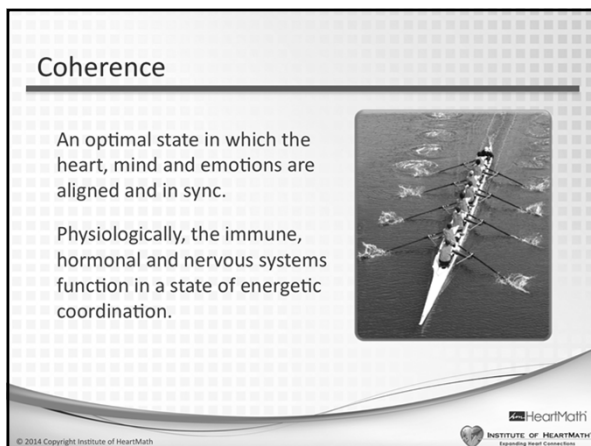
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Coherence

An optimal state in which the heart, mind and emotions are aligned and in sync.

Physiologically, the immune, hormonal and nervous systems function in a state of energetic coordination.

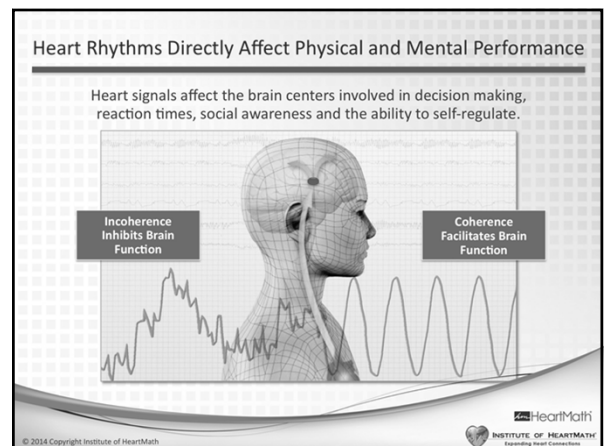


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Heart Rhythms Directly Affect Physical and Mental Performance

Heart signals affect the brain centers involved in decision making, reaction times, social awareness and the ability to self-regulate.

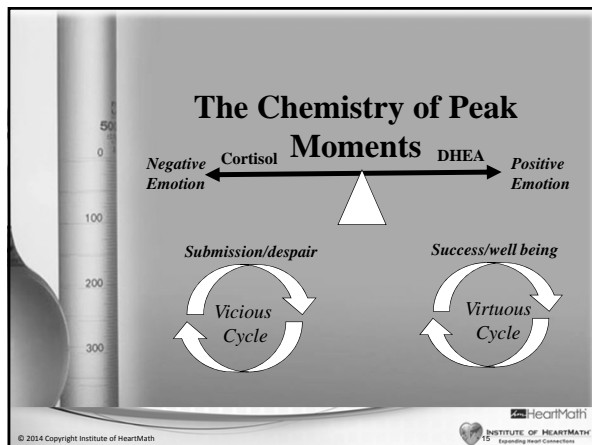
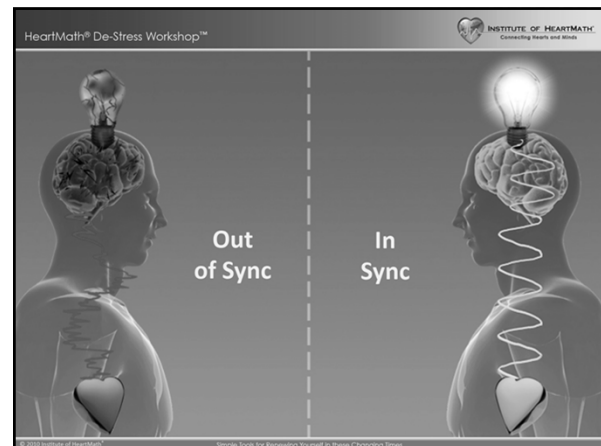
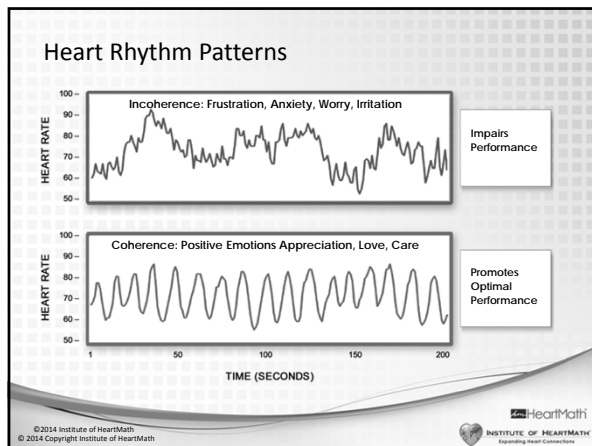


Incoherence Inhibits Brain Function

Coherence Facilitates Brain Function

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- ### Emotions and Feelings that Create Coherence
- Courage, Honor, Dignity
 - Confidence
 - Appreciation, Gratitude
 - Kindness
 - Care, Love
 - Compassion
 - Tolerance, Patience
 - Enthusiasm, Joy
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- ### Quick Coherence® Technique
- Step 1:**
- 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.
- Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).*
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Quick Coherence Technique

Step 2:

Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.

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Quick Coherence® Quick Steps

1. Heart-Focused Breathing
2. Activate a positive or renewing feeling

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How...in a busy, busy day?



emWave® Pro

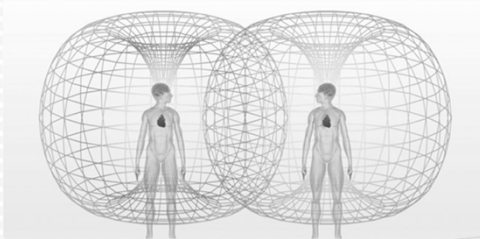
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Our thoughts and emotions affect the heart's magnetic field, which energetically affects those in our environment whether or not we are conscious of it.

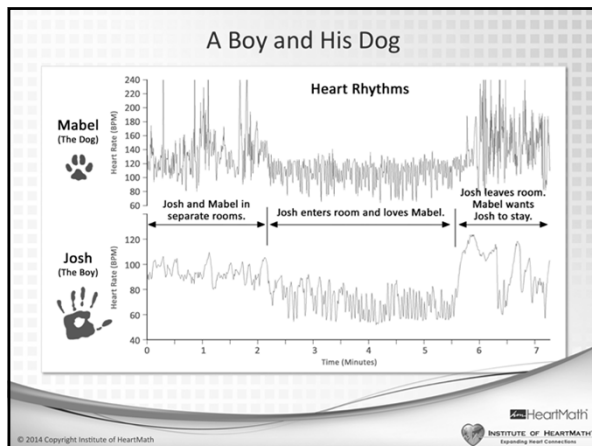


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Summary: Transforming Stress/Increasing Resilience

1. Recognize what is draining you and what restores you physically, mentally, emotionally/spiritually
2. Commit to a self-care plan
3. Prep for experiences by getting coherent BEFORE the event occurs, to improve resilience.
3. Practice HeartMath Quick Coherence "every time you have to wait."
4. Take note of the people, places, events and experiences that bring a smile to your face.
5. Learn more about HeartMath if you are inspired.

Stop Heart Dis-Ease

"The answer to resilience is in your heart, do the math."

Kimberly Gray RN, HN-BC, LMT
Certified Heartmath Trainer/Coach

www.heartcenteredpathways.com

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