

Take Charge Of Your Emotional Wellbeing!

Reduce stress and anxiety, build resilience and improve health. Use HeartMath's science-based techniques and technologies to learn how to:

- Identify and shift emotional patterns that compromise self-security and health.
- Increase balance and resilience for meeting life's challenges – personal and social.

As a starting point, the Quick Coherence® Technique can help you replace stress and anxiety with renewing emotions like care and appreciation.

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.

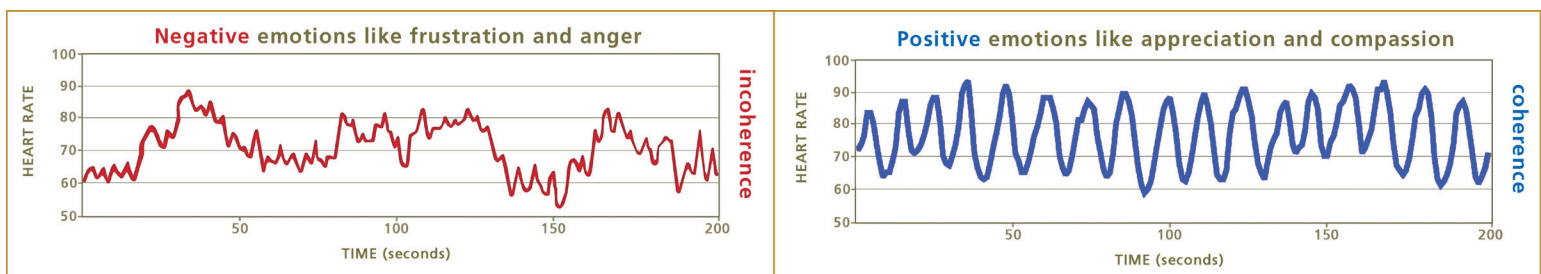
Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

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.

HeartMath Technology

You can also use HeartMath technology to see what's going on inside of you (see chart below) and learn how to shift and replace emotional stress with emotional balance and resilience.



© 2017 HeartMath Institute