

Module 2:

Getting the Heart and Brain in Sync: Reducing Stress and Making Better Choices

Hearth-brain interactions affect many aspects of cognition and emotional stability. The use of HRV technology to reinforce self-regulation skills associated with a distinct change in the rhythm of heart activity called heart coherence, enables optimal mental functioning and a wide range of improved health outcomes.


HeartMath offers a broader understanding of personal energy and uses the inner battery metaphor for better understanding our energy systems and how they affect our ability to create flow in non-flowing situations. Emotions are primary drivers of the activity in our bodies and therefore, can have a big impact on depleting and renewing our energy, health and performance.

Self-regulation is fundamentally important to perform optimally and be the best version of ourselves, whether at work or in our personal lives. Performance decreases when people lack the ability to self-regulate their emotions and behaviors in the face of on-going challenges. Additional sources of energy drains often go unnoticed, but perpetuate the stress people experience. The Inner-Ease™ Technique is an effective coherence technique to empower people to offset stress in-the-moment and can help you gain more inner poise, intuition and clarity in the face of change and overwhelm. Improved inner balance and composure facilitates clearer thinking.

Emotions Affect Physiology More Than Thoughts

Emotions are primary drivers of the activity in our major body systems. They also determine our level of engagement in life's events, what motivates us and what we care about.

Energy Depletion		
Stressor	Emotional Response	Current Solution
Kids complaining	Irritation	Argue
Money to pay bills	Worry	Have a drink
Spilled coffee	Annoyed	Swear
Co-Worker issue	Resentment	Repress it
Job security	Anxious	Nothing

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Stressors

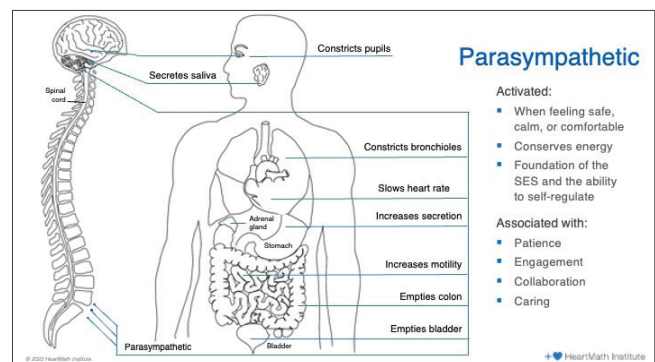
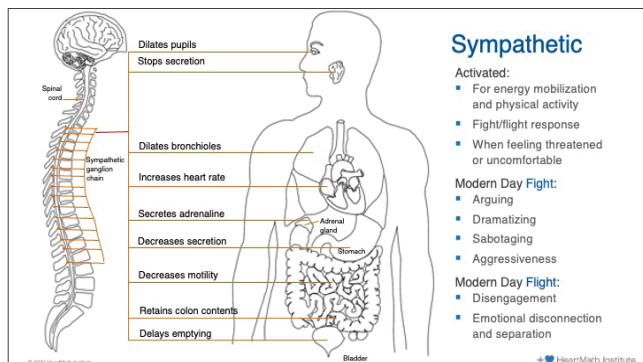
Emotional Response

Current Solution

Self-regulation

The inability to self-regulate is central to the vast majority of health and relational issues that plague teams and create social problems in modern societies.

The most important strength that the majority of people can benefit from is building the capacity to more effectively self-regulate their emotions, attitudes and behaviors.



Social Engagement System: The Ability to Choose

As humans we are not limited to fight or flight responses. We have a Social Engagement System which is reflected in this quote...

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom.” –Unknown

The foundation of the Social Engagement System is the parasympathetic system.

Heart-Brain Communication

The heart has its own complex nervous system: the “heart brain.”

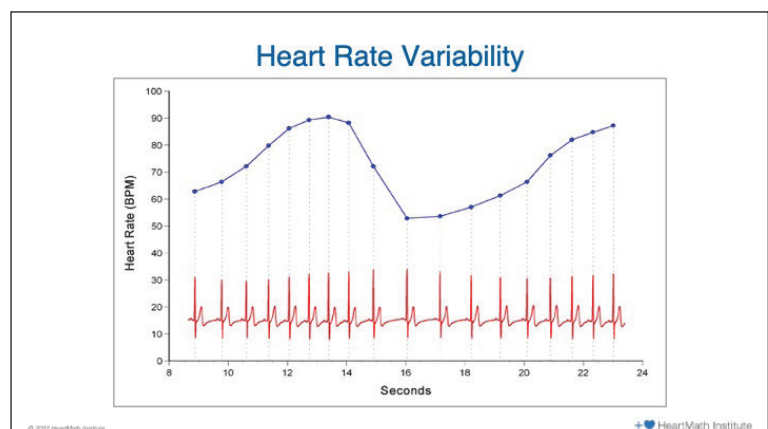
The heart sends far more information to the brain than the brain sends to the heart.

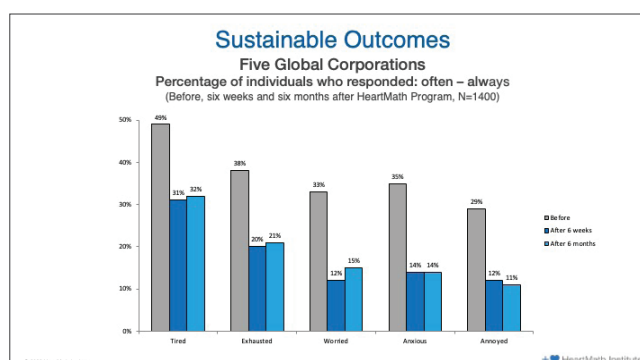
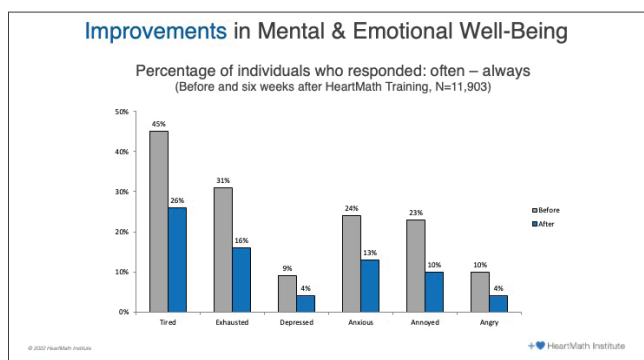
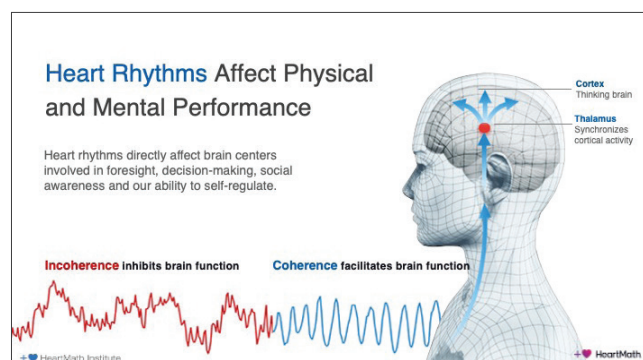
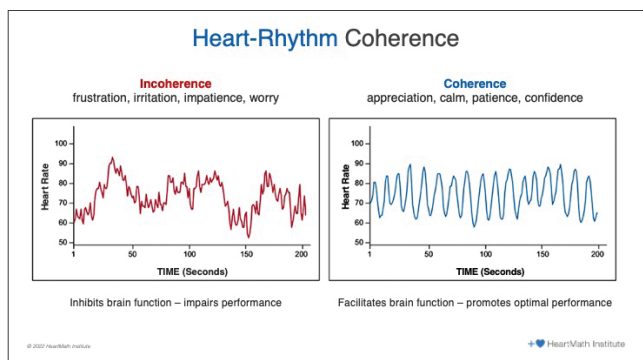
Patterns in the neural signals from the heart especially affect the brain centers involved in perception, emotional experience and self-regulation.

Heart Rate Variability

An optimal level of HRV reflects healthy function and an inherent self-regulatory capacity, adaptability or resilience.

Too little variation indicates age-related system depletion, chronic stress, pathology, or inadequate functioning in various levels of self-regulatory control systems.





The State of Inner Ease

Inner ease is a state where we experience an active calm and inner stillness when we are alert, focused and can respond appropriately from an inner calm rather than from rushed energy of unbalanced emotions.

Creating a Choice Point

Being in a state of ease creates an extra time window for deeper discernment and more competent and conscious choices that can help prevent and resolve many unnecessary challenges and unwanted predicaments.

Having an attitude of inner ease can help us remember we don't have to feed into daily drama or depleting emotions such as worry, fear, impatience and judgment.

Breathing ease helps support the alignment between our heart, mind and emotions when we are making decisions, communicating and planning. It gives us extra pause to act consciously rather than react mechanically by repeating the same stress patterns.

Inner-Ease™ Technique

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

With each breath, draw in the feeling of inner ease to balance your mental and emotional energy.

Step 3

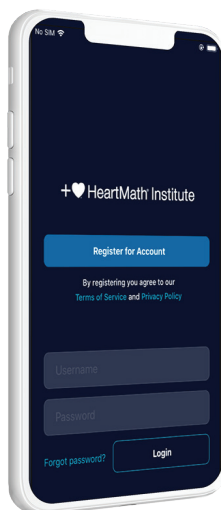
Set a meaningful intent to anchor the feeling of inner ease as you engage in your projects, challenges or daily interactions.

Inner-Ease Quick Steps

1. Heart-Focused Breathing
2. Draw in the feeling of inner ease
3. Anchor and maintain the feeling

Where can I apply this technique in my daily life?

Global Coherence App



- Go to the Apple or Google Play Stores
- Search for Global Coherence App
- Download the App and Register

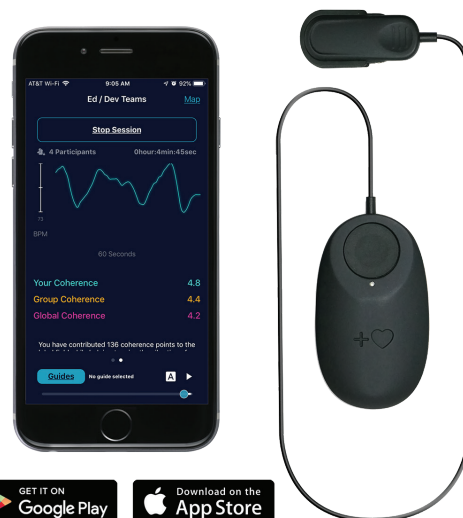
The Global Coherence App, created by the HeartMath Institute, connects people from all around the world who have a sincere desire to add heart to their daily lives and the world itself. The app enables anyone to join public groups or create their own coherence group.

With an Inner Balance Coherence sensor, you can measure your individual coherence and view the coherence contribution of groups you belong to, as well as the Global Group, the community at large.

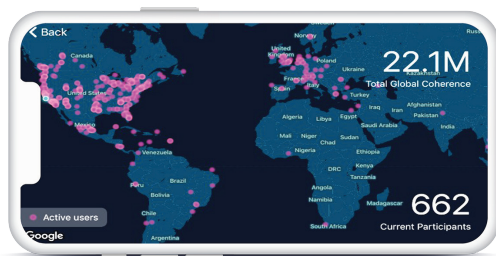
The Global Coherence App Is FREE

The app is free and does not require that you have a sensor to actively participate, access guided heart-focused meditations and see your marker on the global map.

Learn about the Inner Balance™ Coherence Sensor:
heartmath.org



Global Map



Click here for Map view



Global Coherence Score reflected in outer rings

Personal Coherence Score reflected in center

■ What is your main takeaway?

Practice Opportunities

- Pay attention to situations or interactions that drain or renew your energy.
- Breathe ease when you feel rushed energy or stressful emotions.
- Use the Global Coherence App (If you have a sensor try to add 300 global coherence points daily.)
- Do a 15-minute Heart Lock-In and radiate love to the planetary field environment.
