Reducing Stress in 3 minutes

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Educational Leadership, Wellness and Heart Math™ Trainer

How are you feeling?

Feeling/Emotions

Sympathetic (Accelerator)

High arousal/High Heart Rate

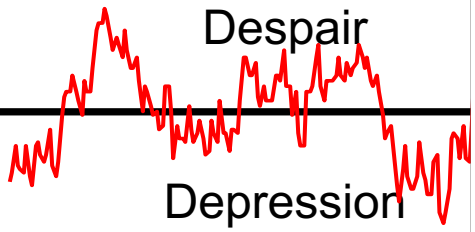
Depleting **Renewing**

Negative Emotions

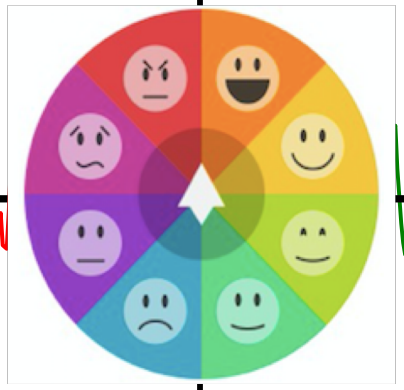
Low Performance

Cortisol

Anger
Panic
Terror
Frustration
Hatred
Despair



Depression
Anxiety
Guilt
Shame
Self-Pity
Boredom



Joy
Excitement
Passion
Pride
Exhilaration
Inspiration

Love
Compassion
Appreciation
Content
Interest
Peace

DHEA

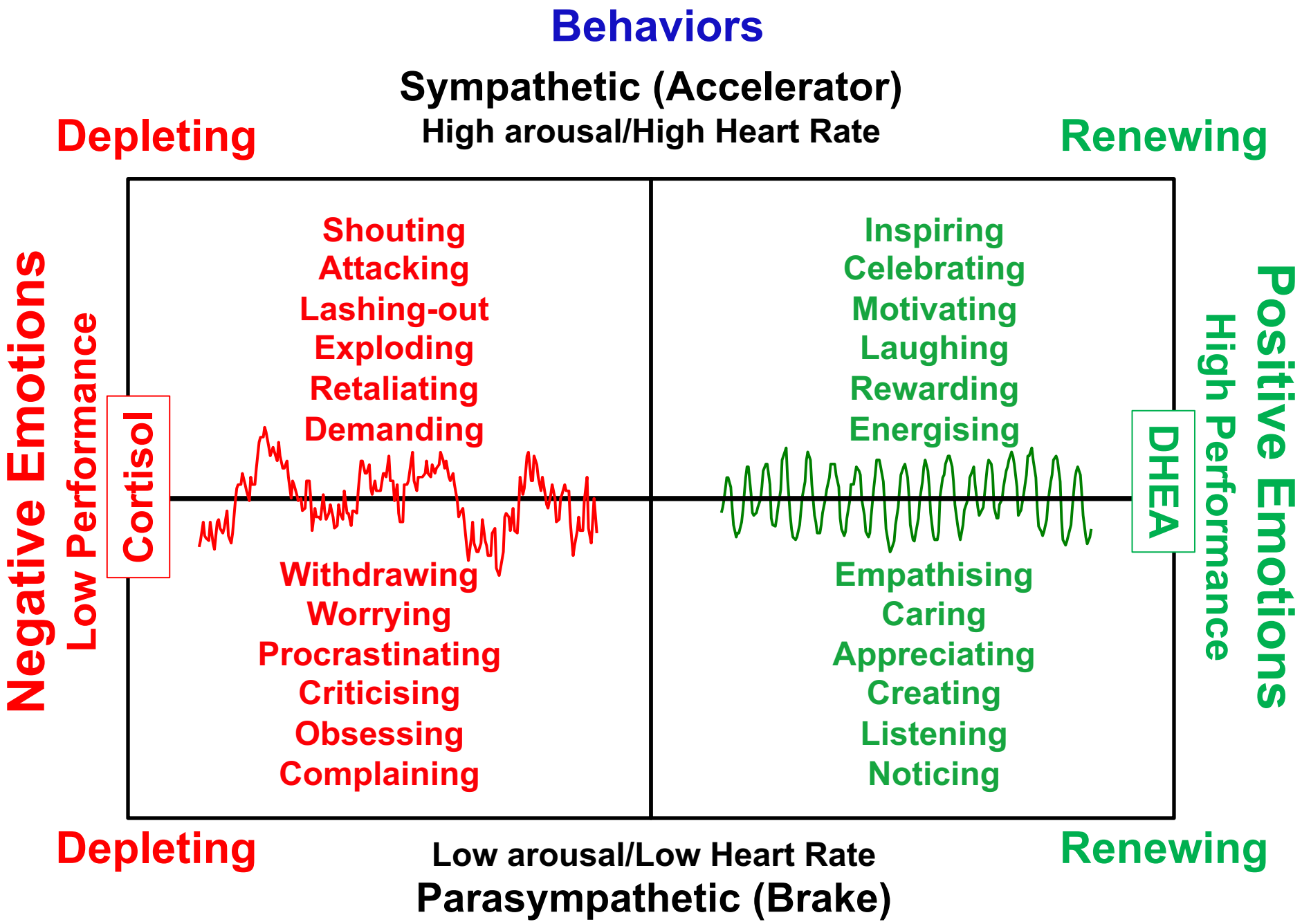
High Performance

Positive Emotions

Depleting **Renewing**

Low arousal/Low Heart Rate

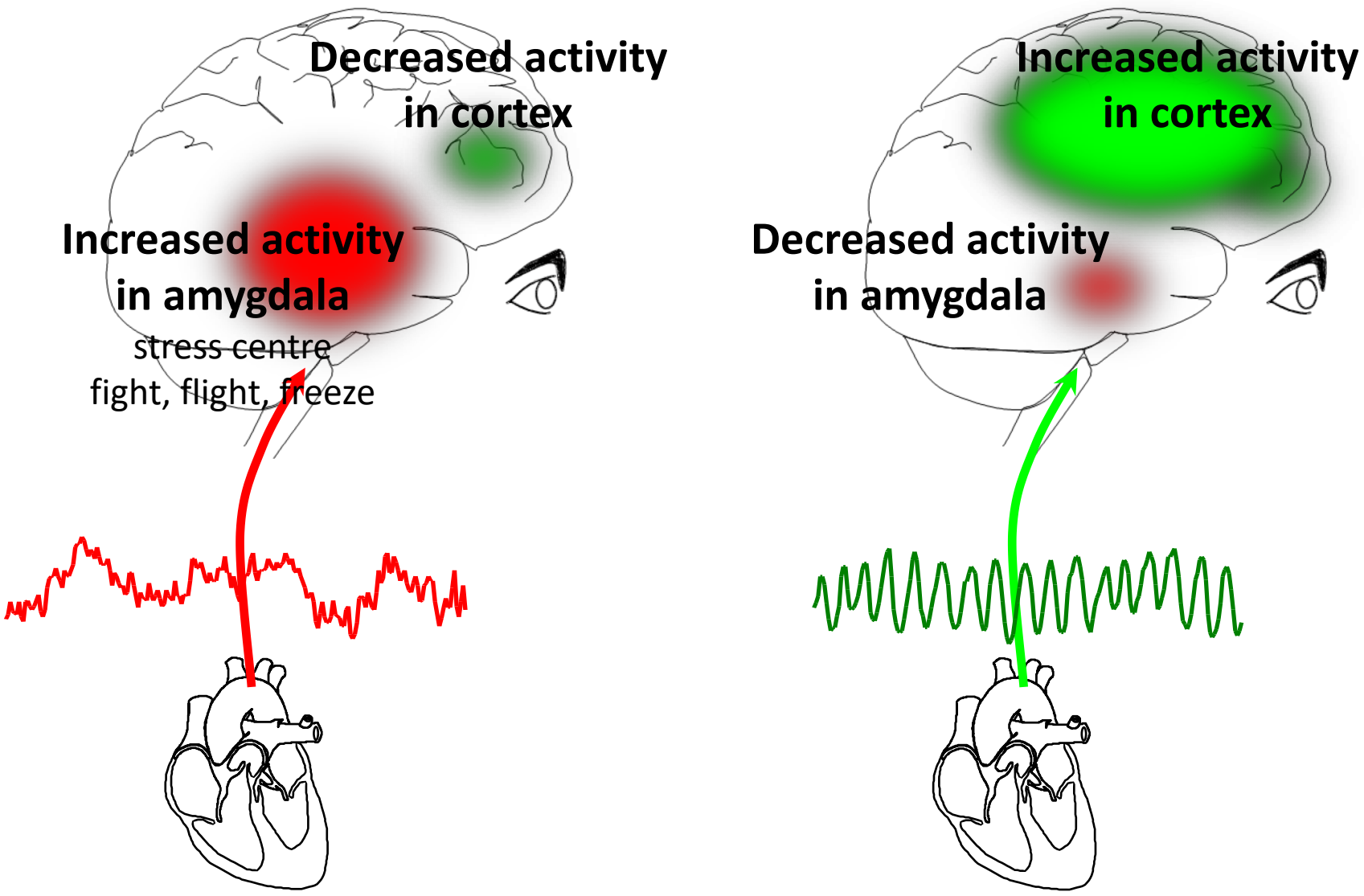
Parasympathetic (Brake)

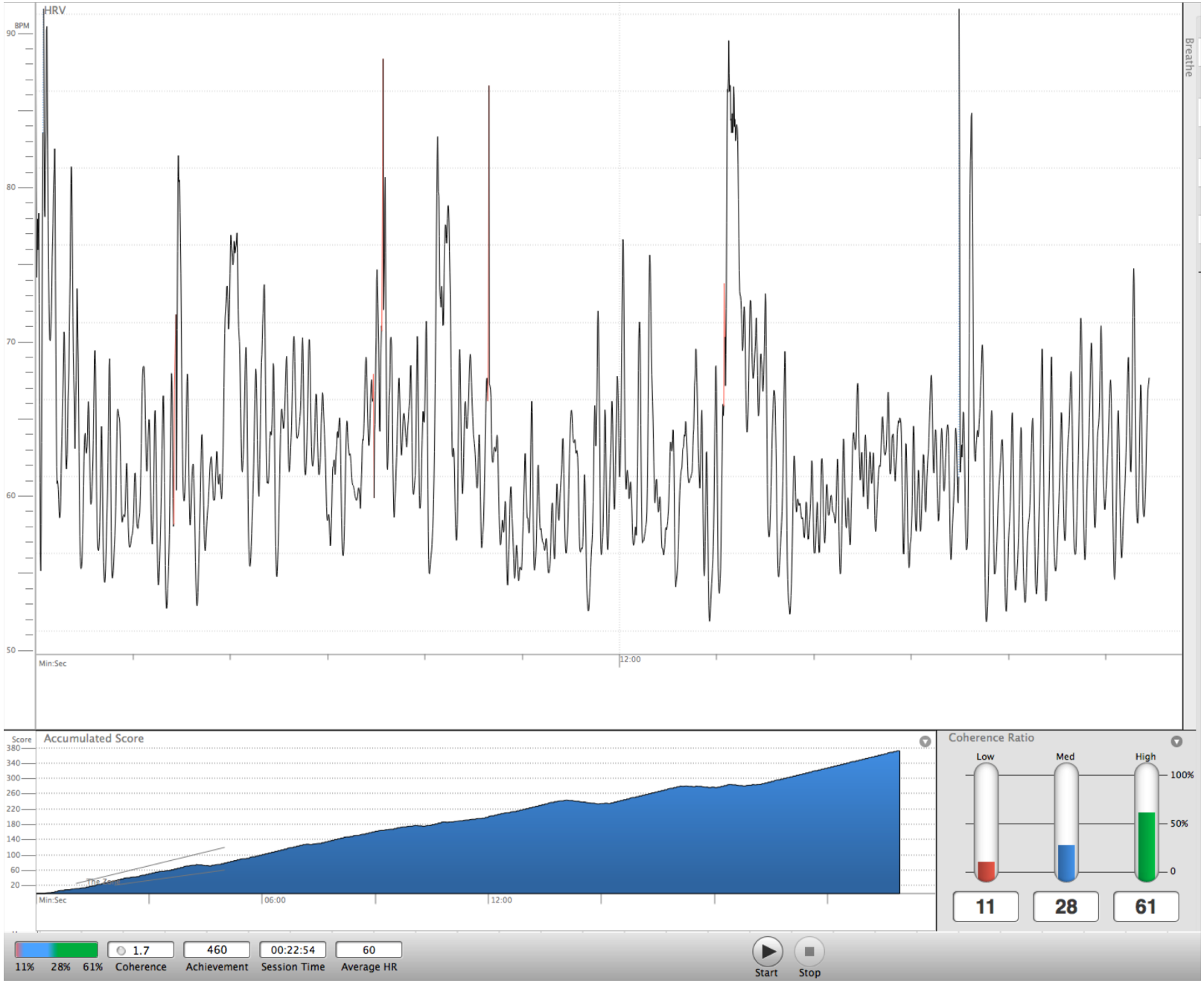

Behaviors
Sympathetic (Accelerator)
High arousal/High Heart Rate
Depleting
Renewing
Negative Emotions
Low Performance
Positive Emotions
High Performance
Cortisol
DHEA
Shouting
Attacking
Lashing-out
Exploding
Retaliating
Demanding
Withdrawing
Worrying
Procrastinating
Criticising
Obsessing
Complaining
Inspiring
Celebrating
Motivating
Laughing
Rewarding
Energising
Empathising
Caring
Appreciating
Creating
Listening
Noticing
Depleting
Renewing
Low arousal/Low Heart Rate
Parasympathetic (Brake)

‘Quick Coherence’

3 minute technique

*Email me using the details at the end to get a free recording of this technique.

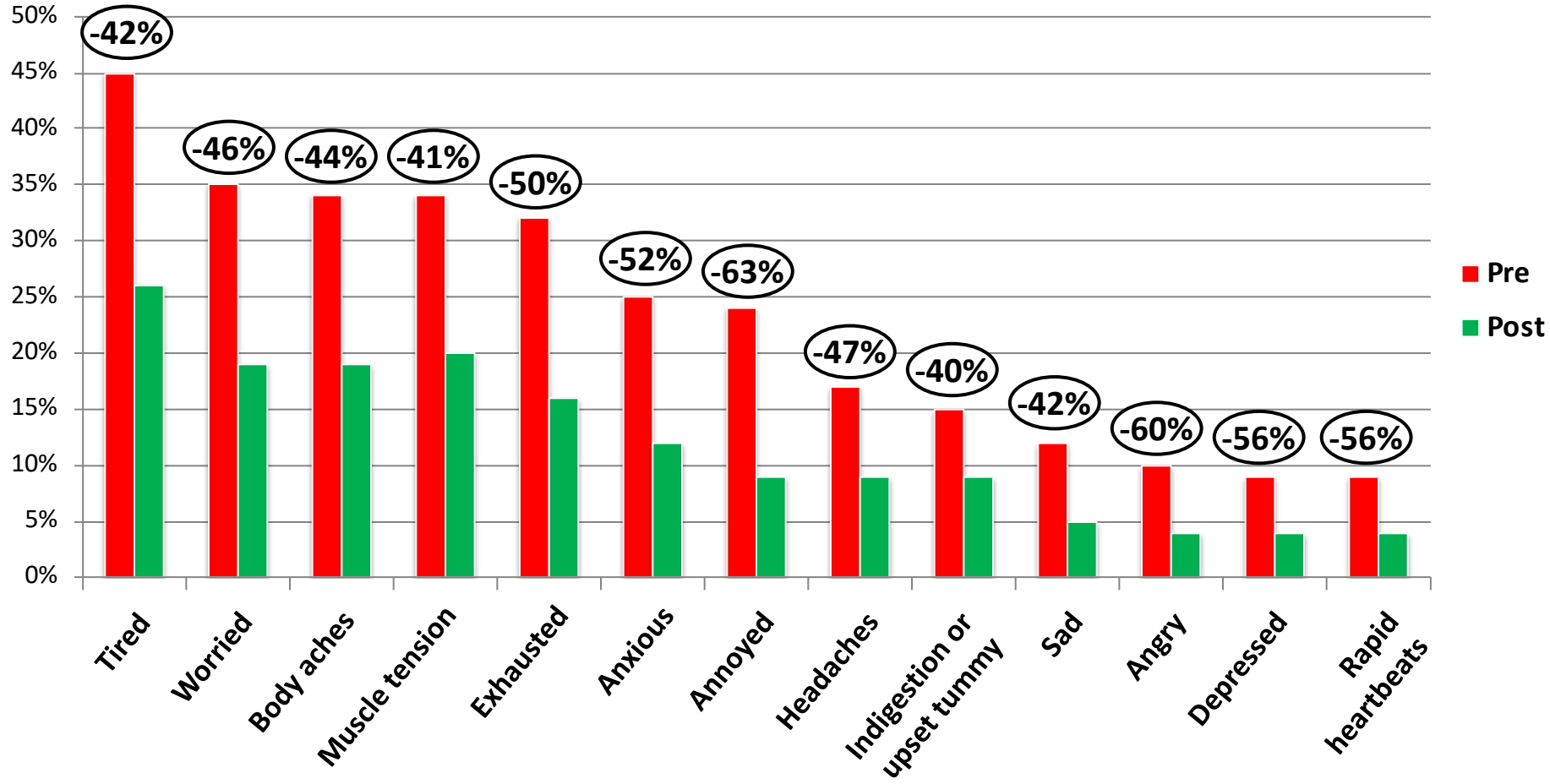

Incoherence
Decreased activity
in cortex
Increased activity
in amygdala
stress centre
fight, flight, freeze
Coherence
Increased activity
in cortex
Decreased activity
in amygdala


HRV
BPM
90
80
70
60
50
Min:Sec
12:00
Breathe
Score
Accumulated Score
380
340
300
260
220
180
140
100
60
20
Min:Sec
06:00
12:00
Coherence Ratio
Low
Med
High
100%
50%
0
11
28
61
11%
28%
61%
1.7
Coherence
460
Achievement
00:22:54
Session Time
60
Average HR
Start
Stop

HeartMath®

Clinical Stress Risk Reduction

Percentage of individuals who responded: “often”, “very often” or “always” (n=10,249)
Before and 6 weeks after taking a HeartMath programme



Source: Institute of HeartMath (2015), Boulder Creek, California. Results obtained from analysis of 10,249 people who completed the Personal and Organisational Quality Assessment (Revised) questionnaire (POQA-R) before and 6 weeks after completing a HeartMath programme.

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Get in touch for more information about the training, technology or to receive a FREE 3 minute recording of Quick Coherence.