

How to Turn Down the VOLUME of Stress and Boost your Resilience in 60 seconds

You can use these techniques anytime, anywhere, with your eyes open and no one knows you are using it.

Helps:

- Reduces Feelings of Overwhelm
- Recharge your Inner Battery
- Takes the Charge Out of Stress and Build your Resilience



Heart-Focused Breathing™ Technique de-stress in real time

Heart-Focused Breathing from HeartMath Institute is an effective technique that combines the simple act of focusing on the heart area with a deeper level of breathing that helps draw energy away from your distressed thoughts and feelings. You interrupt your body's mechanical stress response and begin the process of getting your nervous system in sync

1. Keep your eyes open.
2. Bring your body to stillness.
3. Focus your attention in the area of the heart/chest area.
4. Inhale and exhale through your nose.
5. Suggestion: Inhale for 5 seconds then exhale for 5 seconds. Don't hold your breath. If 5 seconds feels uncomfortable then use whatever rhythm feels right but ensure that the in/out is balanced

Imagine that you are breathing in to and out of your heart (Start with ONE MINUTE)

Breathe in for 5... ***1...2...3...4...5...***
Breathe Out for 5 ... ***1...2...3...4...5...***

6. Imagine your breath is flowing into and out of your heart or chest area, breathing a little slower and deeper than usual.

Quick Coherence® Technique: in the moment emotional self-regulation

1. Focus your attention in the area of the heart. Imagine your breath is flowing into and out of your heart or chest area, breathing a little slower and deeper than usual.
2. After a minute or two, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. Bring to awareness a positive feeling: Appreciation, Gratitude, Calm, Love (for someone or something: people, places, pets, achievements, possessions, memories...anything!) continue breathing and send this positive feeling in through your heart and out.

Suggestions:

- Try to re-experience the feeling you have. Don't just think about it or visualize it.
- Use Quick Coherence to "Prep" for, "Sustain" during and "Reset" after challenging situations and events.
- It helps to have to have your own portfolio of positive states: Identify 3 positive experiences (people, places, pets, achievements, possessions, memories – anything!)
- Sustaining feelings like appreciation, gratitude, care and compassion creates high levels of Coherence and therefore benefits you mentally, emotionally, physically and existentially. Spending time proactively focusing on appreciation, gratitude, care and compassion is therefore highly effective in de-stressing the system, building baseline physiological resilience and "hard-wiring" the ability to self-regulate thoughts, feelings and behaviors, even under highly challenging and stressful conditions.

Inner Ease™ Technique: ease your way through your day

1. Focus your attention in the area of the heart. Imagine your breath is flowing into and out of your heart or chest area, breathing a little slower and deeper than usual.
2. With each breath, draw in the feeling of inner ease to balance your mental and emotional energy.
3. Set a meaningful intent to anchor the feeling of inner ease as you engage in your day, projects, challenges and daily interactions.

Check in on your stress level and see how much it has changed!

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