

# Transform Your Stress and Create Better Health and Resilience



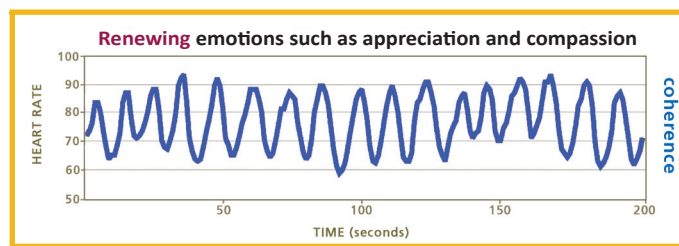
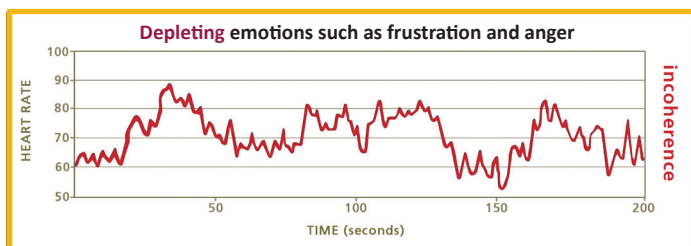
## Stress affects the body physically, mentally and emotionally. What can we do about it?

It is not the event or situation that creates the stress, it is how we respond to it. Emotions have a powerful impact on the human body. Positive emotions like appreciation, care and kindness feel good and are good for us. They help the systems in our body synchronize and work better.

Research has shown when we intentionally shift to a positive emotion, the heart rhythms immediately change. This shift in heart rhythms creates a favorable cascade of neural, hormonal and biochemical events that benefit the entire body.

## How does it work?

When we are stressed, the body is out of sync. The depleting emotions we feel, like anger, frustration, anxiety and worry, lead to disorder in the nervous system. Renewing emotions like appreciation, care and kindness create order, which is called coherence. Coherence leads to mental clarity, creativity, and resiliency.



## How to Practice Coherence

Practice the Quick Coherence® Technique daily to reduce the effects of stress, and use the HeartMath technology to see the changes in the body and sustain them. The technique is a simple and easy way to interrupt the stress response. Use it 3-4 times a day for a few minutes. Good times to use it are first thing in the morning, before going to sleep at night and during lunch time. Also, use it whenever a stressful event occurs and when you want to rebalance, get an energy boost and gain more mental clarity.

Learn to reduce your stress and anxiety, develop self-regulation skills and build mental and emotional resilience.

You can increase your internal awareness and develop more self-empowerment skills to achieve the health you want.

## 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. Find an easy rhythm that's 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.*

### Quick Steps:

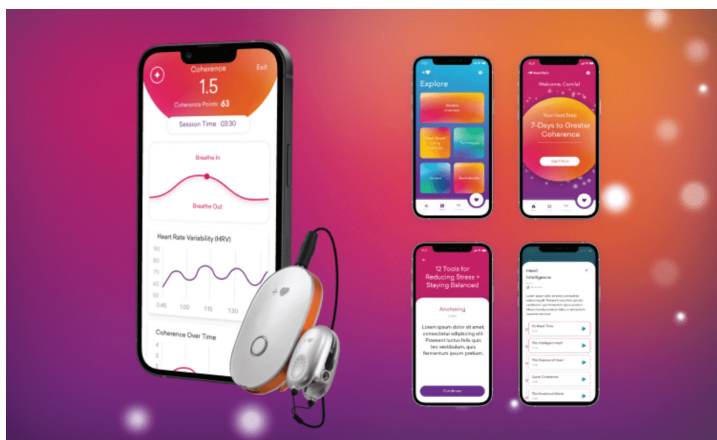
1. **Heart-Focused Breathing**
2. **Activate a positive or renewing feeling**

With practice we can experience better sleep, feel more peaceful and calm, and have more energy.

## Seeing is Believing

Seeing the visual evidence of changes in the body can reinforce practice and accelerate the progress.

### Inner Balance™ Coherence Plus Bluetooth and USB-C Sensor + New HeartMath® App (Android and iOS)



### Inner Balance Lightning Wired Sensor (iPhone/iPad Only)



### HeartMath

14700 West Park Avenue • Boulder Creek,  
California 95006 USA  
800-450-9111 • [www.heartmath.com](http://www.heartmath.com)

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