

## What are the benefits of physiological coherence?

Regular use of the HeartMath System has resulted in significant stress reduction benefits by people with: ADD/ADHD, Anger, Anxiety and Panic Disorders, Arrhythmias, Asthma, Autoimmune Disorders, Chronic Fatigue, Chronic Pain, Congestive Heart Failure, Depression, Diabetes, Digestive Disorders, Drug and Alcohol Abuse, Fibromyalgia, Heart Problems, Hypertension, Post-Traumatic Stress Disorder, Respiratory Problems, and Sleeplessness. The HeartMath Stress Management System is particularly effective in managing pain.

### Additional HeartMath Resources

Freeze-Framer Technology  
Help Menu

Free on-line services  
[www.heartmath.com](http://www.heartmath.com)

Books  
*The HeartMath Solution*  
*Overcoming Emotional Chaos*

Music  
*Heart Zones*  
*Quiet Joy*

For additional resources, contact your health care professional.



A Change of Heart Changes Everything

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# HeartMath®

## Stress Management System

### Managing Stress is Important

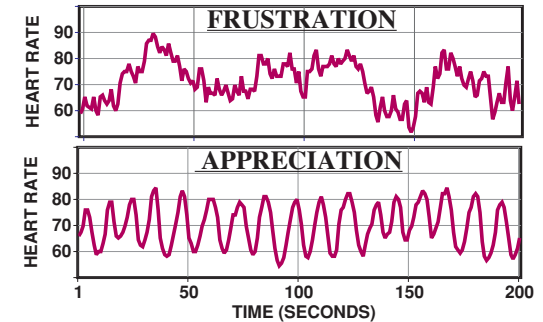
In today's challenging world we all have to deal with stress. Today's stressors include global unrest, uncertain economic times, health challenges, balancing life priorities, and relationships, to name only a few. It's important to understand how stress impacts you and also to learn stress management skills. With HeartMath's easy to learn, practical tools you can interrupt the stress response and reduce the effects of stress.

### Heart Rhythms are Key

HeartMath's research has shown that emotions are reflected in heart rhythm patterns. The analysis of heart rhythms or Heart Rate Variability (HRV) is recognized as a measure that reflects heart-brain interactions and autonomic nervous system (ANS) dynamics.

### Goal - Physiological Coherence

Heart rhythms are particularly sensitive to changes in your emotional state. When you shift to a positive emotion, such as appreciation, your heart rhythm pattern changes from a jagged, irregular pattern to a smoother, more wave-like form. We call this physiological coherence. This shift in heart rhythms indicates increased synchronization and harmony between the sympathetic and parasympathetic branches of the autonomic nervous system. The synchronization has beneficial effects on the neural, hormonal and biochemical systems. When you are in a coherent state, your body is more in-sync and aligned, and you gain clarity, calmness, focus, and control of your emotions. The benefits are both short-term and long-lasting.



The HRV pattern shown in the top graph, characterized by its random, jerky form, is typical of feelings like anger or frustration. Sincere positive feeling states like appreciation (bottom) can result in higher ordered and coherent HRV patterns.

# How do I practice physiological coherence?

## Create Coherence and Get In Sync

The HeartMath® Stress Management System introduces you to three tools to help you increase physiological coherence: the Freeze-Frame® tool for quick coherence; the Heart Lock-in® tool for sustained coherence; and the Freeze-Framer technology to accelerate your learning and enhance your practice.

## Freeze-Frame Tool for Quick Coherence

The Freeze-Frame tool is a simple, easy way to interrupt the stress response and quickly bring your system into coherence. Use this tool prior to or during events or situations that provide emotional challenges—a one-minute stress manager. It can reduce the impact stress has on your health, performance and overall well being. Make a sincere effort to use the Freeze-Frame tool 4 to 5 times a day, every day for a minimum of 3 weeks.

### Freeze-Frame Steps

1. Take a time out so that you can temporarily disengage from your thoughts and feelings—especially stressful ones.
2. Shift your focus to the area around your heart—now feel your breath coming in through your heart and out through your solar plexus. *Practice breathing this way a few times to ease into the technique. Helpful Hint: Use a 10 second breathing rhythm (5 seconds in, 5 seconds out).*
3. Make a sincere effort to activate a positive feeling. *This can be a genuine feeling of appreciation or care for someone, some place or some thing in your life.*
4. Ask yourself what would be an efficient, effective attitude or action that would balance and de-stress your system.
5. Quietly sense any change in perception or feeling and sustain it as long as you can. *Heart perceptions are often subtle. They gently suggest effective solutions that would be best for you and all concerned.*

## Heart Lock-in Tool for Sustained Coherence

Once you've mastered these steps it's time to practice sustaining coherence for longer periods of time. The Heart Lock-in tool is designed to

help you build a solid baseline of physiological coherence. It adds regenerative energy and also increases immune system activity. Use this tool once a day, 5 times a week, for 3 weeks. Good times to use this tool are first thing in the morning, before going to sleep at night, break time in the middle of the day, or any time you want to rebalance or get an energy boost.

### Heart Lock-in Steps:

1. Gently shift your attention to the area around your heart.
2. Shift your breathing so that you are breathing in through your heart and out through the solar plexus. *Helpful Hint: Use a 10 second breathing rhythm (5 seconds in, 5 seconds out).*
3. Activate a genuine feeling of appreciation or care for someone or something in your life.
4. Make a sincere effort to sustain feelings of appreciation, care or love while radiating them to yourself and others.
5. When you catch your mind wandering, gently focus your breathing back through the heart and solar plexus and reconnect with feelings of care or appreciation.

After you're finished, sincerely sustain your feelings of care and appreciation as long as you can. This will act as a cushion against recurring stress or anxiety.

### Freeze-Framer Technology

With this technology you see your heart rhythm patterns in real time on the computer screen. When you apply the Freeze-Frame and Heart Lock-in tools you can see the changes in your HRV patterns. By correlating the patterns on the screen with a calm internal feeling, you learn to find and maintain physiological coherence. You learn self control of emotions which helps reduce the physiological and psychological symptoms of stress. Your goal is to increase the amount of coherence you are able to sustain in each session. Seeing your heart rhythms in real time can accelerate your progress.

