



EMBRACE *New Life* COUNSELING & WELLNESS

HeartMathTM Techniques

EXPERIENTIAL EX



EMBRACE *New Life*

HOPE has a HOME
in Rockwall, Kaufman & Hunt Counties



The Heart-Focused Breathing™ step shifts your attention away from your depleting thoughts to your heart or chest area increases coherence in your system. Because changing the rhythm of your breathing changes the rhythm in your nervous system, when you breathe deeper and slower, 5 seconds in and 5 seconds out or 6 complete breaths per minute, you bring more order to your nervous system and the rhythm of your heart. Doing this anytime you feel stress has a powerful soothing effect on the entire body and will help you start to feel calmer.

Activate a positive or renewing emotion. Making a sincere attempt to experience a renewing feeling such as appreciation or care for someone or something in your life helps you sustain the coherence started with the Heart-Focused Breathing step, without having to remain focused on your breath. Many people find that when they experience positive feelings like care, love or appreciation while practicing heart-focused breathing through the heart or chest area, they immediately feel uplifted and regenerated. We call these heart feelings because they change how your heart is beating and because people often describe these feelings or emotions as coming from the heart.

If you are accustomed to having more negative, depleting feelings than positive, renewing feelings, breathing this way may feel uncomfortable at first because it's unfamiliar. For now, simply make a sincere effort to feel and hold the renewing emotions by recalling a positive or fun time in your life and reexperiencing it.

If it's hard for you to recall anything positive, write down some occasions when you felt an uplifting, positive feeling. This will help you remember how to recall one of them when you practice the Quick Coherence Technique. Even a sincere attempt to feel a positive emotion will reduce the drain and replenish your system.

Practice makes it easier to sustain coherence for longer periods of time. Coherence will become more natural and familiar to your system, making it much easier to remain calm and balanced in challenging or stressful times.



Attitude Breathing™ Technique



Attitudes, just like emotions, can either be depleting or renewing. The Attitude Breathing Technique helps you replace draining, negative, attitudes with healthier positive ones.

Step 1. Recognize a feeling or attitude that you want to change and identify a replacement attitude.

Step 2. 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.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Step 3. Breathe the feeling of the new attitude slowly and casually through your heart area.

Unwanted Feelings & Attitudes	Replacement Feelings & Attitudes
Stressed	Breathe Ease
Anxious	Breathe Calm
Overwhelmed	Breathe Ease and Peace
Bored	Breathe Responsibility
Judgmental	Breathe Tolerance
Fogged/Confused	Breathe Ease for Clarity
Angry/Upset	Breathe Ease to Cool Down
Fatigued	Breathe Increased Energy
Shame/Guilt	Breathe Self Acceptance and Forgiveness
Financial Worries	Breathe Abundance
Isolated/Lonely	Breathe Being Connected and Appreciated
Rebellious	Breathe Respect
Self-pity	Breathe a Feeling of Dignity and Maturity

Attitude Breathing Basics:

- Often the replacement attitude can be obvious, but it takes breathing the feeling of the new attitude to make it real. For example, if you feel angry, you may want to replace it with calmness, but this requires breathing the feeling a while until you actually feel calmed. Then you have made the energetic shift.
- If you are not clear on the new replacement attitude, remember: A neutral attitude works to stop the energy drain, which is especially important during an emotional storm. Remember to breathe slowly and casually. Do this for awhile to get the full benefits of the technique.
- For some deeply ingrained attitudes, you may need to breathe the new attitude earnestly for a few minutes before you experience a shift. Have a genuine 'I mean business' attitude to really move your emotions into a more coherent state and shift your physiology.
- Some attitudes are stubborn and reoccur. When they come back, practice breathing the new attitude. Imagine pulling in and anchoring the new feeling.
- Even if a bad attitude feels justified, the buildup of negative emotional energy still drains your system.
- If you can't identify a replacement attitude, breathe a feeling of neutral to stop the energy drain.



Attitude Breathing™ Personal Practice Log



Consider any stress triggers or potentially depleting reactions you experienced.
Write down the situation and what happened.

Date	Situation	Depleting Attitude	Replacement Attitude	Observations after Practice

Write down any successes you are having with your practice.

Write down any challenges you are having with your practice.



The Freeze Frame technique gives you a chance to find more efficient options and resolve problems and conflicts that may be depleting your energy. Your ability to think more clearly and objectively is enhanced by the increased coherence you create in your system using the following steps:

Step 1. Acknowledge the problem or issue and any attitudes or feelings about it.

Step 2. 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.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Step 3. Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. Now that you have added more coherence to your system, you can see the issue from a broader, more balanced perspective.

Now that you have added more coherence to your system, you can see the issue from a broader, more balanced perspective.

Step 4. From this more objective place, ask yourself what would be a more efficient or effective attitude, action or solution.

Step 5. Quietly observe any subtle changes in perceptions, attitudes or feelings. Commit to sustaining beneficial attitude shifts and acting on new insights.

Once you have become familiar with these steps, use the quick steps:

1. Acknowledge
2. Heart-Focused Breathing
3. Activate a positive or renewing feeling
4. Ask
5. Observe and Act





Freeze Frame Basics

The Freeze Frame Technique helps you slow down your mental and emotional reactions so you can become more aware of subtle emotions and attitudes that are depleting your system and find ways to handle or respond to these situations.

We use the term "Freeze Frame" because this process is a lot like pressing pause on a video. The technique helps you stop your "stress movie" for a moment so you can edit the frame and create a different outcome. First take a time-out to identify what you're thinking and feeling and how you're reacting. You can see how judgments or other depleting emotions lurk beneath the surface. Next, you bring more coherence to your system by shifting the emotions and attitudes that may be coloring your perceptions and adding to your stress. Once your system is in sync, you increase your awareness and a new intuitive response emerges. You are better able to see the bigger picture and other options.

Write down depleting situations you would like to change and the changes in perception, impressions or ideas you got after you did the Freeze Frame steps:

Depleting Situation	Change in Perception

Additional instructions: _____



Acknowledge the problem or issue and any attitudes or feelings about it.

Notice whether you feel stressed even as you write this down. Breathe through the heart or chest area with a neutral attitude to help you become more detached from the problem.

Focus your attention in the area of the heart. Imagine your breathe is flowing in and out of your heart or chest area.

Activate a positive or renewing feeling.

Ask yourself what would be a more efficient, effective attitude, action or solution.

Now, quietly observe any subtle changes in perceptions, attitudes or feelings and sustain as long as you can. Commit to sustaining beneficial attitude shifts and acting on new insights.

Write down your coherent response.

What actions will you take to resolve the issue?



Freeze Frame® Personal Practice Log



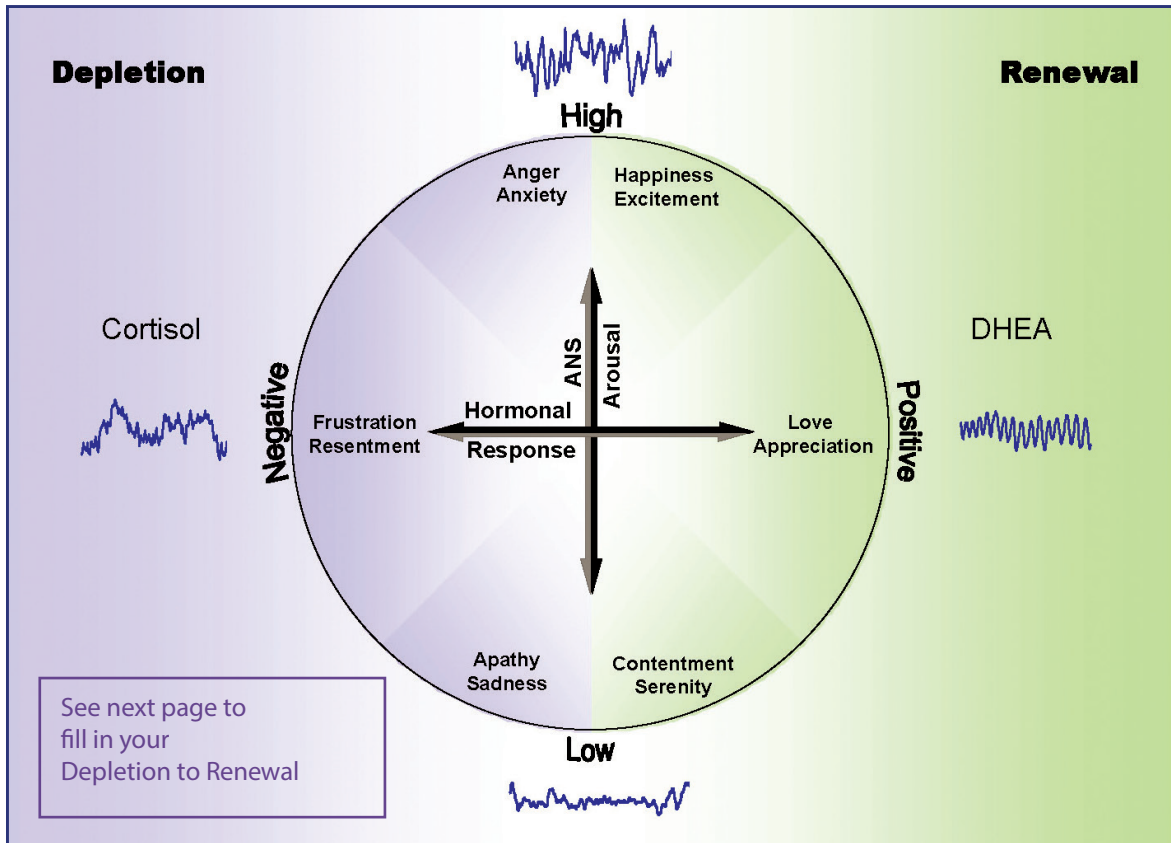
Consider any stress triggers or potentially depleting reactions you experienced.
Write down the situation and what happened.

Date	Situation	Response	Observations

Write down any successes you are having with your practice.

Write down any challenges you are having with your practice.





Step 1

What do you hope to accomplish?

Step 5

What emotions and behaviors typically get in the way of accomplishing your goal?

Step 2

Consider all the emotions you have been experiencing over the last few days and write them in the appropriate quadrant.

Step 6

What thoughts, attitudes, behaviors or emotions will help you achieve your goal?

Step 3

Write the word 'Now' where you spend most of your time.

Step 4

Write the word 'Goal' where you would like to spend more time.

Rx

