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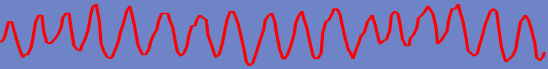
Less Stress means

- More energy
- Improved health and well-being
- Increased mental clarity, focus and decision-making
- Enhanced performance and productivity
- An overall sense of well-being

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Life would just roll along...



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What do we do to reduce stress?

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Most traditional stress reduction plans

- Happen after the fact
- Take time
- Rely on relaxation
- Short lived
- Sometimes create more stress

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An effective stress relief plan


- Minimizes stress by getting to the *source* of our stress
- Works quickly, on demand, 24/7, when we need it the most
- Maximizes health, performance and quality of life

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Today we'll learn

- What stress really is
- See how quickly stress impacts the body
- How to relieve stress, NOW!



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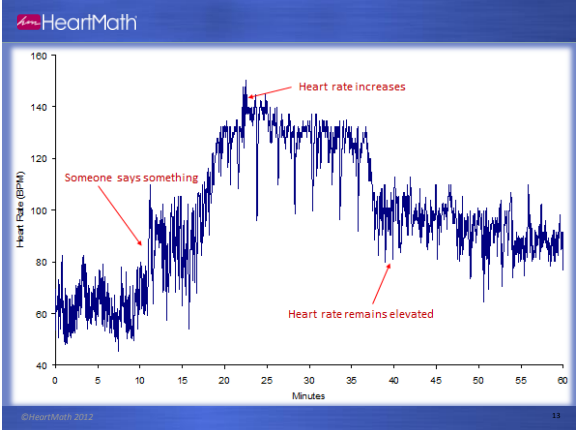
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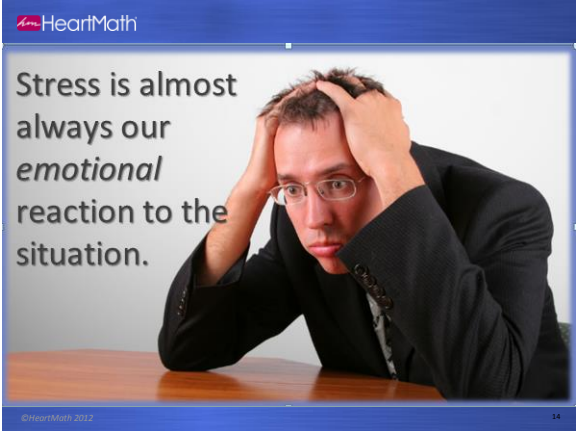


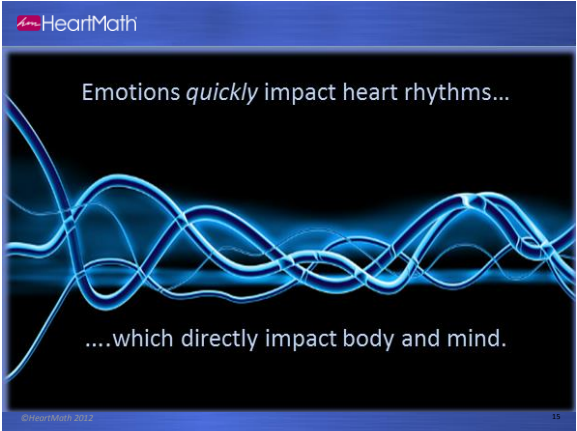
The source of our stress is *NOT JUST* the situation.

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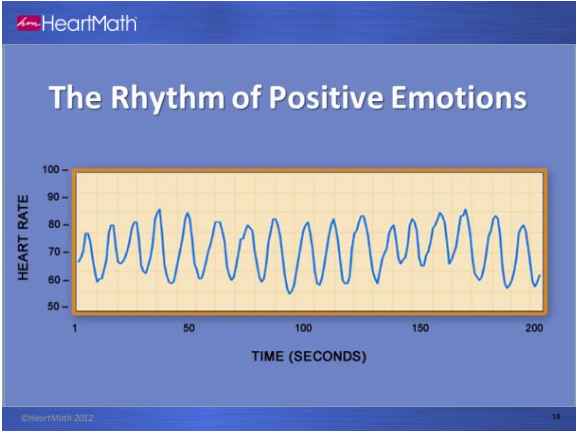
emWave® Technology

- A window into your emotional state
- Real time changes in your heart rate
- Tool to achieve and sustain an emotional state that supports health and wellness



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Coherence

An optimal state in which the heart, mind and emotions are operating in-sync and balanced.

Physiologically, the immune, hormonal and nervous systems function in a state of energetic coordination.

When you are coherent, you are energetically centered, increasing your mental and emotional flexibility and your capacity to be in charge of yourself.

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The Benefits of Coherence


- Increased calmness and well-being (Friedman, 2000)
- Increased emotional stability (McCarty, 2001)
- Increased ability to self-regulate (Bradley, 2010; Bedell, 2010)
- Improved long-term memory (McCarty, 2009)
- Improved short-term memory (Lloyd, 2010)
- Increased ability to focus (Lloyd, 2010; Ginsberg, 2010)
- Increased ability to process information (Ginsberg, 2010)
- Increased reaction times (McCarty, 2008)
- Improved ability to learn (Bradley, 2007)

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Take charge in 3 easy steps


- Relieve stress NOW
- Get back in the flow
- Prevent stress
- Build resilience
- Reap the benefits of coherence, anytime



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Quick Coherence® Technique

Step 1: Heart Focus
Step 2: Heart-focused Breathing
Step 3: Heart Feeling

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Heart Feelings

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Anytime you're stressed...

Step 1: Heart Focus
Step 2: Heart-focused Breathing
Step 3: Heart Feeling



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What we learned today

- Stress is the result of our emotional reaction
- Stress quickly impacts heart rhythms
- Coherence is the key to effective and sustainable stress relief
- Quick Coherence Technique relieves stress NOW!



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Anytime benefits

- **In the morning** to set the tone for the day
- **During the day** to refresh and renew
- **Last thing at night** for a more restful sleep




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Next steps

- Implement your plan
- Find out more
 - Visit www.heartmath.com
 - Learn a *system of tools* for all situations
 - Read a book
 - emWave Technology



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Next steps

- Support each other in practicing Quick Coherence
- Prepare for the day and Reset as needed.
- Practice "every time you have to wait".
- Celebrate and feel appreciation and gratitude every time you remember to practice Quick Coherence

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Stop Heart Dis-Ease

"The answer to balance is in your heart, do the math!"

Kimberly Gray

www.heartcenteredpathways.com

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