Moving from Chaos to Coherence

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What to Expect

Identify the emotions & feelings that create coherence

Practice the energy self-regulating technique of Quick Coherence

Create a choice point that benefits your physiology

"You *FUNCTION* at your best when you are frustrated, worried, or sad?"

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Program Objectives

Learn to strengthen resilience through research-based tools that help you:

- ✓ Increase personal resilience and energy levels.

- ✓ Leverage your ability to think clearly under pressure and discern appropriate solutions to problems.

- ✓ Increase your ability to maintain situational awareness.

- ✓ Diminish symptoms of personal and professional stress such as confusion, fatigue and sleep disturbance.

- ✓ Improve reaction times and coordination.

Performance and Sleep
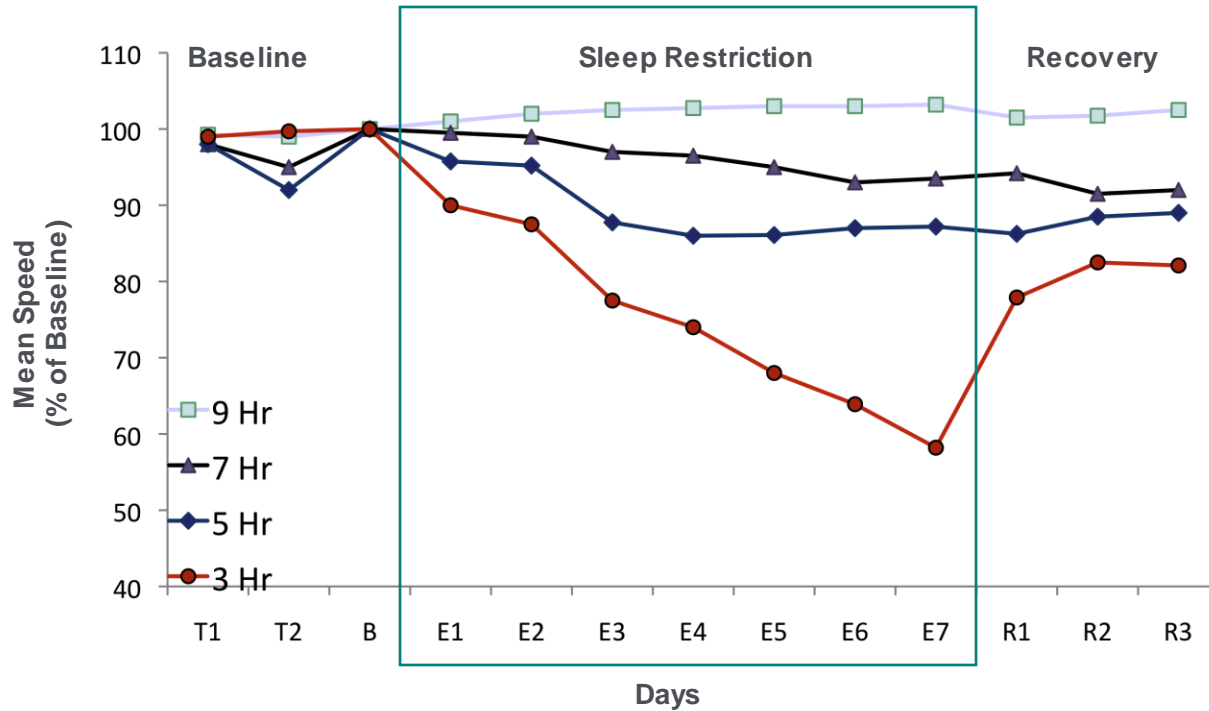
Psychomotor Vigilance Task

Belenky & Wesensten , 2003
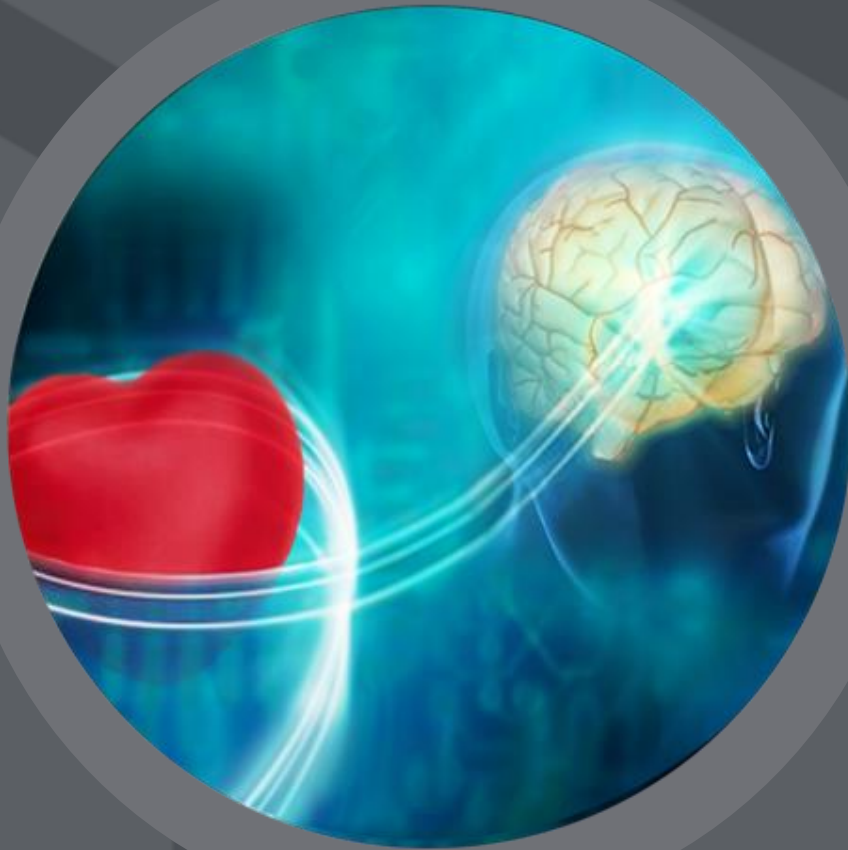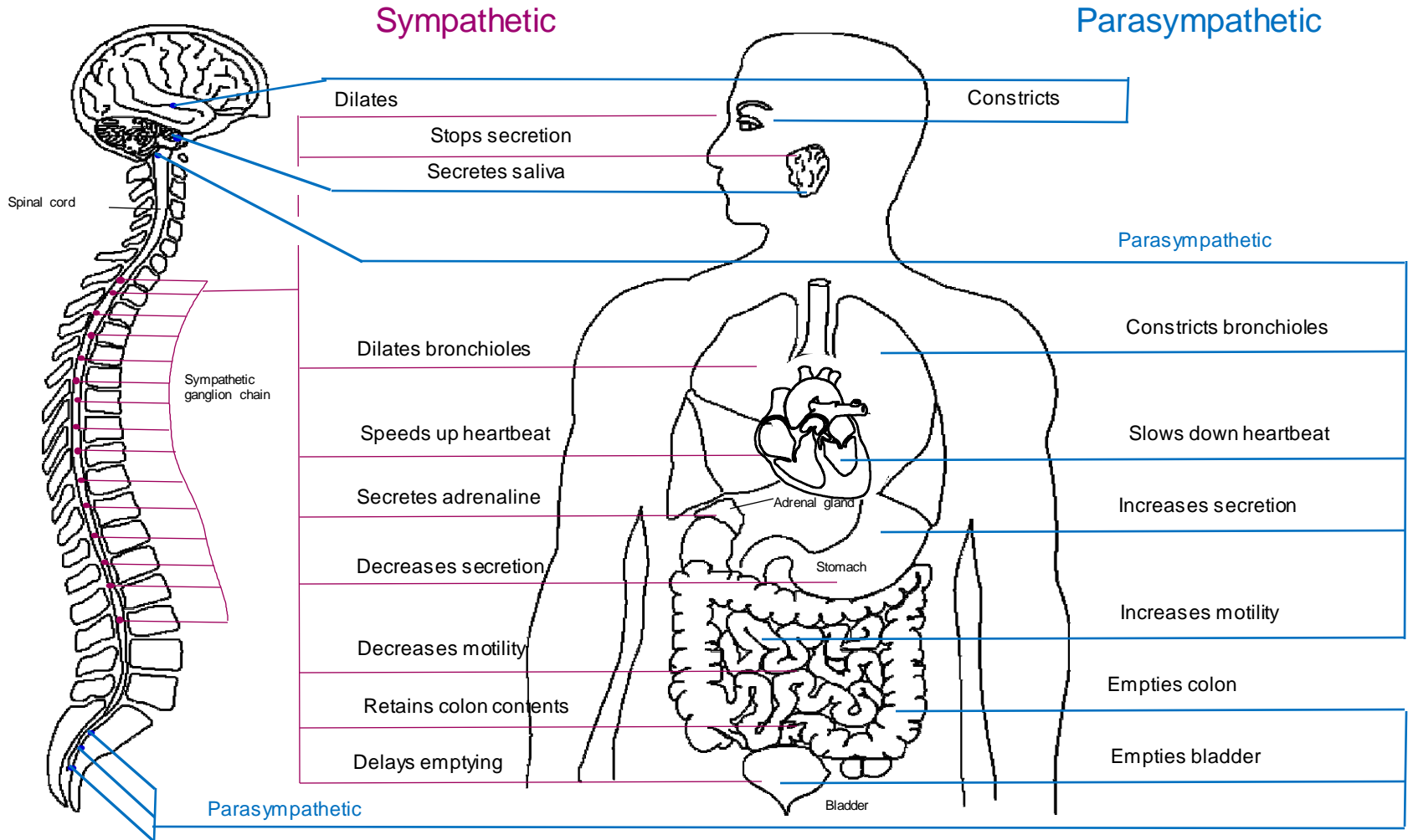
The Physiology of Coherence & Optimal Functioning

Coherence

An optimal state in which the heart, mind and emotions are aligned and in sync.

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

Autonomic Nervous System

Sympathetic

Parasympathetic

Spinal cord

Dilates

Constricts

Stops secretion

Secretes saliva

Sympathetic ganglion chain

Parasympathetic

Dilates bronchioles

Constricts bronchioles

Speeds up heartbeat

Slows down heartbeat

Secretes adrenaline

Adrenal gland

Increases secretion

Decreases secretion

Stomach

Decreases motility

Increases motility

Retains colon contents

Empties colon

Delays emptying

Empties bladder

Parasympathetic

Bladder

Heart-Brain Communication

- The heart has its own complex nervous system: the "heart brain."

- The heart sends far more information to the brain than the brain sends to the heart.

- Patterns in the neural signals from the heart especially affect the brain centers involved in perception, emotional experience and self-regulation.
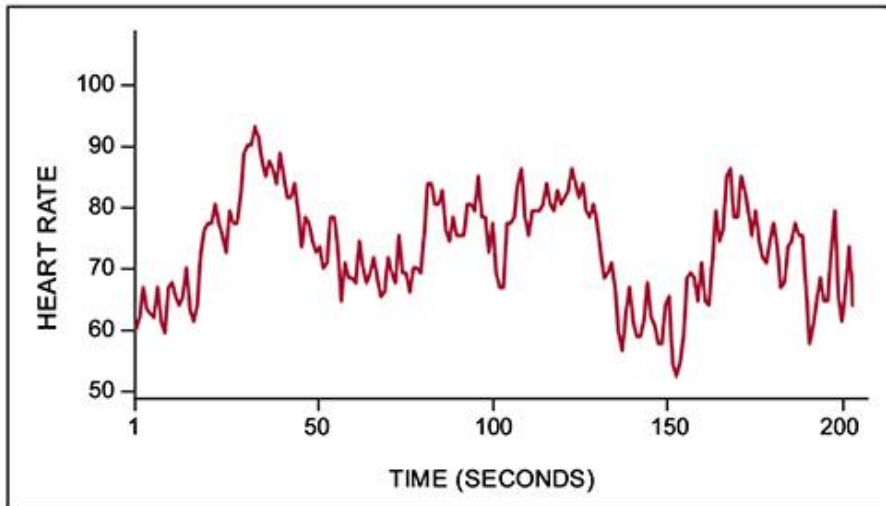
Heart Rate Variability (HRV)

.859 sec. — 70 BPM

.793 sec. — 76 BPM

.726 sec. — 83 BPM

2.5 seconds of heart beat data
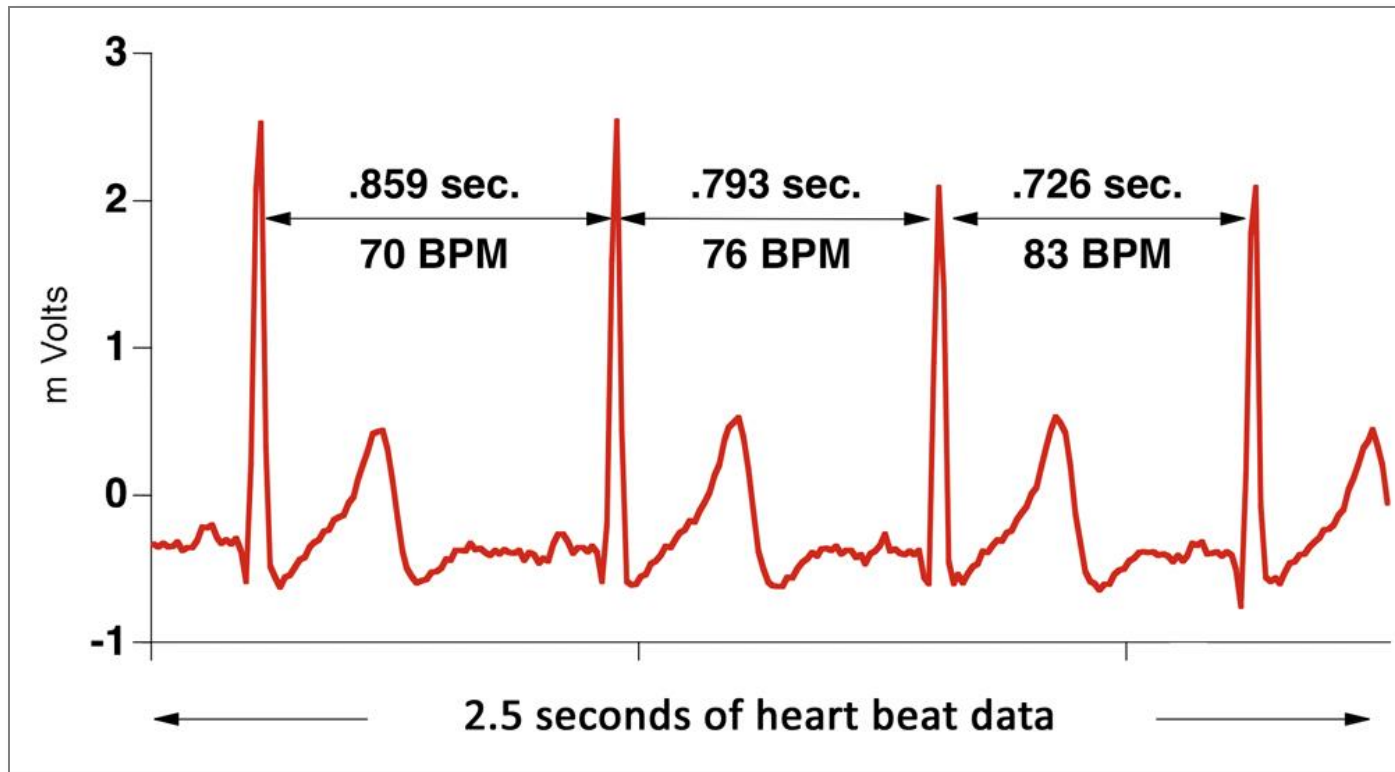
Heart Rhythm Patterns Emerge
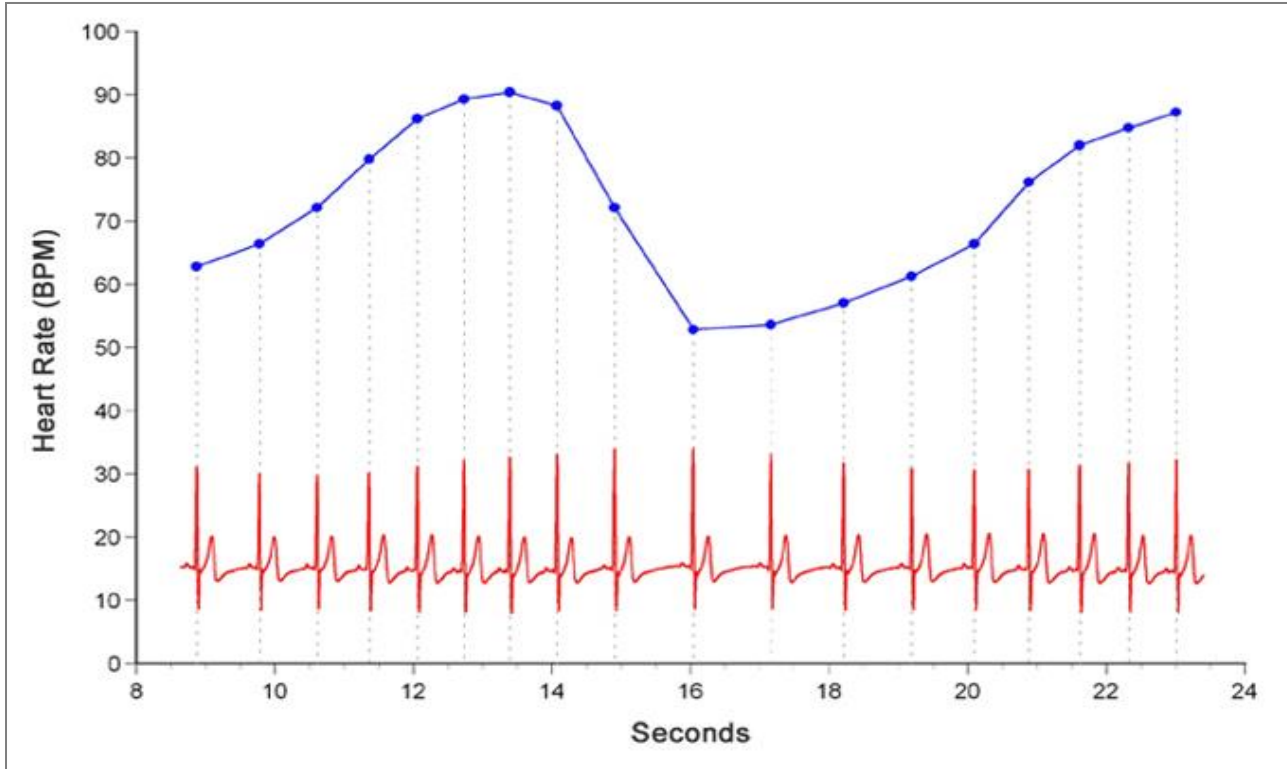
Emotions and Heart Rhythms

Incoherence
frustration, irritation, impatience, worry

Coherence
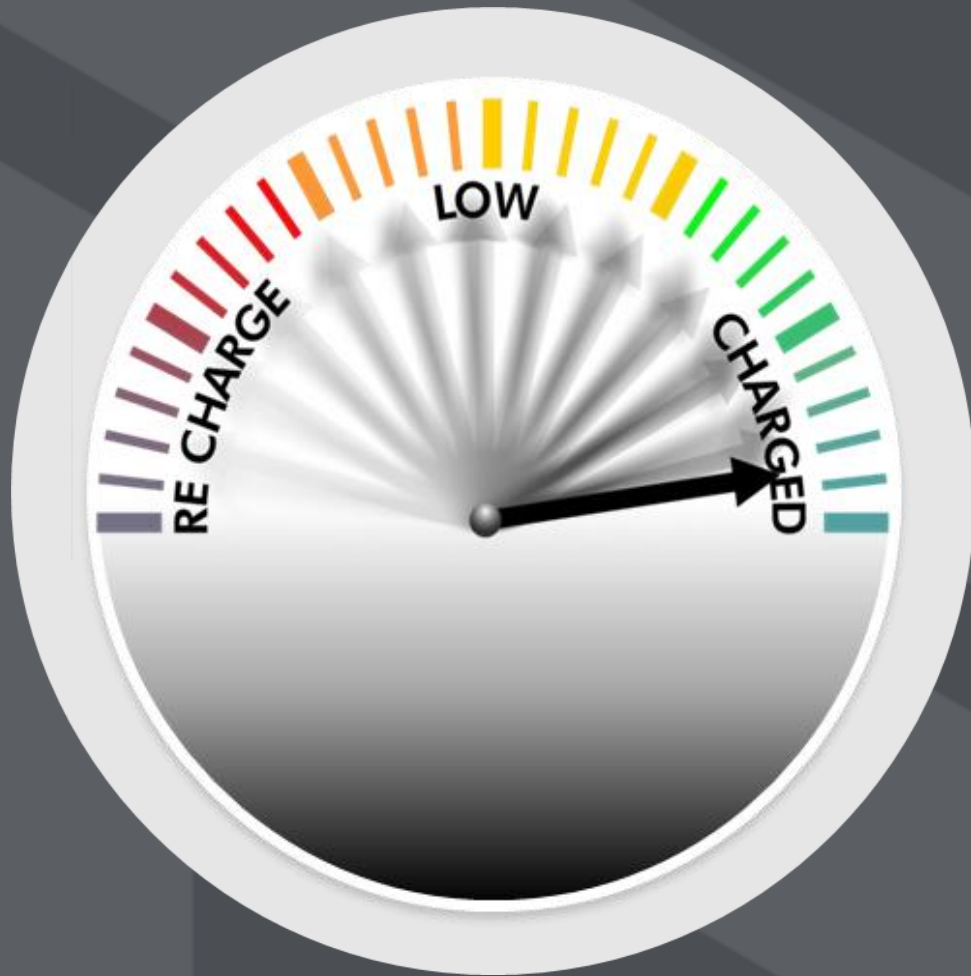appreciation, calm, patience, confidence

Inhibits brain function – impairs performance
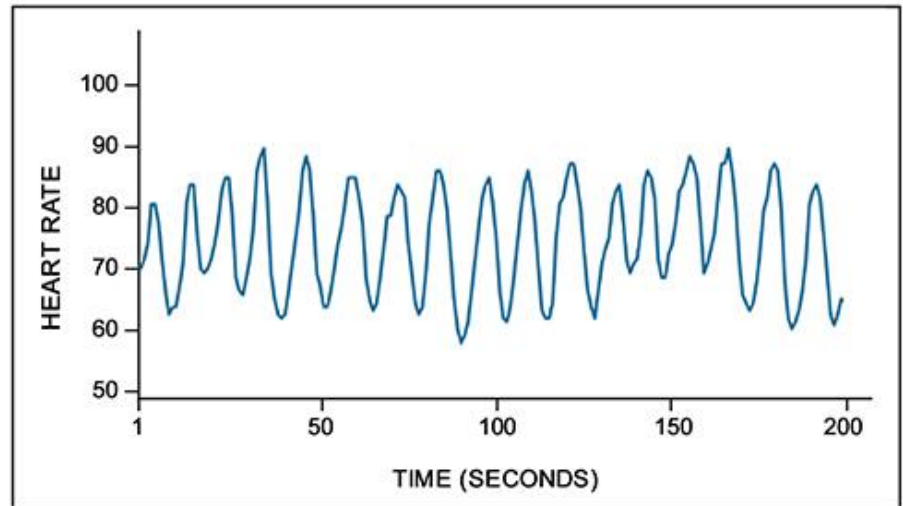
Facilitates brain function – promotes optimal performance

Depletion to Renewal

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Depletion to Renewal™ Grid
ANS Activation

Depleting Emotions

Renewing Emotions

Sympathetic – High Heart Rate

Cortisol

DHEA

Hormonal Response

Parasympathetic – Low Heart Rate
Relaxation

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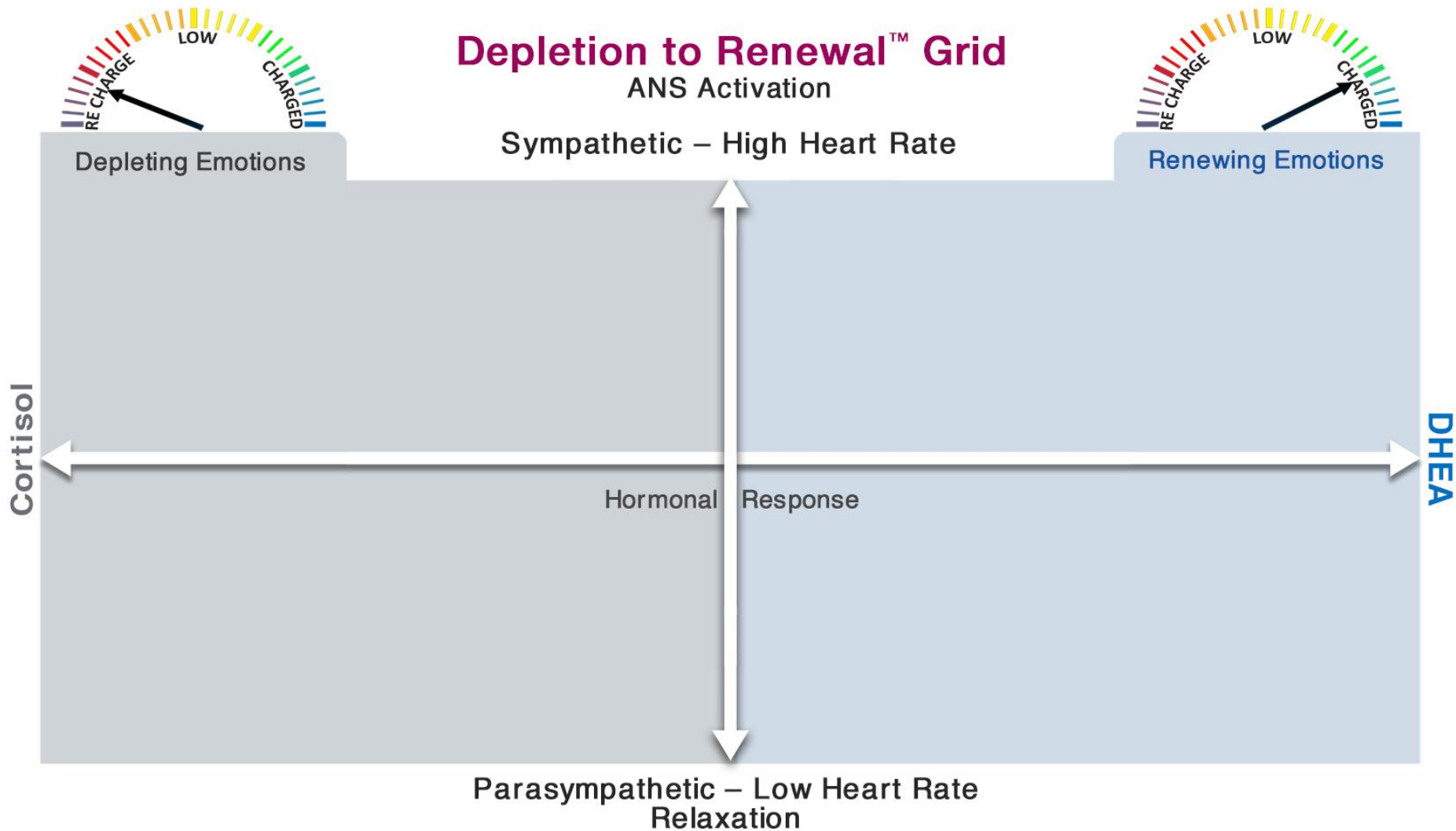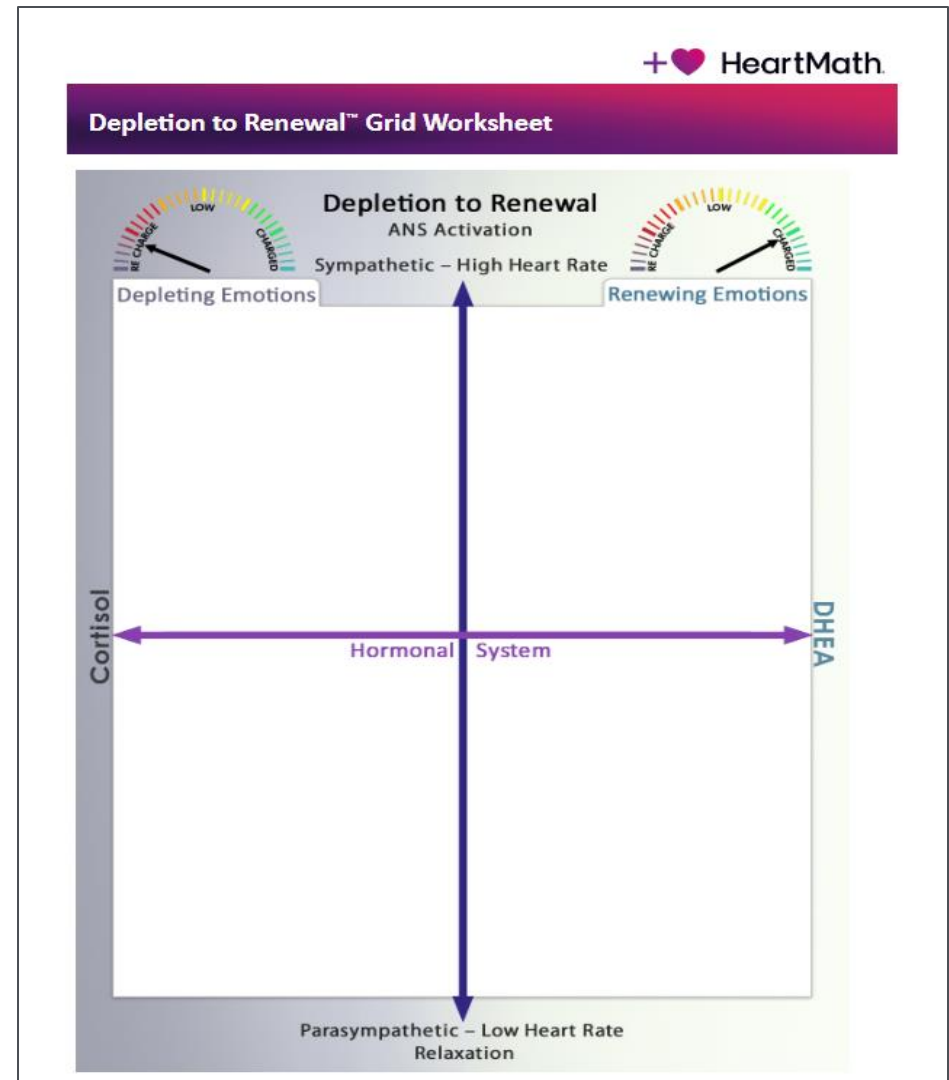
Depletion to Renewal Grid

- On a piece of paper, draw a quadrant

- Then label each axis as described.

- Plot out your past 48 hours of emotions

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Depletion to Renewal™ Grid Worksheet

Depletion to Renewal
ANS Activation
Sympathetic – High Heart Rate

Depleting Emotions

Renewing Emotions

Cortisol

DHEA

Hormonal System

Parasympathetic – Low Heart Rate
Relaxation

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Quick Coherence® Technique

An Intelligent Energy

Self-Regulation

Technique

Emotions & Feelings that Create Coherence

Courage, Honor, Dignity

Care, Love

Confidence

Compassion

Appreciation, Gratitude

Tolerance, Patience

Kindness

Enthusiasm, Joy

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

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Quick Coherence® Technique

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 Coherence® Quick steps

1. Heart-Focused Breathing

2. Activate a positive or renewing feeling

Building and Sustaining Resilience
Three Strategies

- **Prep** to set the tone for the day and to be more composed before upcoming stressful events.

- **Shift and Reset** to a more coherent state as soon as possible after a stress reaction to minimize energy drains.

- **Sustain** your resilience throughout the day through regular practice and by remembering to refresh your composure in between activities and events.

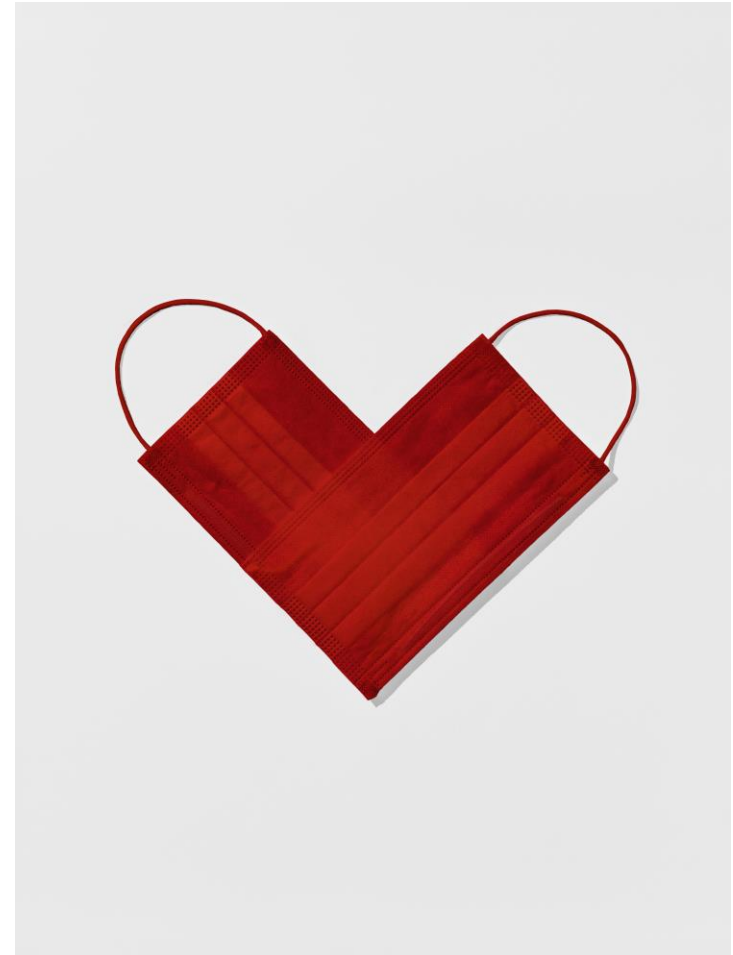# Police Officer Resets After Domestic Violence Scenario
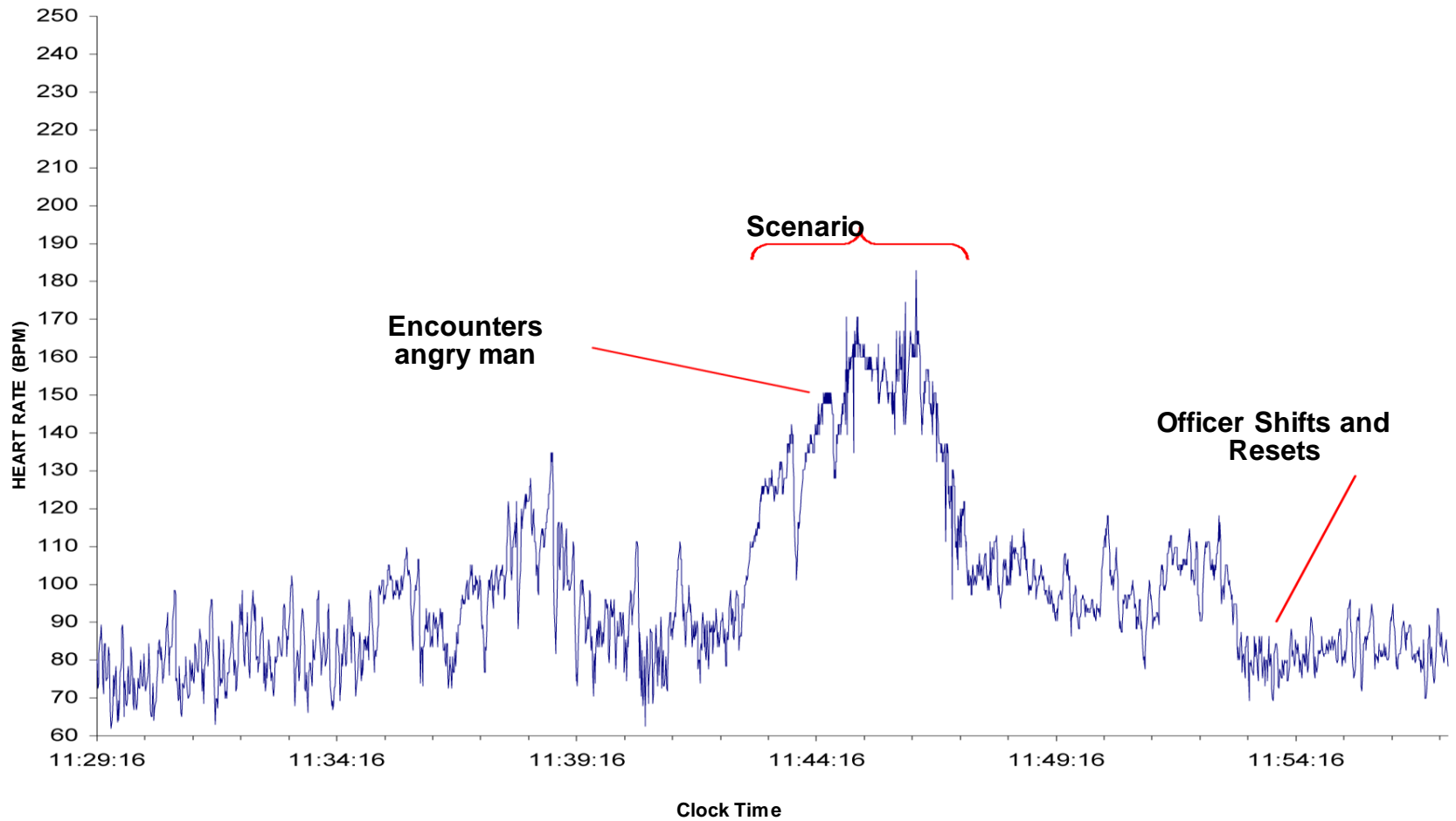
How to keep growing YOUR HeartMath practice?

- Be intentional

  - **AWARENESS** of your emotions
  - **IDENTIFY** where HeartMath practices fit
  - **COMMIT** to yourself

- Check out FREE HeartMath content
  - www.heartmath.com

For questions, Kerry.Appleton@northmemorial.com

For more information about HeartMath, https://www.heartmath.com

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