















Proverbs 4:23

Watch over your heart with all diligence,
for from it flow the springs of life.

Every **EMOTION** you experience, whether or not you are aware of it, has an effect on your body, and on your resilience. Every **EMOTION** immediately causes changes in your body.

Depleting Emotions	Cortisol
• Anger	• Burnout
• Frustration	• Withdrawal
• Anxiety	• Resentment

Cortisol is called "the stress hormone," it influences, regulates or modulates many of the changes that occur in the body in response to stress.

Renewing Emotions	DHEA
• Excitement	• Contentment
• Courage	• Fulfillment
• Passion	• Ease

DHEA: Protects against depression, cognitive decline and mood swings. It's the "Feel Good", Anti-Aging, Vitality Hormone



Week 2 Technique: *Quick Coherence*®

- ✓ Can help people quickly reduce stress.
- ✓ May be used for everyday stress, anger, anxiety & emotional overload.
- ✓ It's especially helpful in times of acute crisis.
- ✓ It works because the exercise helps you change stress-producing attitudes and resets your stress set point.
- ✓ You are actually changing your heart rhythm pattern and calming your autonomic nervous system.
- ✓ By focusing on your heart, you are taking energy away from the undesirable emotions.
- ✓ You generate a positive attitude or feeling, which starts to shift the signal the heart sends the brain so the brain response is different.

***Quick Coherence*®**

1. Focus your attention in the area of your heart.
2. Imagine your breath passing in and out through your heart or the center of your chest as you slowly inhale and exhale.
3. Breathe in an attitude of calm and balance.
4. You can also breathe in a feeling of gratitude or compassion or whatever feeling you find most soothing.

Week 3: **ACCESSING HEART INTELLIGENCE**

Language of the Heart – Connecting to a feeling of the heart which is not attached to a thought in the brain.

Week 3 Technique: **Inner-Ease™**

- ✓ Sustains coherence
- ✓ Slows down mental and emotional rhythms
- ✓ Generates Active Calm or "inner stillness on the move"
- ✓ Creates an Inner pause
- ✓ Increases ability to make better decisions
