

The HeartFocus Technique

Research carried out by medical scientists at the HeartMath Institute discovered that when you're stressed, your body is out of sync. Typical negative emotions we feel when stressed - like anger, frustration, anxiety and worry - lead to increased disorder in the heart's rhythms and in the nervous system. In contrast, positive emotions like joy, appreciation, care and kindness create synchronization in the heart's rhythms and the nervous system. Other bodily systems sync up to this rhythm creating a state which scientists call coherence. Because coherence leads to more mental clarity, creativity and better problem-solving abilities, it's easier to find solutions and better ways of handling the stressful situation.

- At the outset of our sessions I will connect you up to the HeartMath system on my computer for you to discover the changes in your body as you deliberately shift your attention from negative to positive thinking.
- The HeartFocus Technique I teach is a simple, easy way to interrupt the stress response and quickly bring your system into coherence. There is great benefit in using this technique 4 - 5 times every day for a minimum of 3 weeks.
- Use it as a quick stress buster prior to or during events or situations that provide emotional challenges.
- Good times to practice HeartFocus are first thing in the morning, during a break time in the middle of the day and again before going to sleep at night.
- Use it again whenever a stressful event occurs or anytime you want to rebalance or get an energy boost.
- You will have the opportunity to record the Heart Focus steps you will learn in our sessions use audio recording when required.