

The Resilience Advantage™

Skills for Personal and Professional Effectiveness



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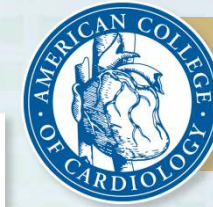
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Coherence Building Skills are used in:

- Hospitals and Health Professionals
- Businesses
- Police, Fire, Corrections
- Schools, Universities, Nonprofits
- Professional Athletes/Olympic Teams
- Military, Special Forces



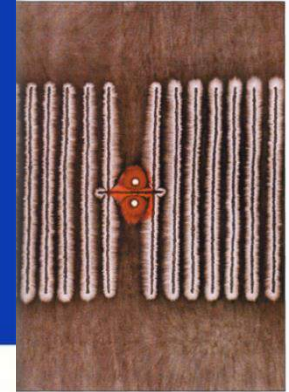
Published Research



AMERICAN COLLEGE OF CARDIOLOGY

ALTERNATIVE THERAPIES
IN HEALTH AND MEDICINE
A PEER-REVIEWED JOURNAL - JUL/AUG 2010 - VOL. 16, NO. 4
FOUNDATIONS OF HEALTH AND WELLNESS: A SPECIAL ISSUE ON COHERENCE
COHERENCE: BRIDGING PERSONAL, SOCIAL AND GLOBAL AND HEALTH—A REVIEW
COST EFFECTIVENESS/COHERENCE • PTSD/COHERENCE • ADHD/COHERENCE
APPLICATION OF COHERENCE • CONVERSATIONS/MAE-WAN HO, PHD

The American Journal of Cardiology



Edited by Bengt G. Annetz, Rolf Ekman
WILEY-VCH
Stress in Health and Disease



NOVEMBER 15, 1995

Coronary Artery Disease	993	Methods	1039
Hypertension and Conduction Disturbances	1040	Brief Reports	1064
Myocardial Heart Failure	1045	Case Reports	1099
Myocardial Heart Disease	1049		

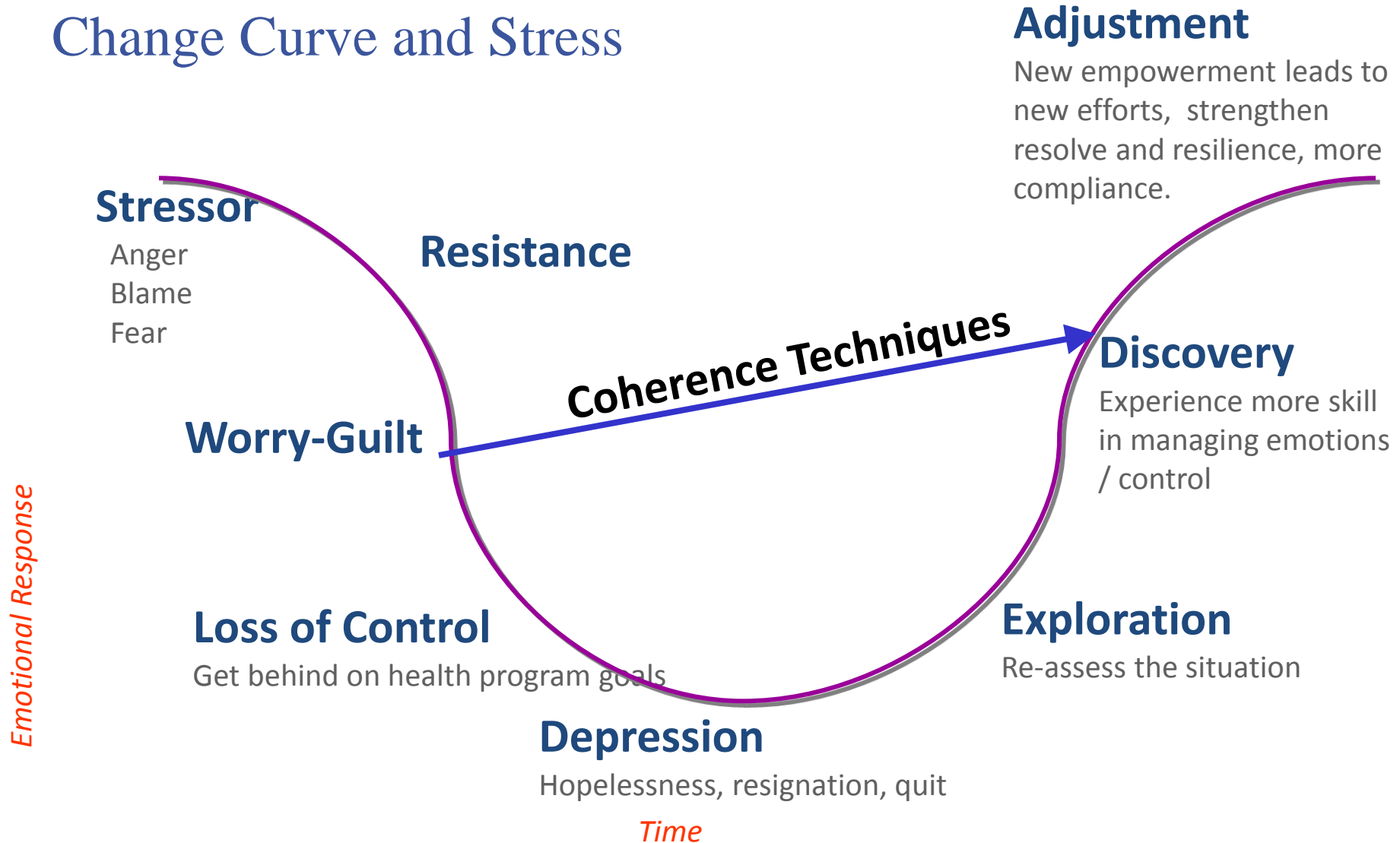
Elsevier Health Sciences, Inc. • A Reed Elsevier Company

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Change Curve and Stress



Core Values

™

You - when you have less stress & more energy.



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Resilience



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Resilience

The capacity to prepare for, recover from and adapt in the face of stress, challenge or adversity.

You can learn to build your resilience capacity and sustain your energy.



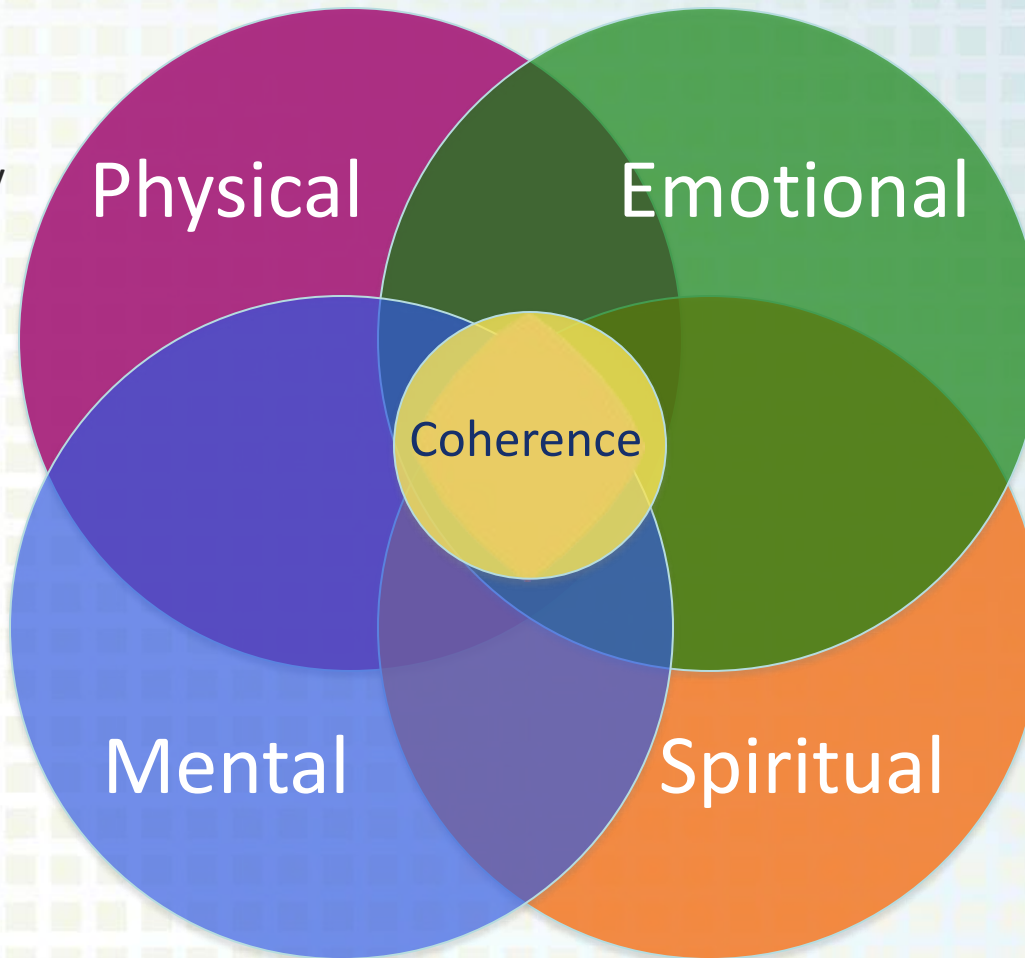
Basically, we are “energy systems”
that expend and renew energy.



Domains of Resilience

- Physical flexibility
- Endurance
- Strength

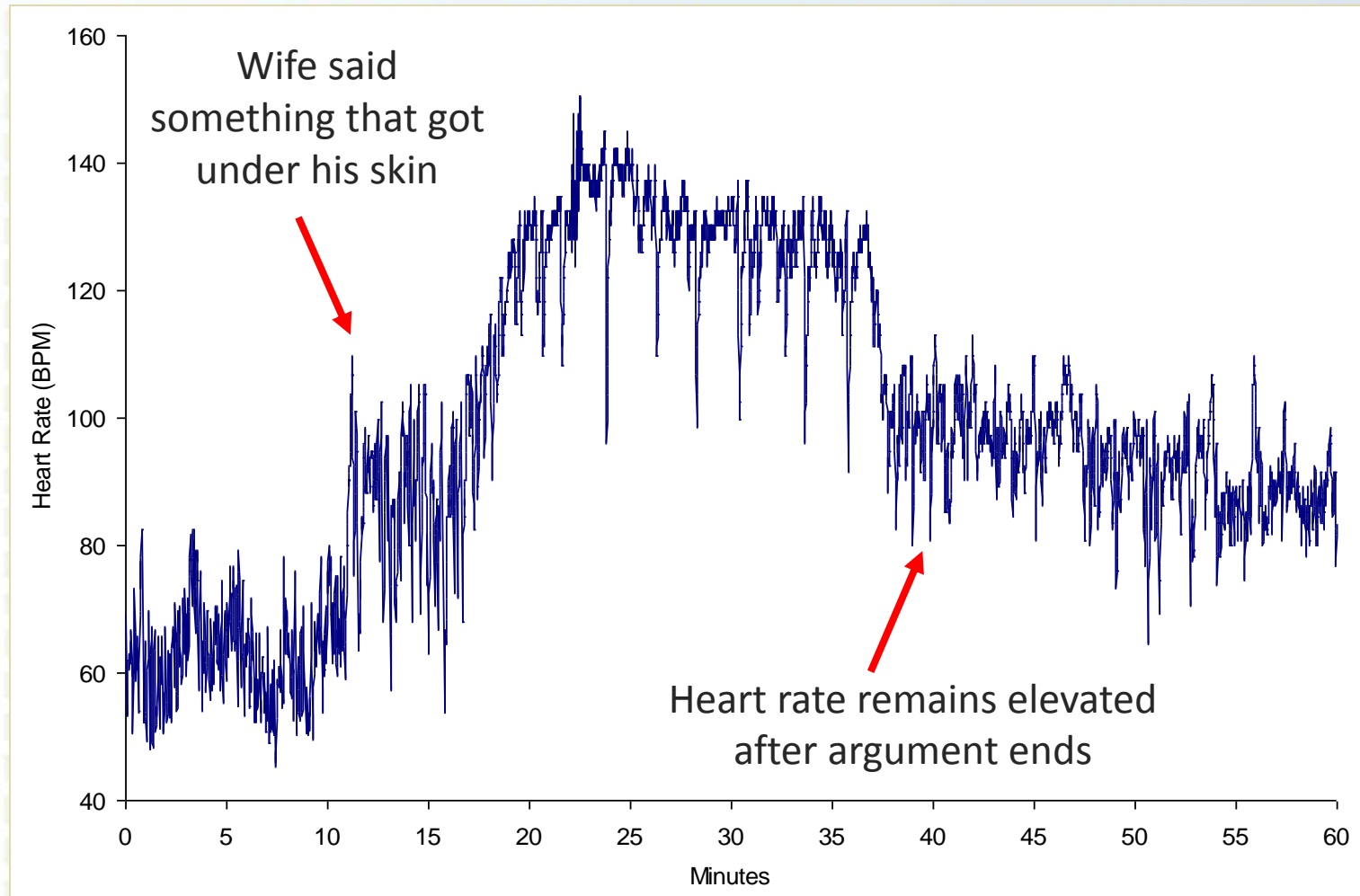
- Mental flexibility
- Attention span
- Ability to focus
- Incorporate multiple points of view



- Emotional flexibility
- Positive outlook
- Self-regulation

- Spiritual flexibility
- Commitment to values
- Tolerance of others' values and beliefs

Husband and Wife Arguing



Energy Balance

Constant energy expenditures without the balance of adequate rest and recovery lead to burnout, errors, health challenges and diminished performance.



Stress, Resilience and Performance

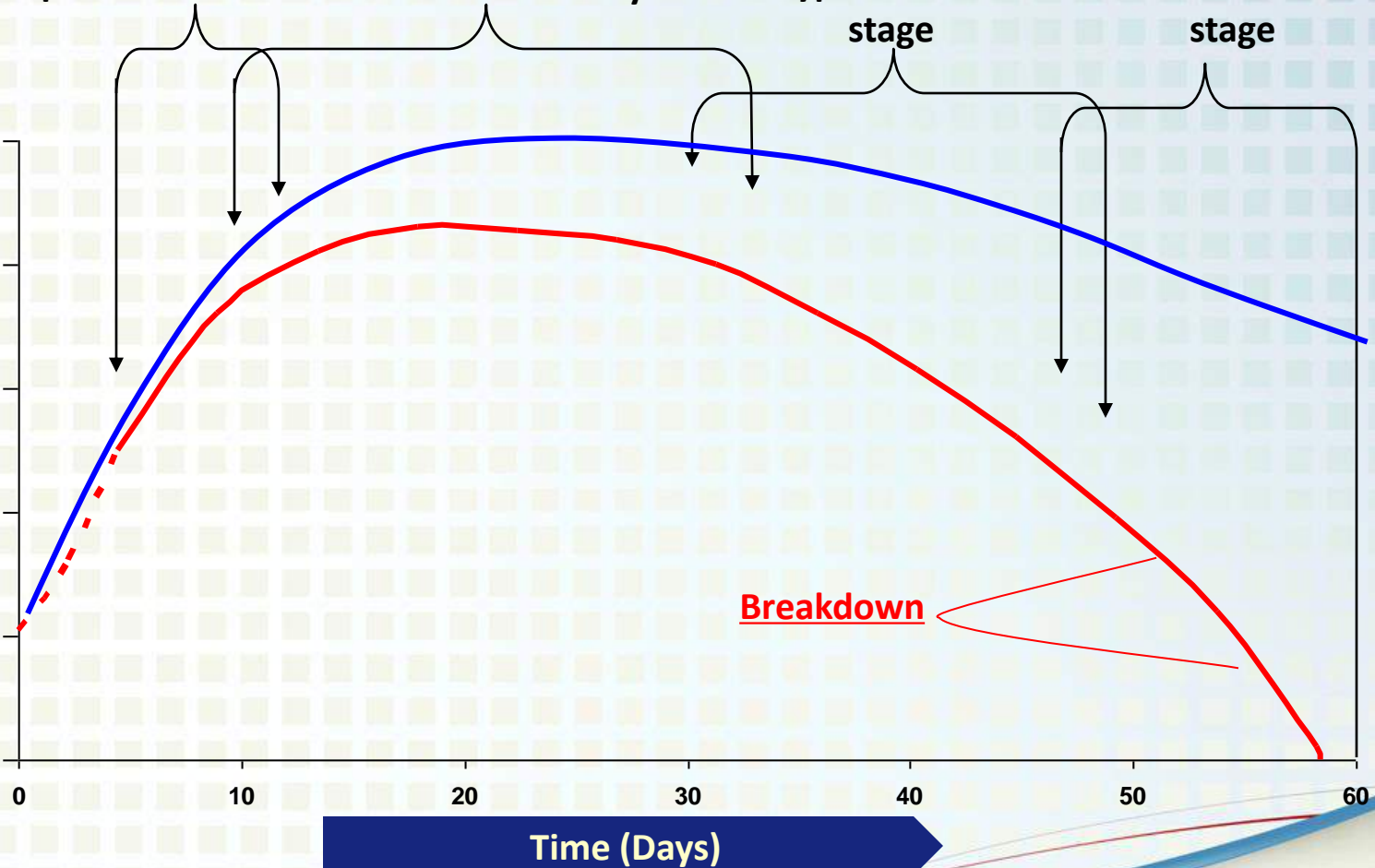
Embraces challenge and improves performance

Period of maximum efficiency

Hyper-reactive stage

Emotional exhaustion stage

Challenge Level & Effort



Breakdown



A Short Movie



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Emotional Soundtracks



Depleting and Renewing Emotions



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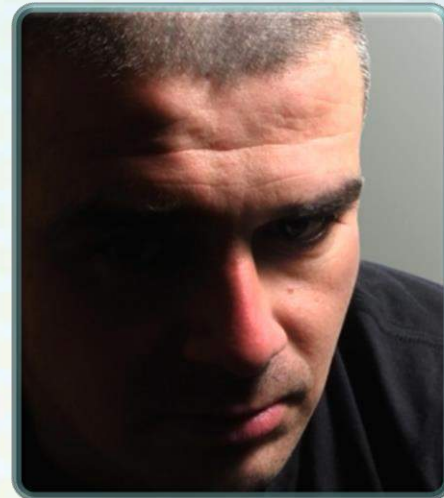


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Depleting Emotions

Emotions such as fear, frustration, impatience and anger have a toxic feeling and cause the release of stress hormones. This often results in:

- Reduced muscle mass
- Brain-cell death
- Impaired memory
- Accelerated aging
- Impaired mental function
- Diminished performance



Renewing Emotions

Emotions and attitudes such as care, courage, tolerance and appreciation create neurochemicals that regenerate your system and offset energy drain, resulting in:

- Increased longevity
- Increased resilience to adversity
- Improved memory
- Improved problem-solving
- Increased intuition and creativity
- Improved job performance and achievement



Self-Awareness

One of the most important steps in being able to stop energy drains and increase resilience is to identify unnecessary energy expenditures.



Heart-Focused Breathing™ Technique

An Intelligent Energy Self-Regulation Technique



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Heart-Focused Breathing

- Heart-Focused Breathing is a powerful and effective tool for self-regulation.
- It's the first step in shifting to a more coherent state – you are alert and calm at the same time.
- It can help you maintain your composure in challenging situations.



Heart-Focused Breathing™ Technique

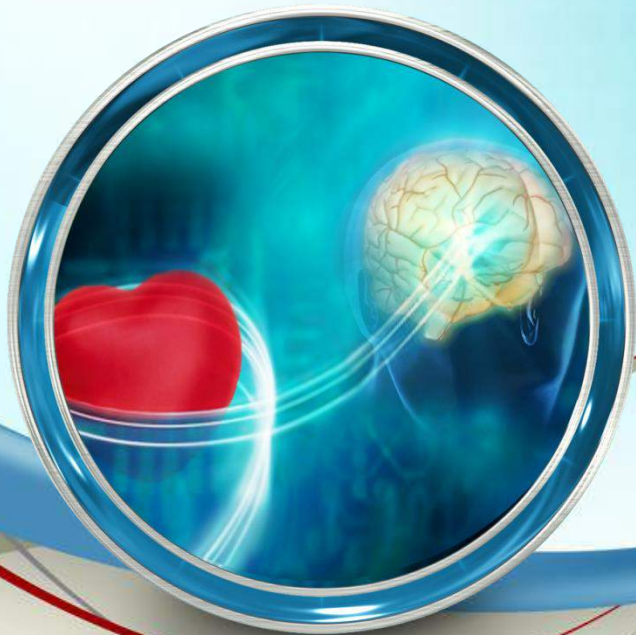
Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

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

Quick Step: Heart-Focused Breathing



The Physiology of Coherence and Optimal Functioning



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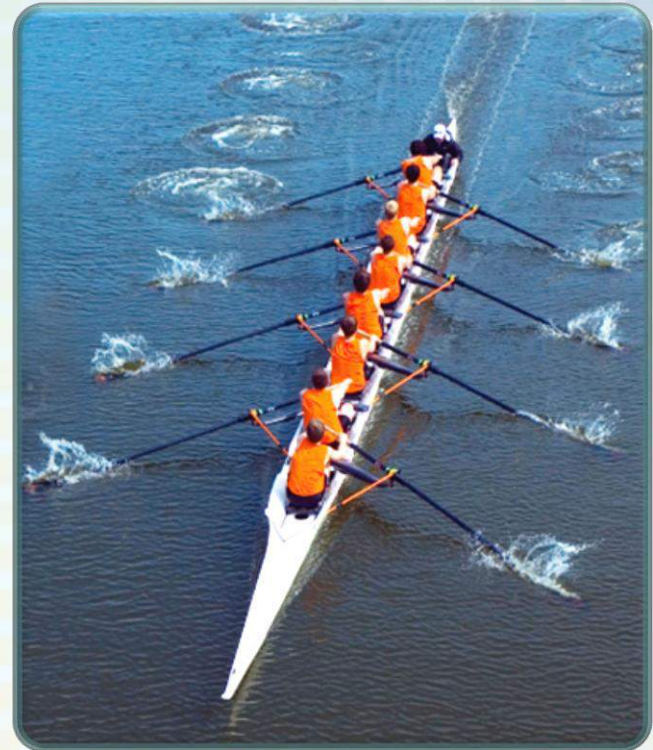


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Coherence

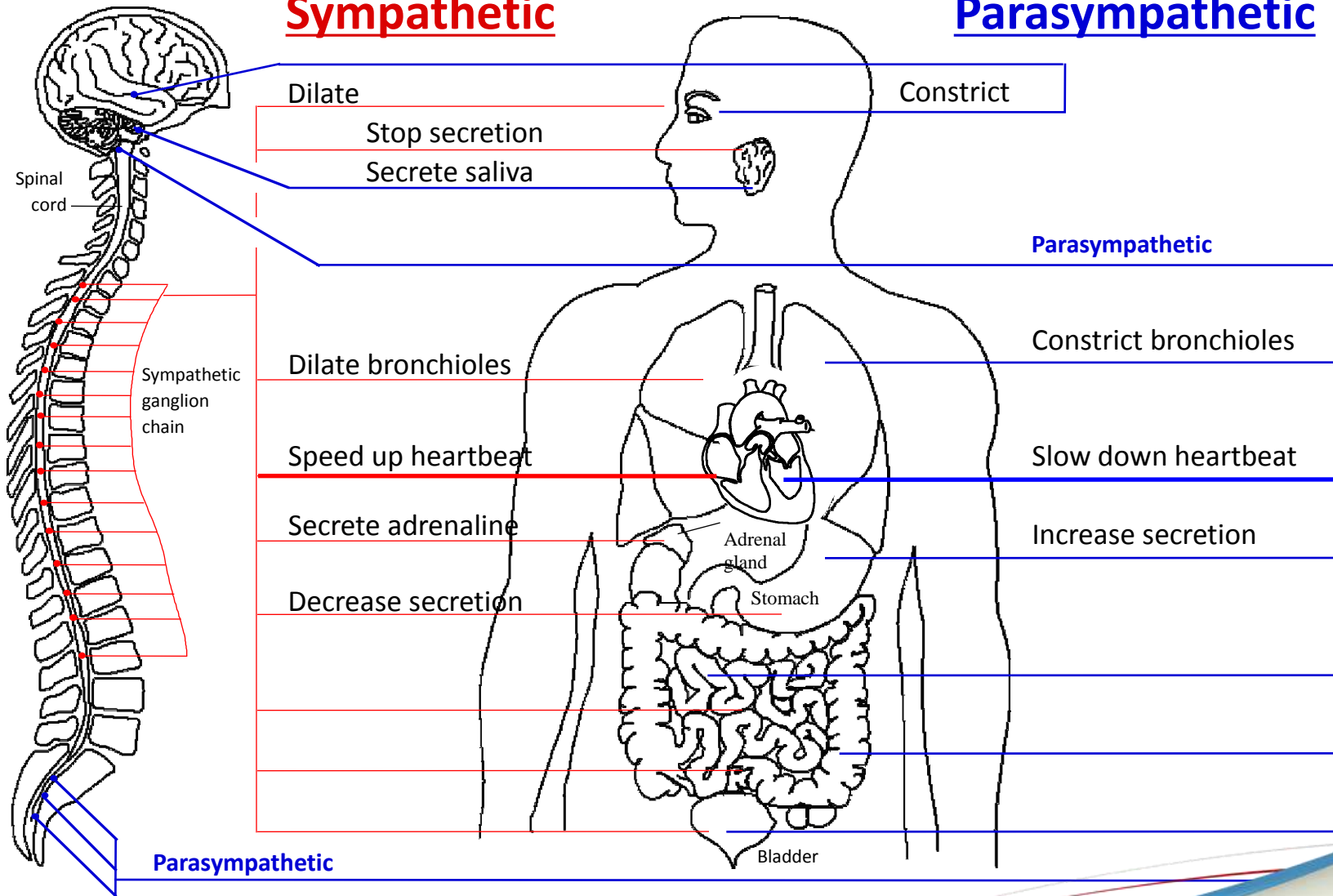
An optimal state in which the heart, mind and emotions are aligned and in sync.

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

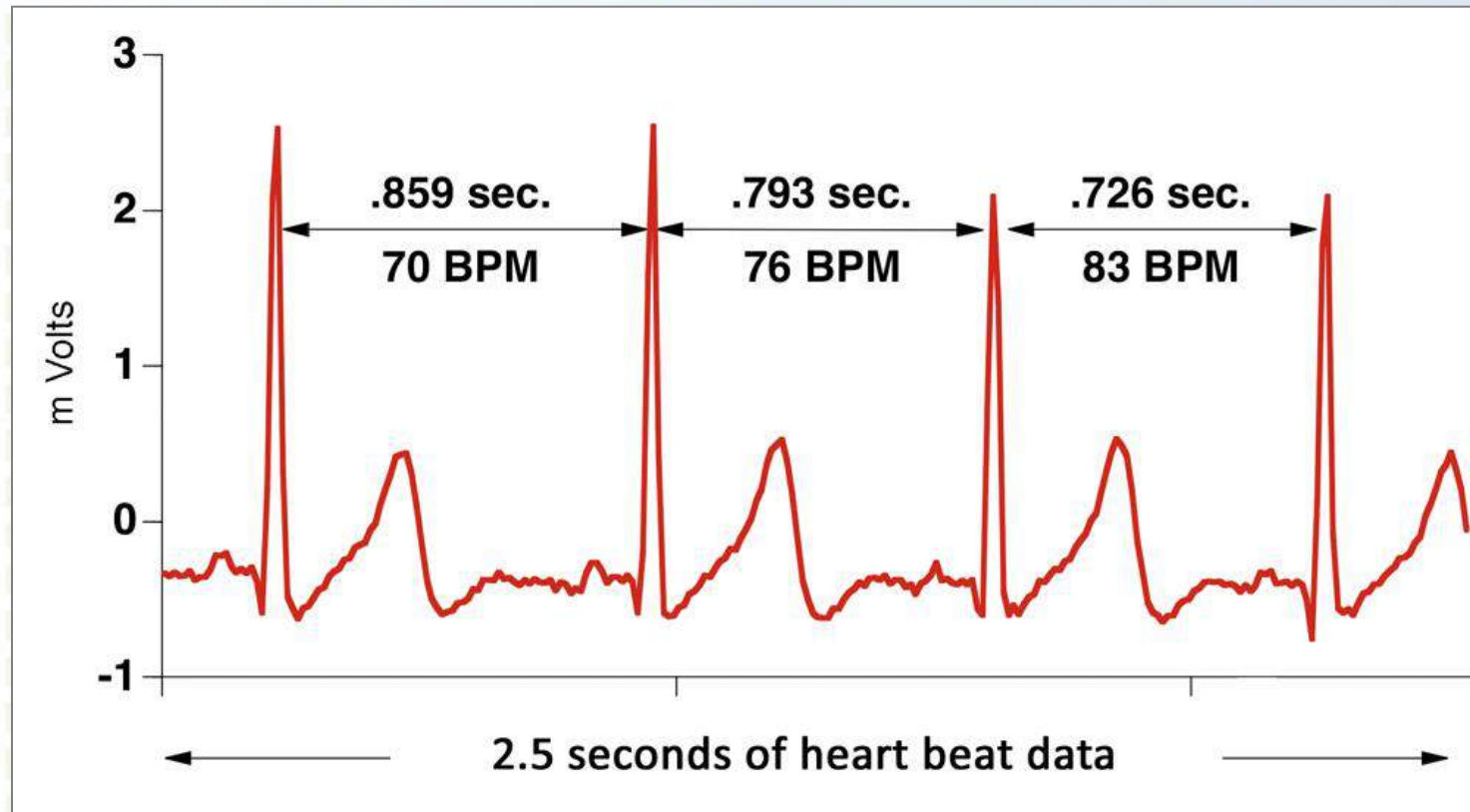


Sympathetic

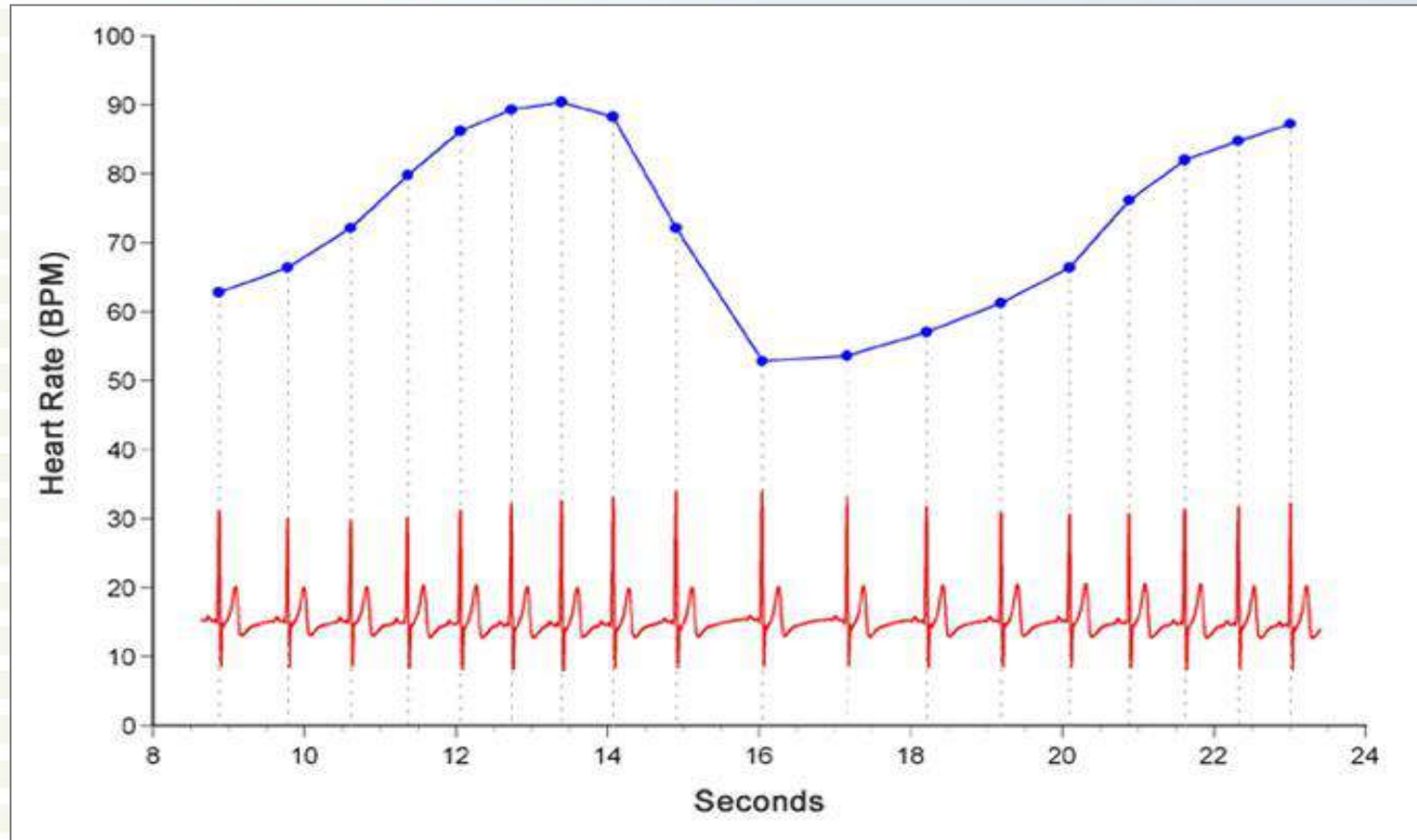
Parasympathetic



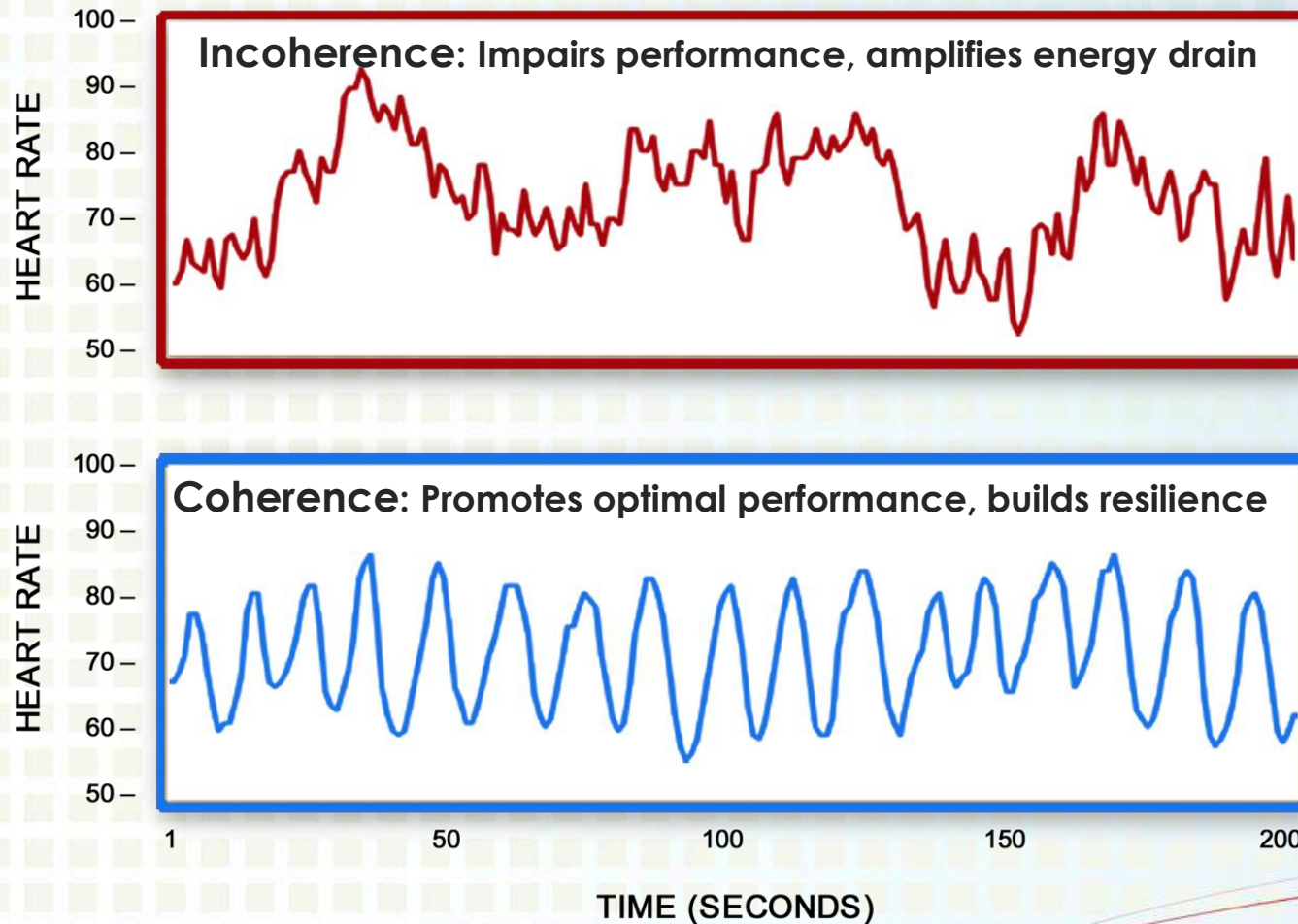
Heart Rate Variability (HRV)



Heart Rhythm Patterns Emerge



Emotions and Heart Rhythm Patterns

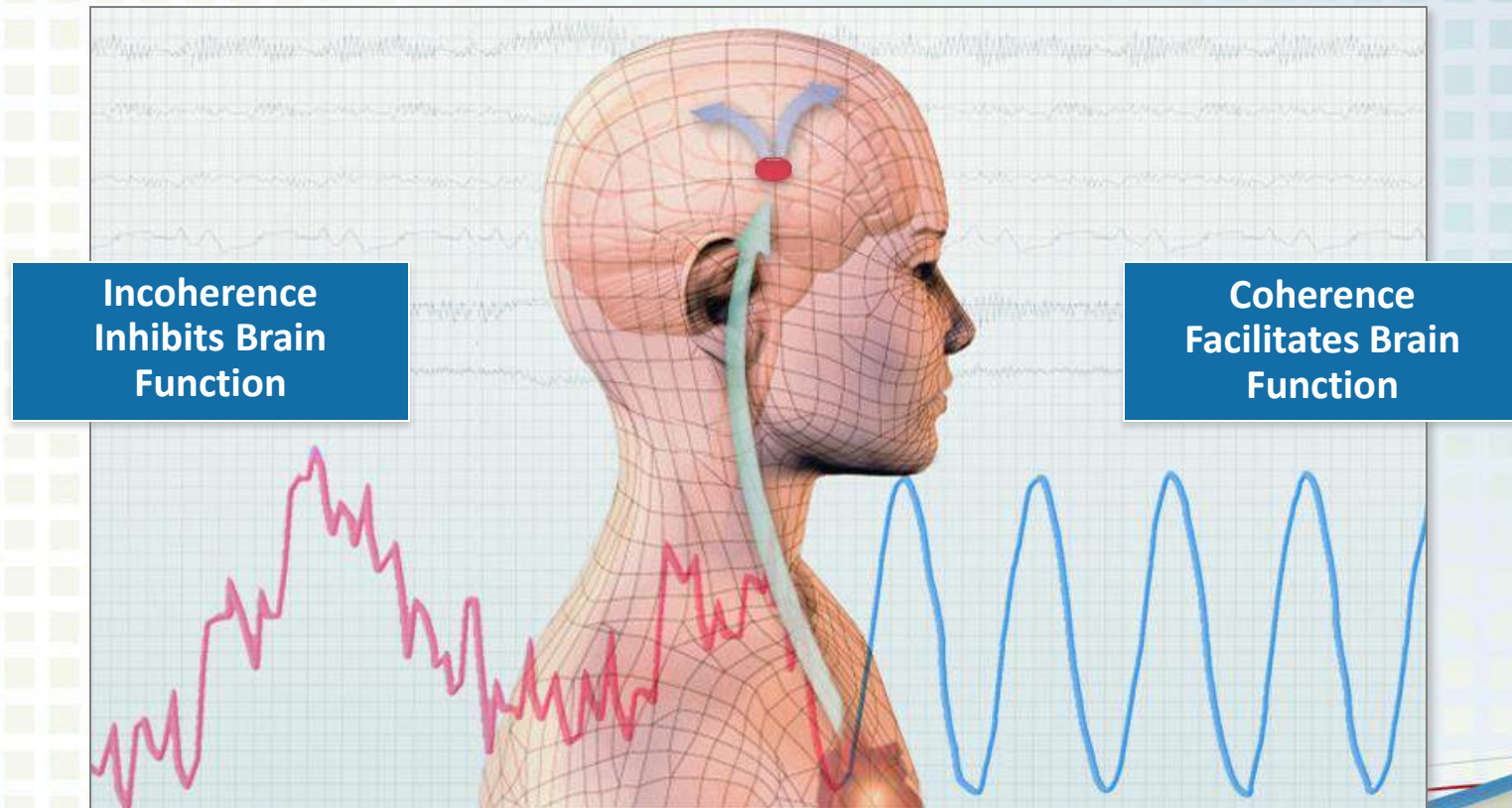


**Inhibits
Brain Function
(Frustration)**

**Facilitates
Brain Function
(Appreciation)**

Heart Rhythms Directly Affect Physical and Mental Performance

Heart signals affect the brain centers involved in decision making, reaction times, social awareness and the ability to self-regulate.



Coherence Practice – Outcomes

- Enhances ability to maintain composure during challenges
- Improves family and social harmony
- Reduces fatigue and exhaustion
- Promotes the body's natural regenerative processes
- Improves coordination and reaction times
- Enhances ability to think clearly and find better solutions
- Improves ability to learn and achieve higher test scores
- Increases access to intuitive intelligence



Quick Coherence® Technique

An Intelligent Energy Self-Regulation Technique



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Emotions and Feelings that Create Coherence

- Courage, Honor, Dignity
- Confidence
- Appreciation, Gratitude
- Kindness
- Care, Love
- Compassion
- Tolerance, Patience
- Enthusiasm, Joy



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).



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.

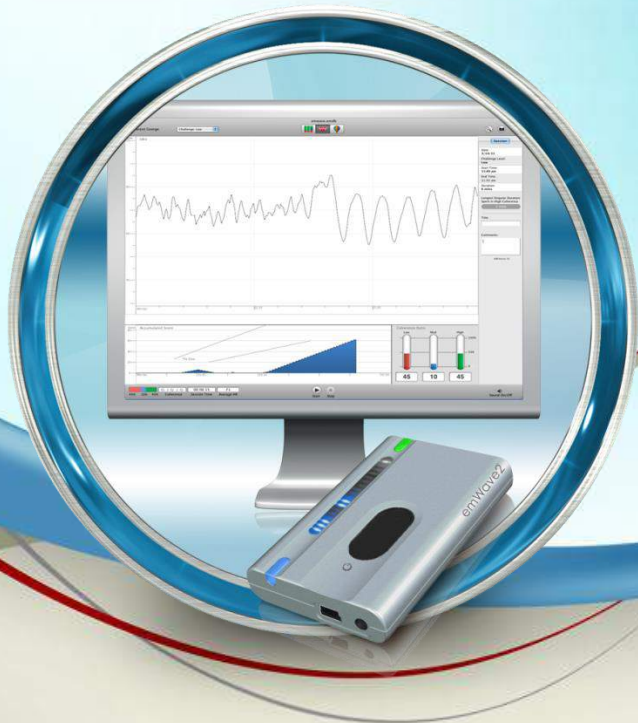


Quick Coherence® Quick Steps

1. Heart-Focused Breathing
2. Activate a positive or renewing feeling



Heart Rate Variability



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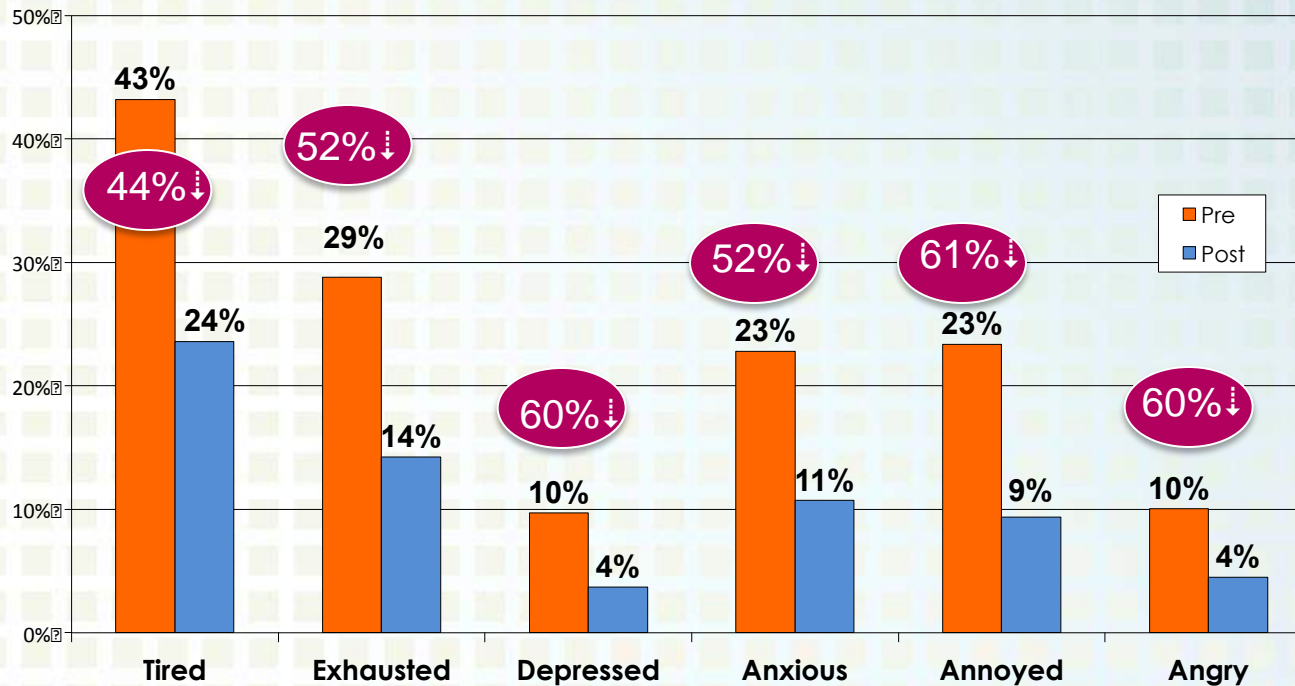
Patient Care Service Leaders — n = 20 (T1 and T3 7 mo)

% of responses: often – always:	Pre	Post
Tired	70%	6%
Fatigued	75%	10%
Exhausted	50%	5%
Anxious	30%	0%
Worried	40%	0%
Uneasy	20%	0%
Depressed	5%	0%
Annoyed	20%	0%
My Sleep is Inadequate	40%	21%
Body Aches (join pain, back aches, etc)	45%	10%
Muscle Tension	25%	0%
Calm	30%	53%
Dynamic	50%	70%
I am pleased with my Life	70%	100%

Improvements in Mental & Emotional Well-Being

Before and six weeks after HeartMath Training

(N=5692)

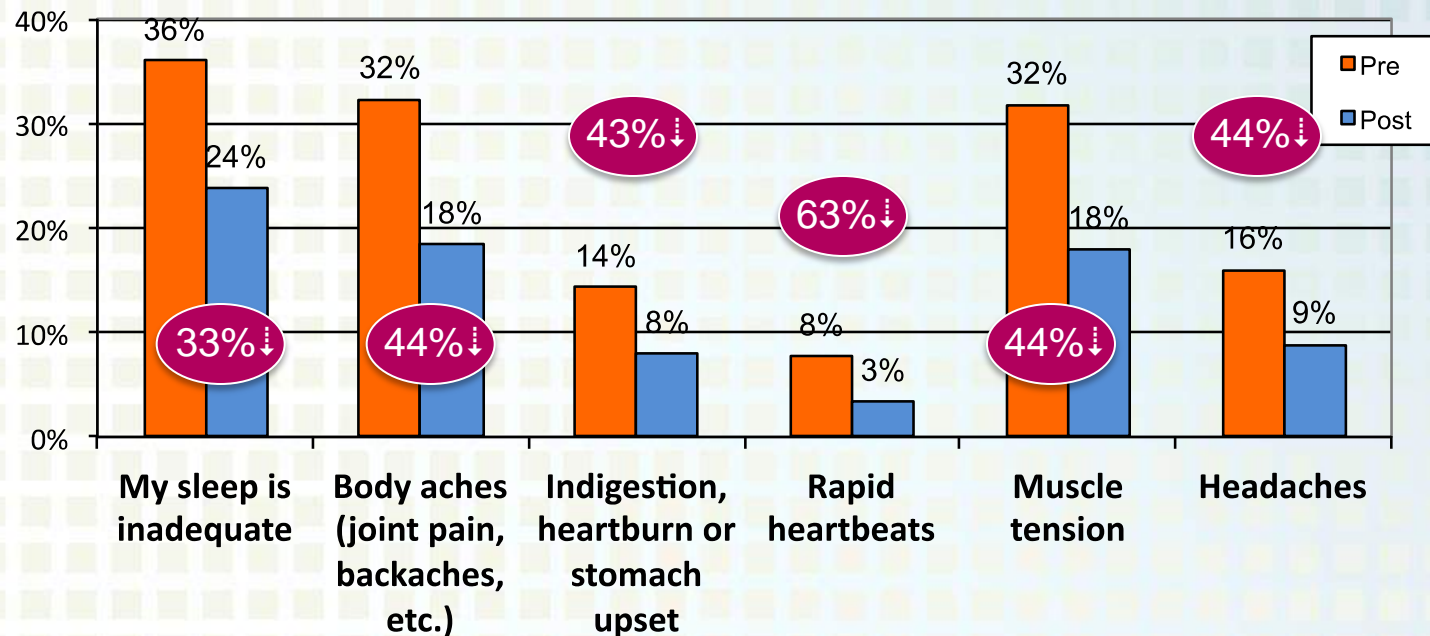


Percentage of individuals responding often or always

Improvements in Physical Symptoms of Stress

Before and six weeks after taking the HeartMath Program

(N=5692)



Percentage of individuals responding often or always

Relational Energetics

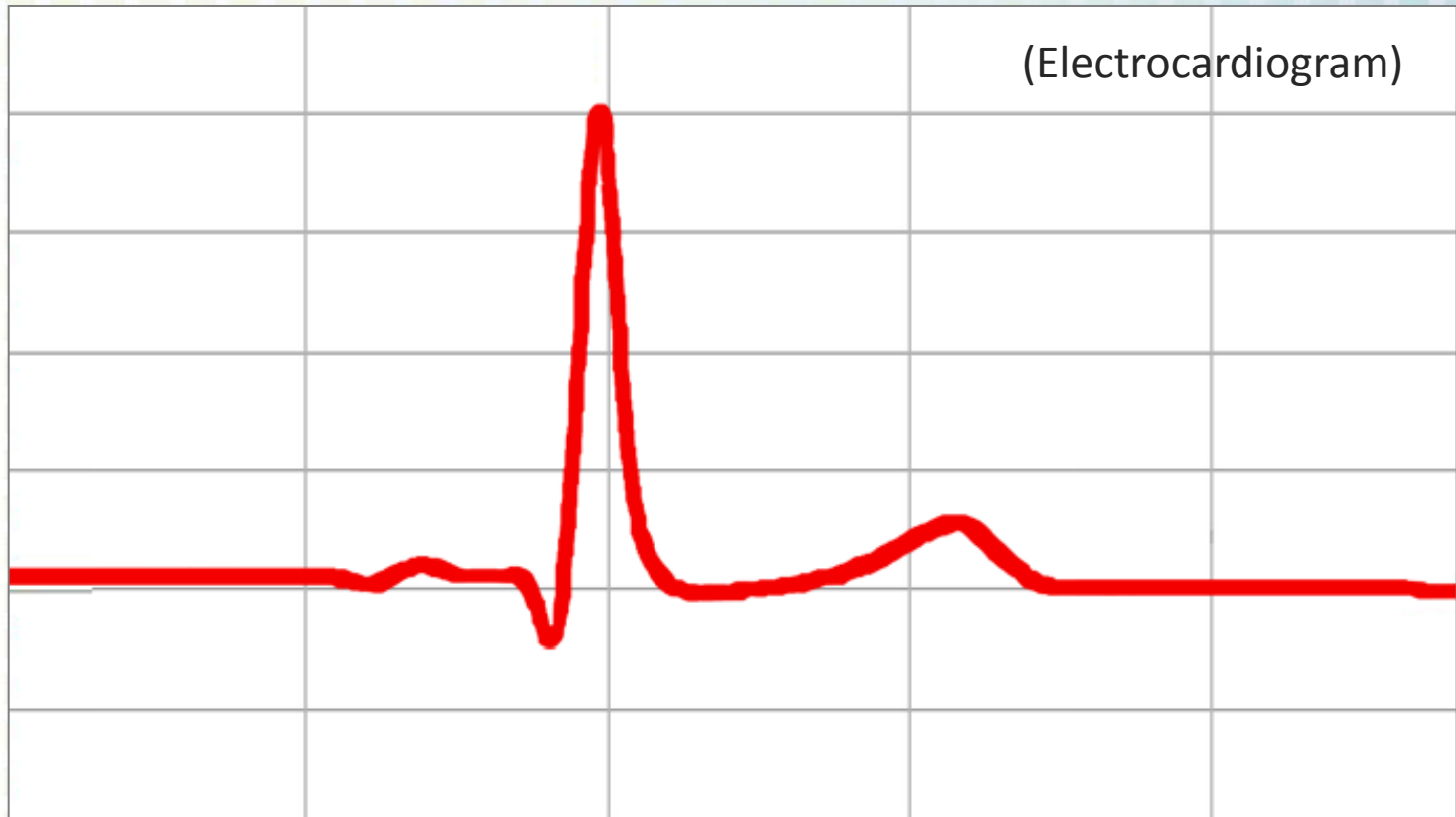


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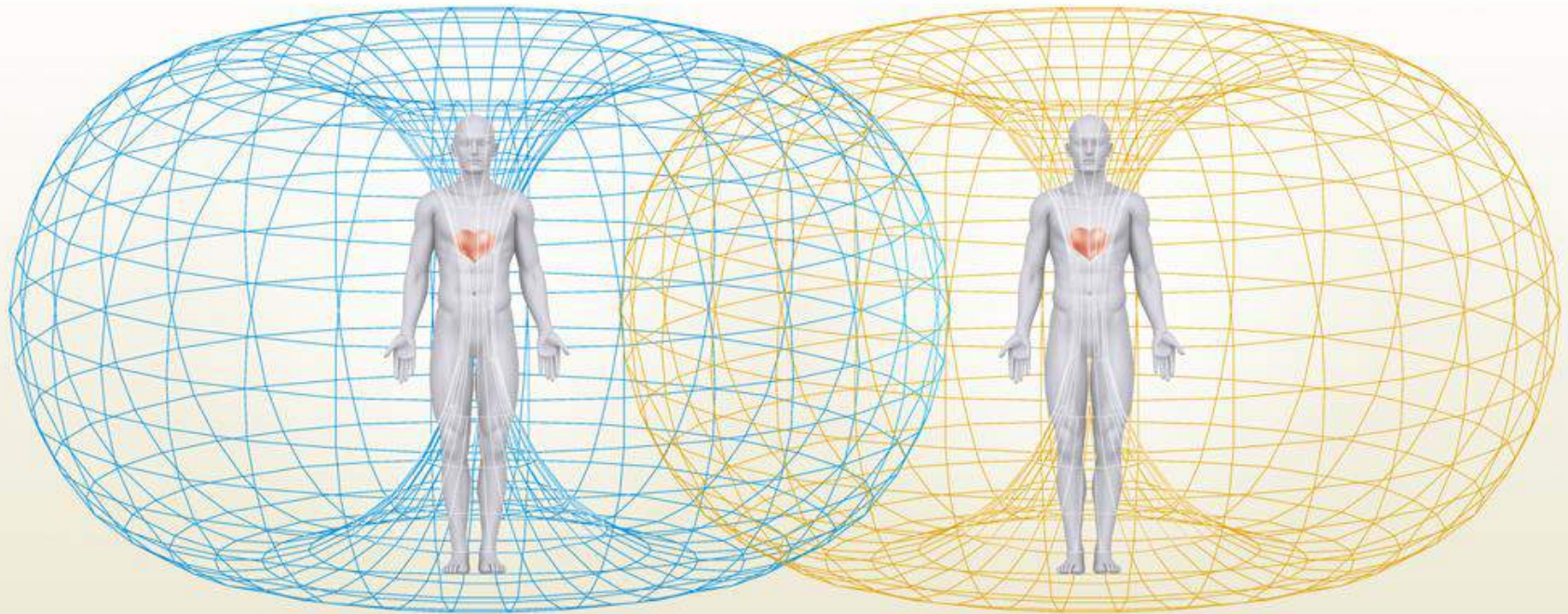


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The Electricity of the Heart



Our thoughts and emotions affect the heart's magnetic field, which energetically affects those in our environment whether or not we are conscious of it.



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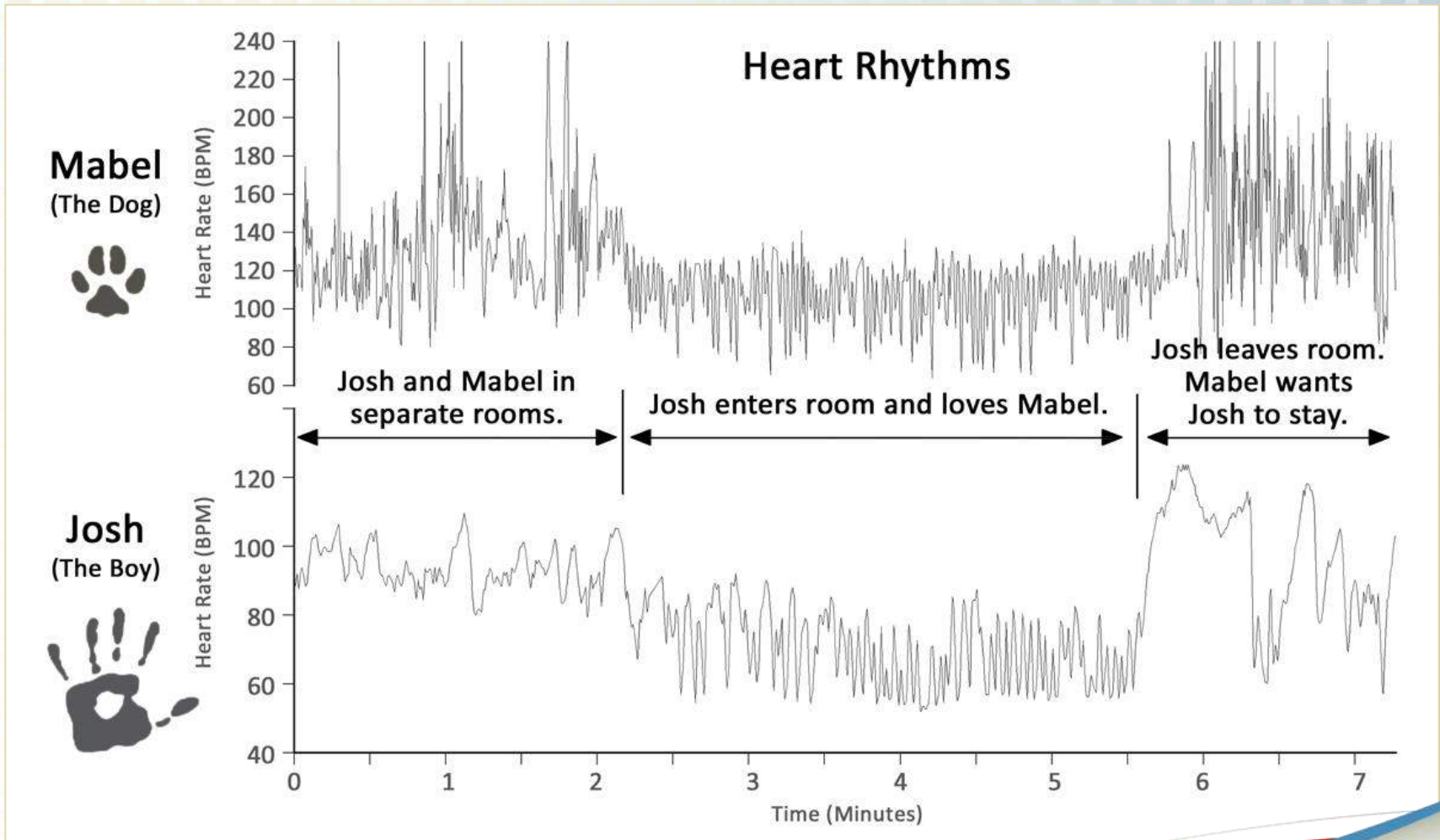




Josh and Mabel



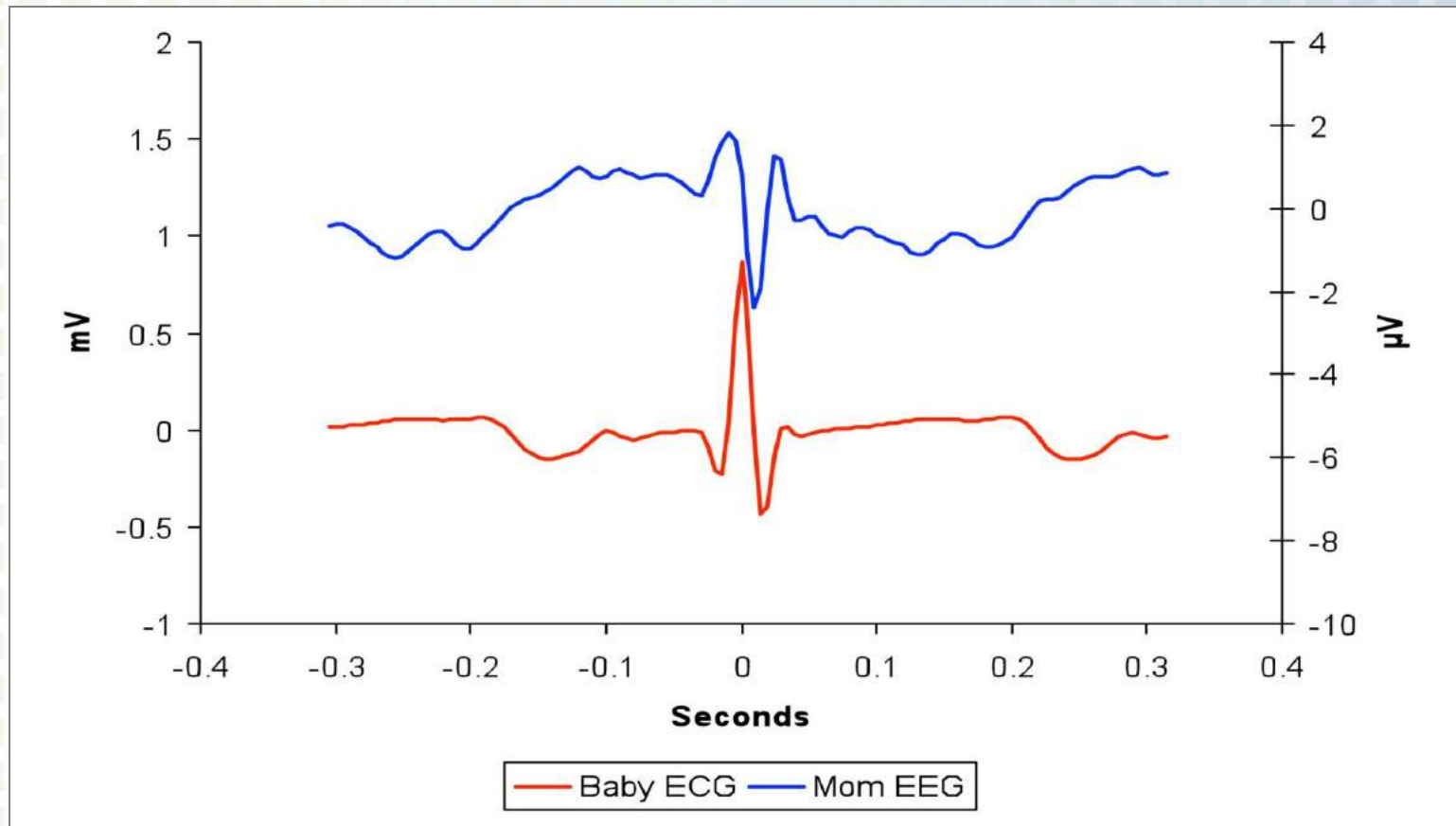
A Boy and His Dog



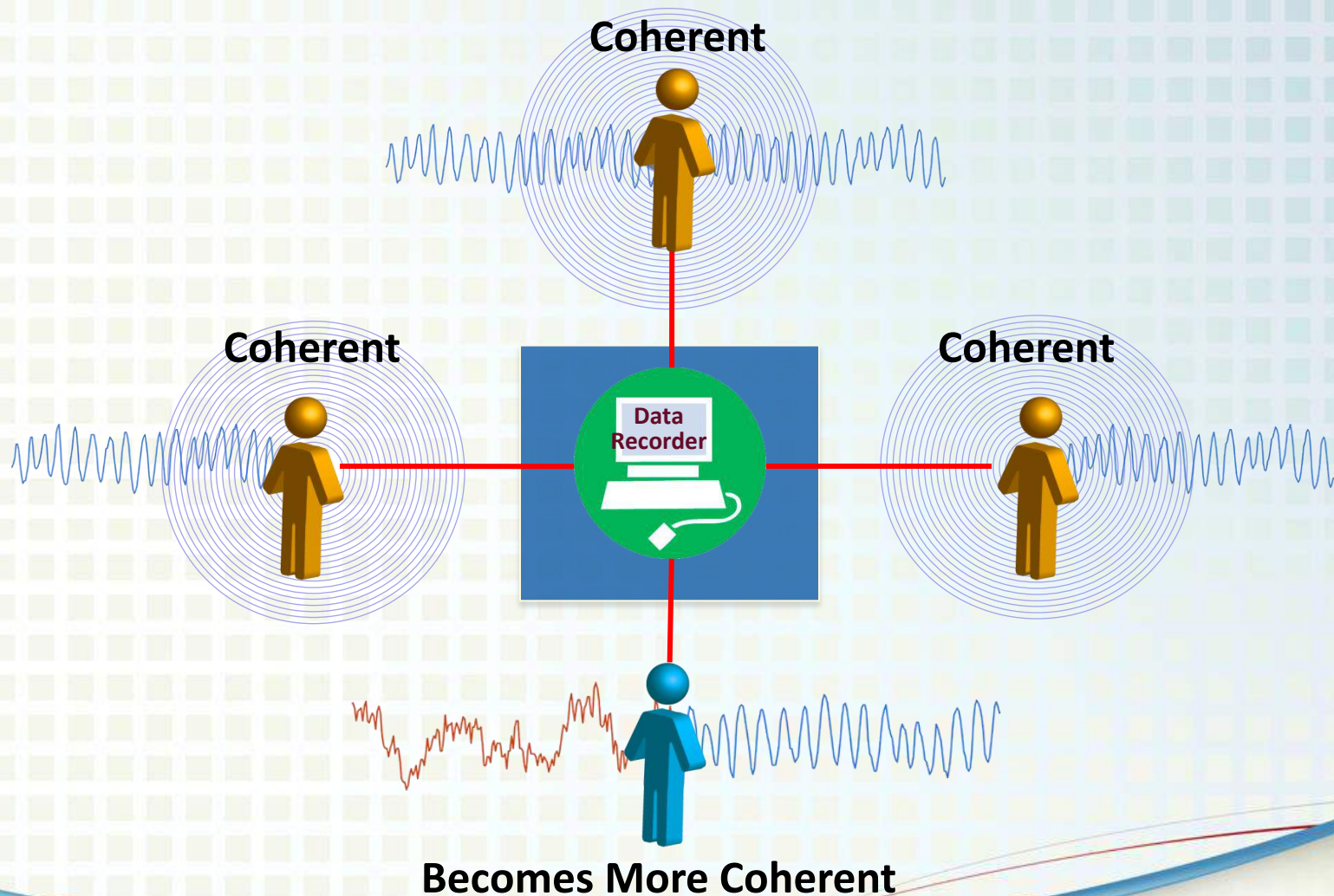
A Mother and Her Baby



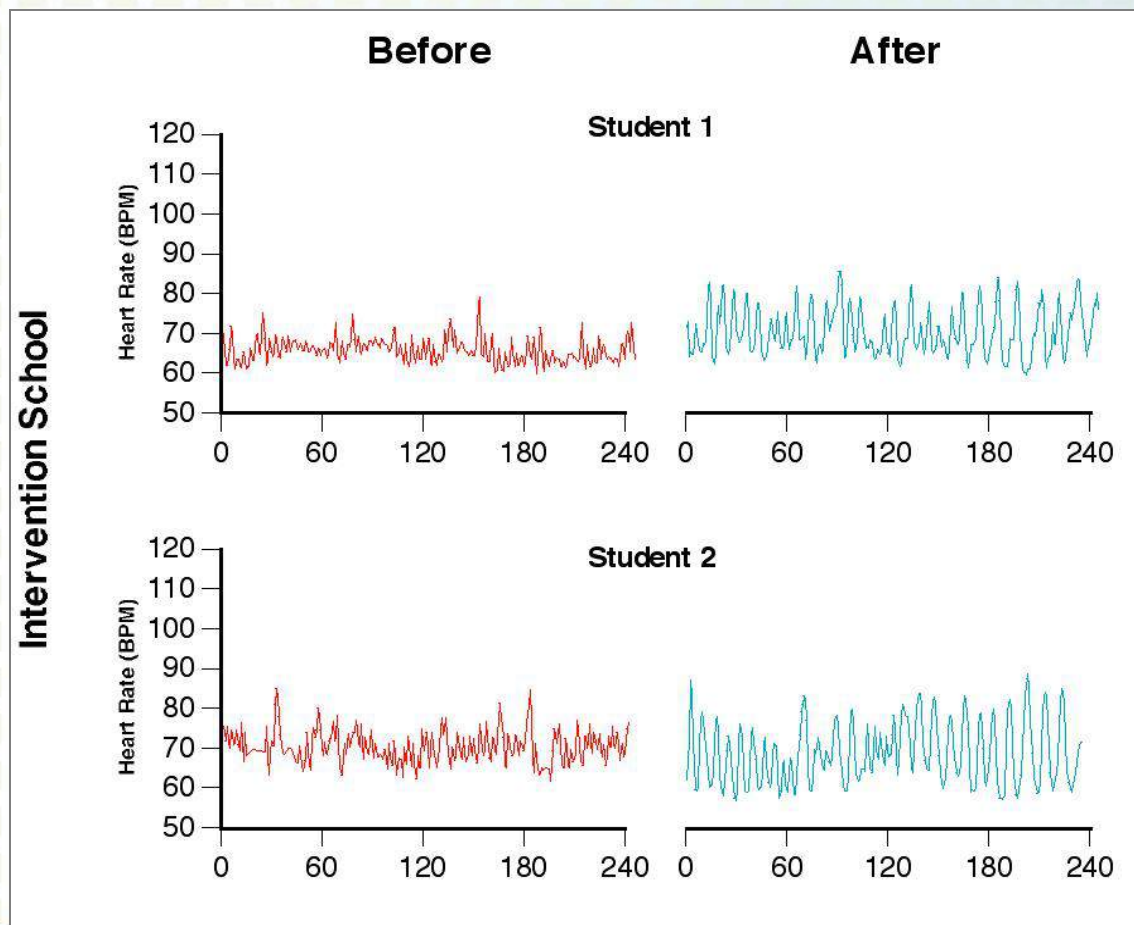
Mother's Brainwaves Sync to Baby's Heartbeats



Benefits of a Coherent Field Environment



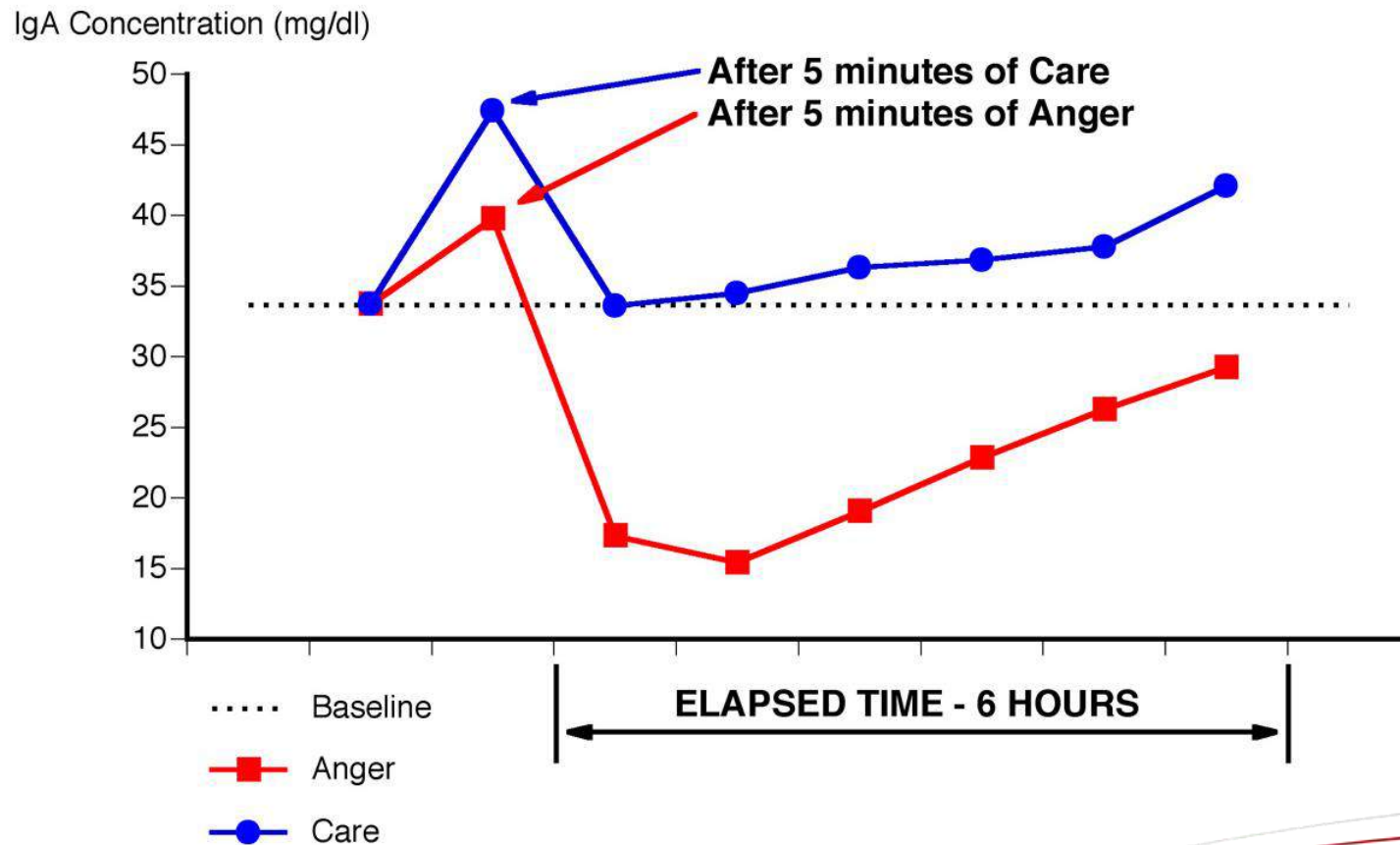
Research Showing Increased HRV and Baseline Shift



Resting HRV baselines before and after four months of practicing HeartMath techniques.



Care and Immunity



Study Results

- **Blood Pressure in Hypertensive Employees (Hewlett-Packard)**
20% reduction in diastolic and systolic blood pressure.
- **Diabetes (LifeScan)**
30% increase in quality of life metrics; 1.1% reduction in HbA 1c.
- **Congestive Heart Failure (Stanford Hospital)**
Increased functional capacity, reduced stress and depression.
- **Heart Arrhythmias (Kaiser Permanente)**
75% of the patients had significantly fewer episodes of atrial fibrillation and **20%** were able to stop medication altogether.
- **Pain Reduction in Veterans (Dorn VA Hospital, SC)**
Reduced pain and emotional distress, and limitations in activity.
- **Asthma (Robert Wood Johnson Medical School)**
Over 50% of patients experienced a decrease in airway impedance, symptom severity and medication consumption.



Retail Pharmacy Chain: Reduction in Medical Errors

N = 222 pharmacists

National pharmacy chain knew stress affected their medication errors “incident rate”.

One day HeartMath workshop and emWave provided to all pharmacists, with 2-hour follow up.

Results:

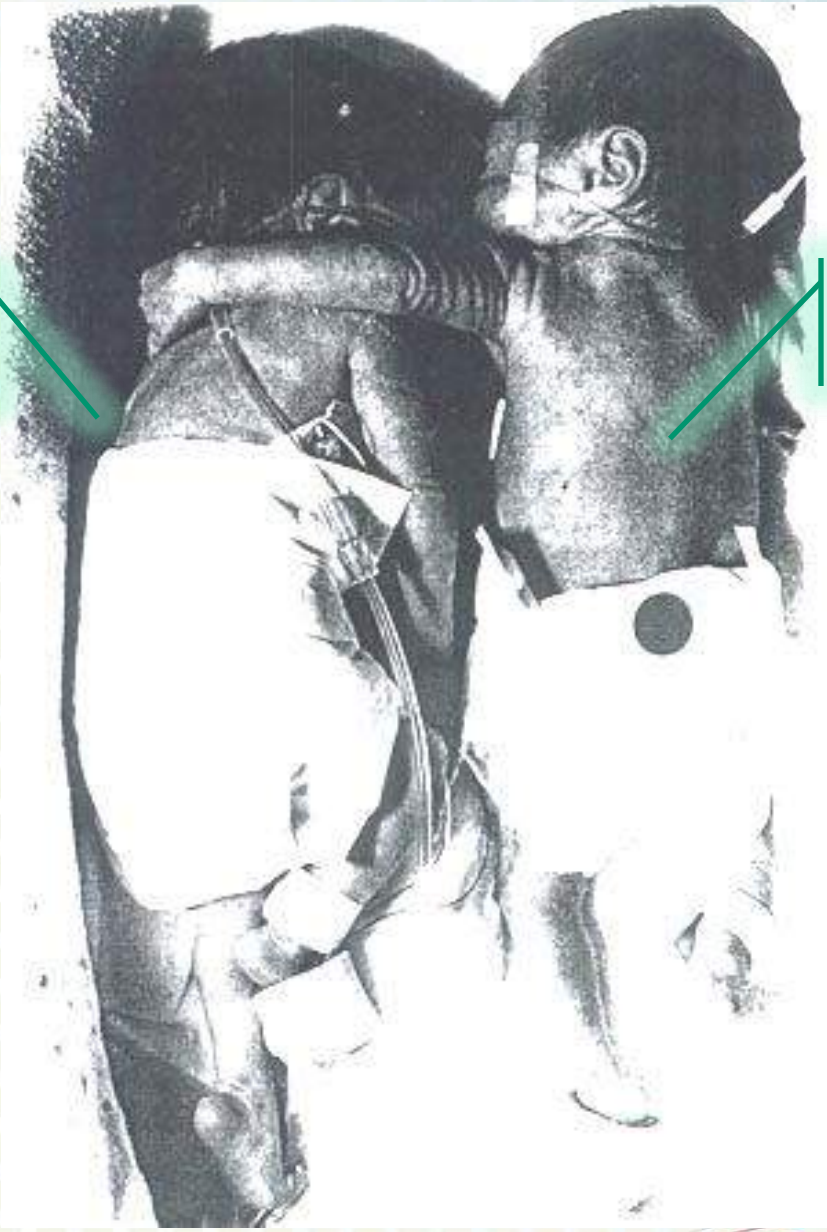
Significant reductions: fatigue, anxiety, depression, anger, resentfulness, stress symptoms, morale issues, time pressure and stress.

40-71% reduction in medication errors.

Exit survey reported 100% “extremely satisfied” with the program.

Based on these results, won ISFP award for safe medication practice.





Brielle

Kyrie

Photographed in Worcester, Mass
by CHRIS CHRISTO/WORCHESTER
TELEGRAM & GAZETTE

Thank You



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