

Smart Moves for Resilience

Calming Down -The Quick Coherence Technique

This describes the “quick coherence technique”. It helps promote a sense of health and well-being. Among the many benefits of coherence are calmness, good energy levels, clear thinking and good immune system function. With practice, it can be used to manage stress, promote feelings of well-being and be present for increasing periods of time without conscious effort.

Create a coherent state in about a minute with these simple but powerful steps.

Step 1 Heart Focus – focus your attention on the area around your heart. If you like, place your hand over the centre of your chest to help to keep your attention in the heart area.

Step 2 Heart Breathing – breathe deeply but normally and feel as if your breath is coming in and going out through your heart area. As you inhale, feel as if your breath is flowing in through your heart, and as you exhale, feel it leaving through this area. Breathe slowly and casually, a little deeper than normal.

Step 3 Heart Feeling – as you maintain your heart focus and heart breathing, activate a positive feeling. Recall a time when you have felt a feeling of love or appreciation. One of the easiest ways to generate a positive heart-based feeling is to remember a special place you’ve been to or the love you feel for a close friend or family member or treasured pet. This is the most important step.

When to use the Quick Coherence Technique ?

Use the technique when you start to feel a draining emotion such as frustration, irritation or anxiety or stress. Using quick coherence at the onset of less intense negative emotions can prevent them from escalating and bring you back into balance more quickly.

You can use the quick coherence technique anytime, anywhere and no one will know that you are doing it. In less than a minute, it creates positive changes in your heart rhythms, sending powerful signals to your brain that can improve how you are feeling.

For further information, visit the website of the Institute of Heartmath – www.heartmath.org