

# The Quick Coherence® Technique

## Transform Stress into Resilience

### 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).*

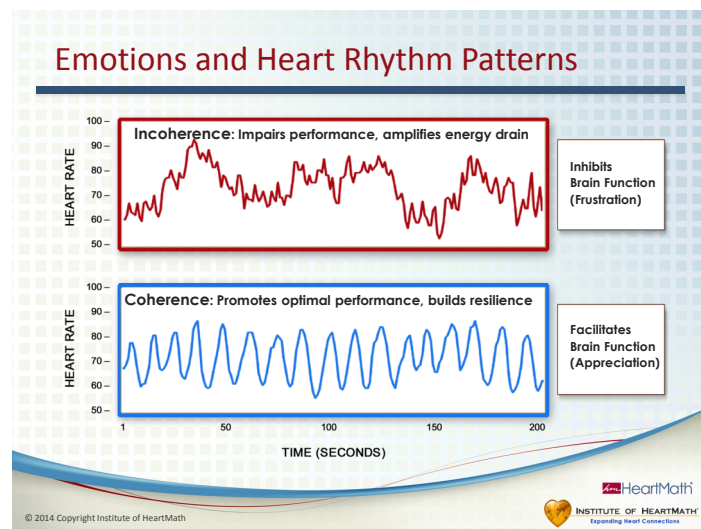
### Step 2

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



### Renewing Emotions

Experiencing regenerative (positive) emotions and attitudes facilitates the maintenance of coherence and resilience. They create neurochemicals that regenerate your system and offset the energy drain.

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



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