

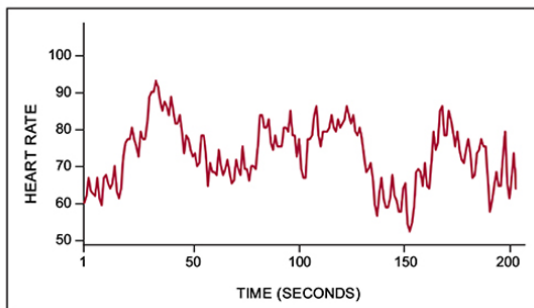
Quick Coherence...a coherence building technique

- A 2-step technique, that can be done on the go & in 60 seconds
- **Problem:** Reactions to stress are *fueled by* the emotions attached to the stressor. **Solution:** Shift emotions to decrease stress reactions.
- **How QC works:** Renewing (positive) emotions such as appreciation, courage, care & compassion shift heart rhythms into a more coherent rhythm (energy saving) while depleting (negative) emotions such as frustration, anger, & sadness shift heart rhythms into an incoherent rhythm (energy draining).
- **Suggested use:** When experiencing a drain from depleting (negative) emotions
- **Results:** Increased energy & resilience capacity!

Emotions and Heart Rhythms

Incoherence

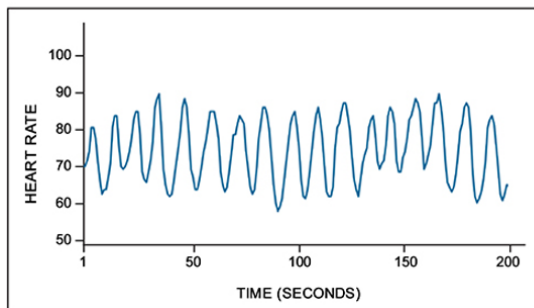
frustration, irritation, impatience, worry



Inhibits brain function – impairs performance

Coherence

appreciation, calm, patience, confidence



Facilitates brain function – promotes optimal performance

Quick Coherence Guide

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. *Inhaling for 5 seconds & exhaling for 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 or special place, an accomplishment, etc., or focus on a feeling of calm or ease.*