



The Power of The Head/Heart Connection

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AGENDA

In this training, participants will learn:

- The science behind the Head/Heart Connection.
- Learn the domains of resilience and the difference between energy renewing and energy depleting emotions.
- Apply the power of the heart using HeartMath® techniques such as Heart Focused Breathing™ and Inner Easy™ to shift thoughts and emotions.
- CBT: Thoughts +Emotions=Actions and Reactions. What you think and feel matters.
- Sifting perceptions and creating a Choice Point.
- Learn what Relational Energetics is and how to use Attitude Breathing to shift emotions and create a positive environment for students and clients alike.

Being Resilient

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.



Domains of Resilience

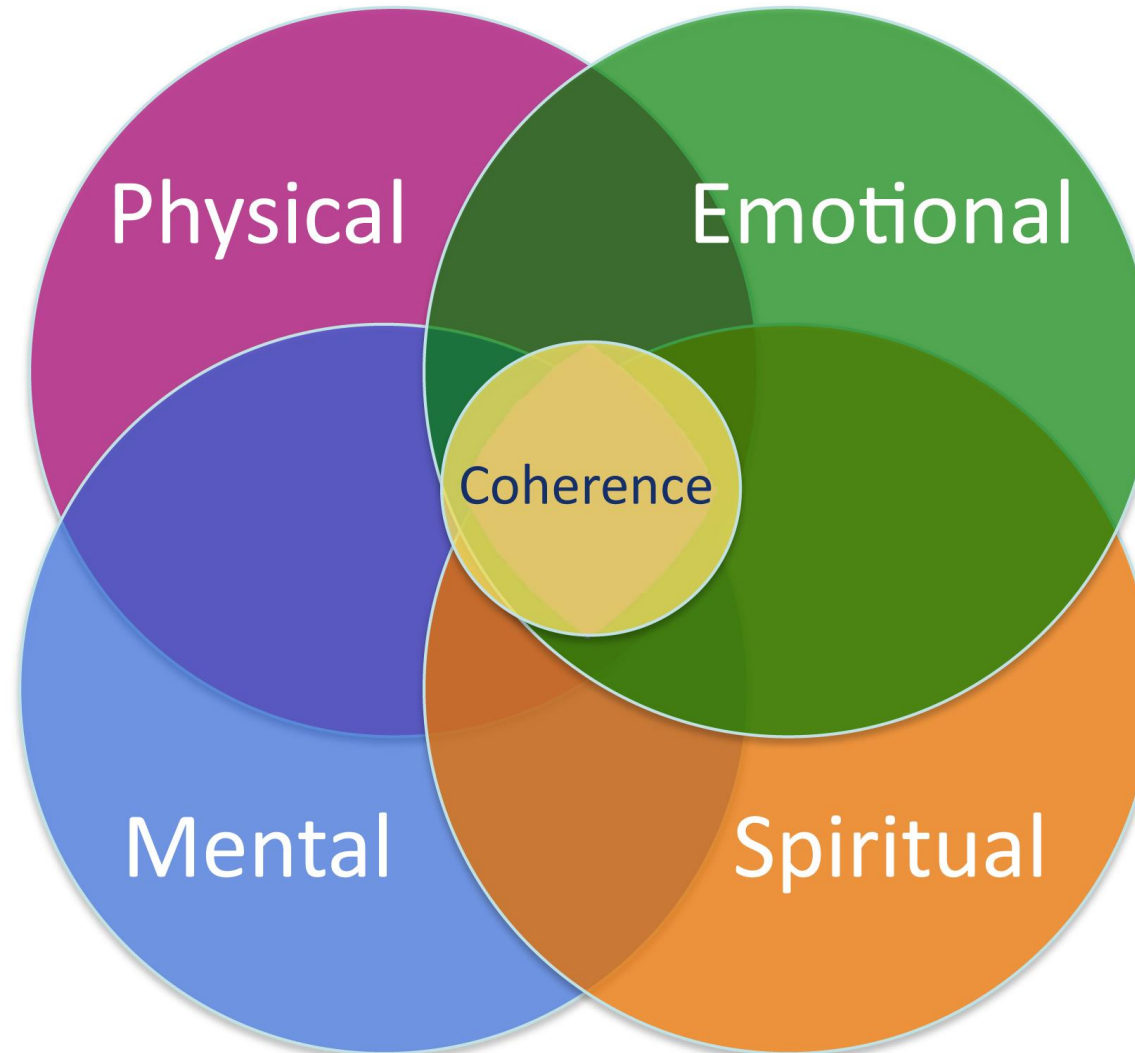
Resilience from *Resilience Advantage*®

Physical flexibility

- Endurance
- Strength

Mental flexibility

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



Emotional flexibility

- Positive outlook
- Self-regulation

Spiritual flexibility

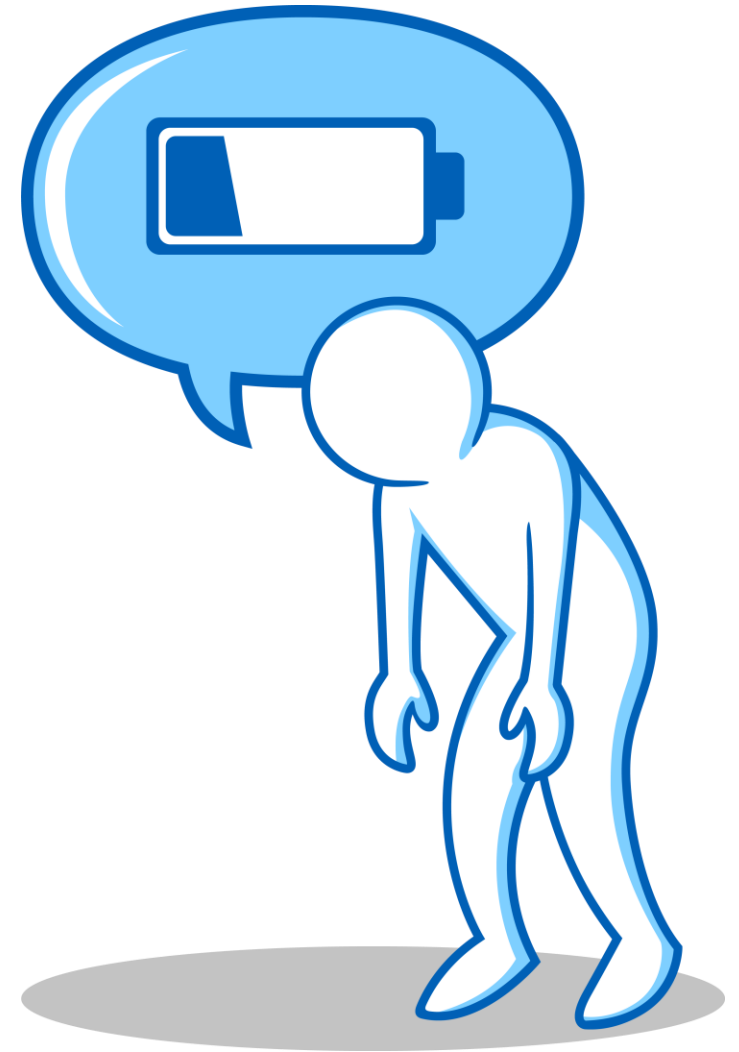
- Commitment to values
- Tolerance of others' values and beliefs

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

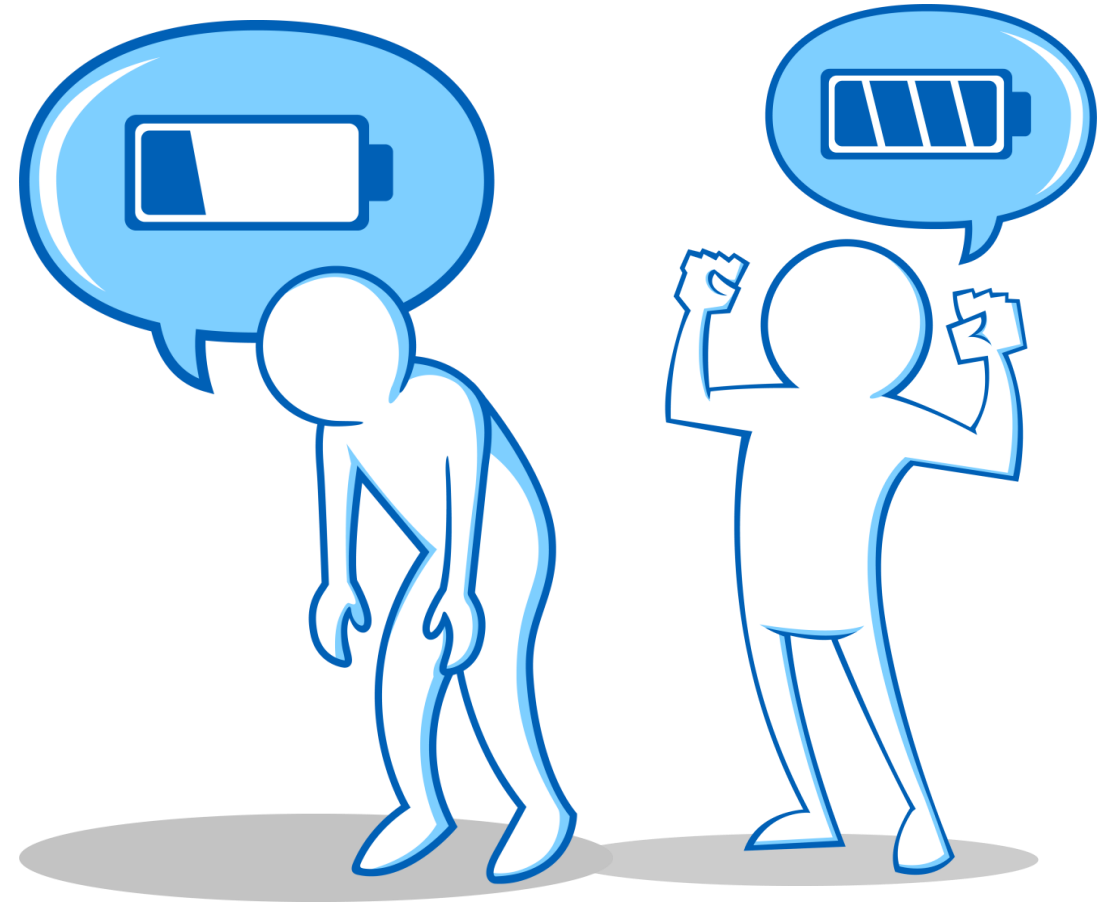
Emotions and attitudes such as care, courage, tolerance and appreciation create neurochemicals that regenerate your system and offset energy drain, resulting in:

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



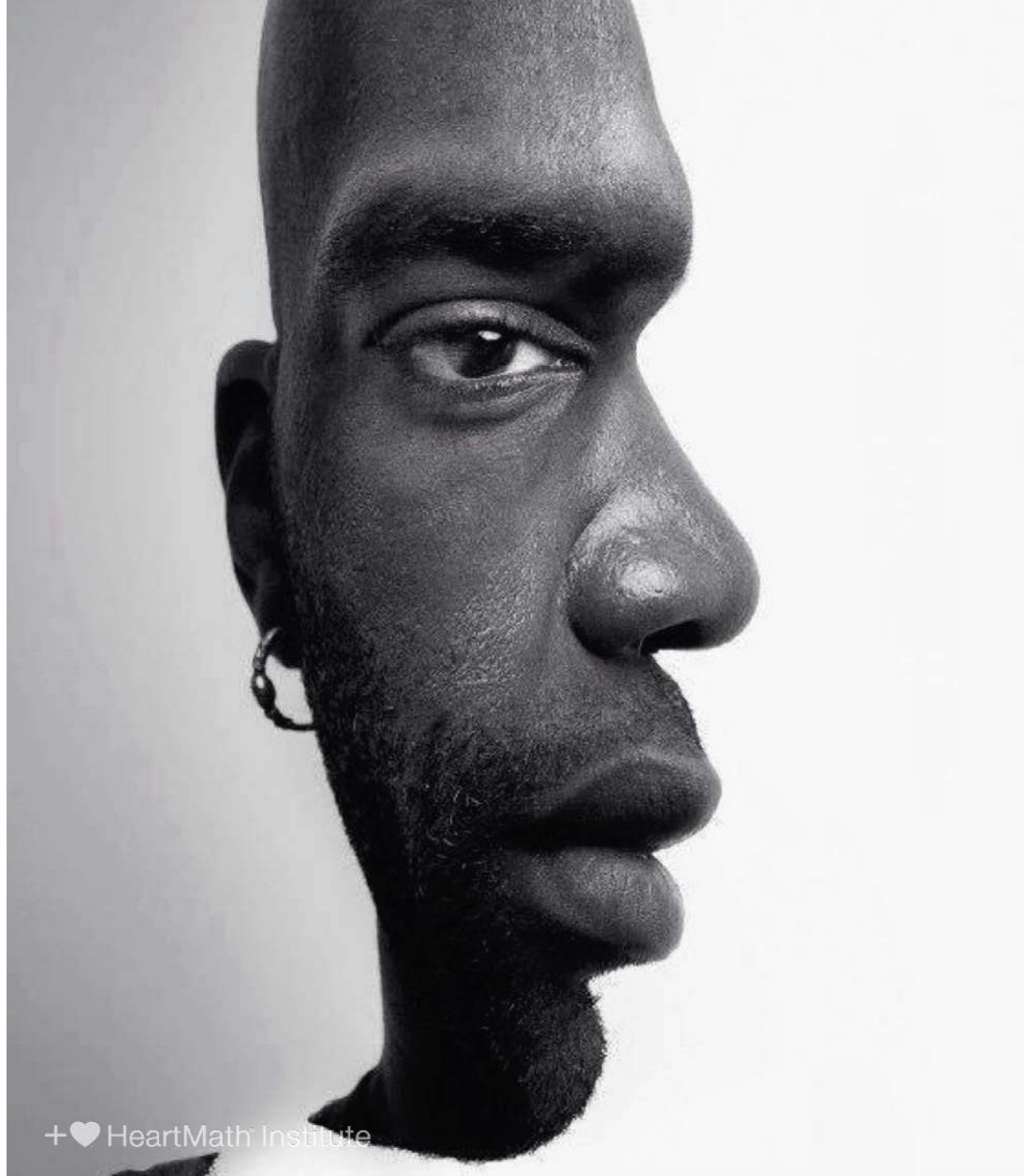
Self-Awareness

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



CBT

Thoughts + Emotions = Actions & Reactions



Perception

“The way in which something is regarded, understood or interpreted.”

Heart-Focused Breathing™ Technique

An Intelligent Energy Self-Regulation Technique



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



Inner-Ease™ Technique

An Intelligent Energy Self-Regulation Technique



Ease – Creating a Balanced Rhythm

Ease means moving through your day with your mind and emotions in a balanced rhythm.

Inner ease is not a sleepy-headed state. It's a regenerative state in which you are more alert, resilient and can respond more effectively.

Inner ease is an aspect of “stillness” that we can access while on the move.

Inner-Ease™ 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).



Inner-Ease™ Technique

Step 2:

With each breath, draw in the feeling of inner ease to balance your mental and emotional energy.



Inner-Ease™ Technique

Step 3:

Set a meaningful intent to anchor the feeling of inner ease as you engage in your projects, challenges or daily interactions.



Inner-Ease™ Quick steps

1. Heart-Focused Breathing
2. Draw in the feeling of inner ease
3. Anchor and maintain the feeling

With practice you can shift to the attitude of ease by remembering to breathe it in.



Creating a Choice Point

The attitude of inner ease gives us an extra pause – a “choice point” in which we can make wiser choices, even in the heat of the moment.

Breathe ease to pause and settle the mind and emotions before responding to vexing emails. This creates a conscious space for double checking our intentions and choices before we press “send.”

Difference Between Stress & Anxiety

- Stress is a person's physical and psychological response to outside triggers (activators).
- Anxiety involves feelings of fear, worry, dread in anticipation of assumed danger/negative outcome.

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- Stress = demand placed on your brain or physical body.
 - Anxiety is a feeling of fear, worry, or unease.

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- Stress tends to be short term and in response to a recognizable threat.
 - Anxiety may linger and not have an easily identifiable trigger.



A Hidden Source of Stress

An inner dialog when your heart's intuition says one thing, but your mind says something else.

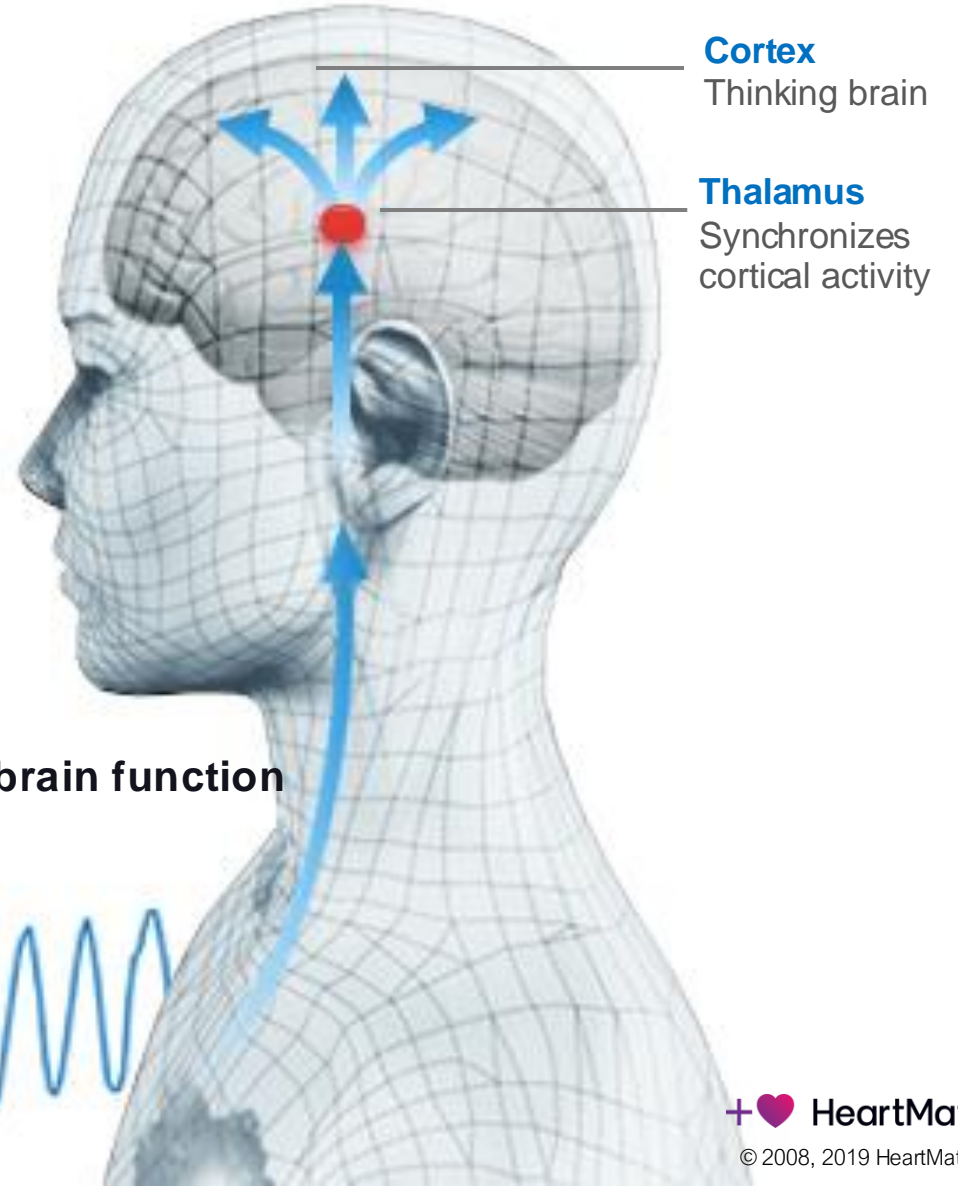
Heart Rhythms

Affect Physical and Mental Performance

Heart rhythms directly affect brain centers involved in foresight, decision-making, social awareness, and our ability to self-regulate.

Incoherence inhibits brain function

Coherence facilitates brain function



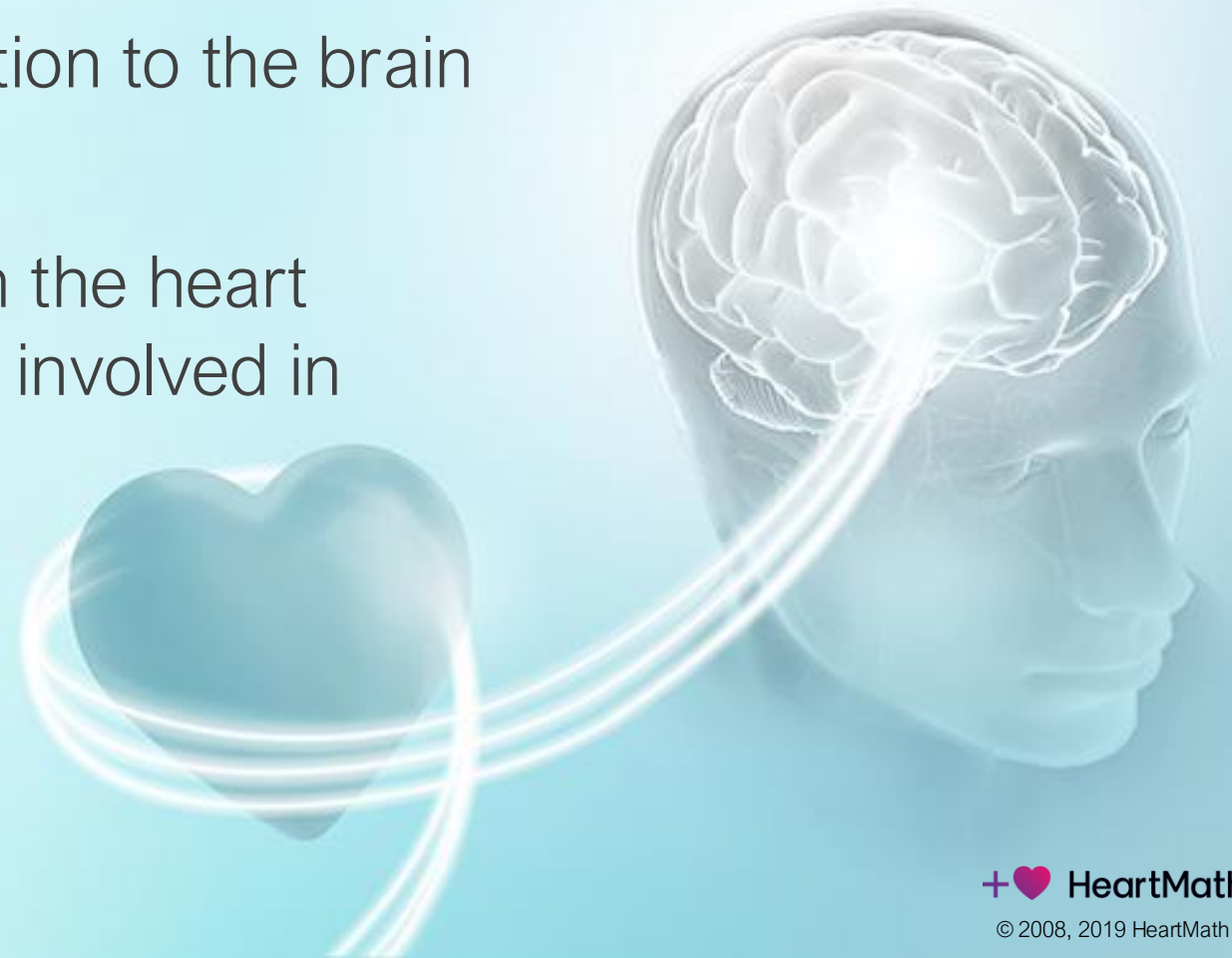
Cortex
Thinking brain

Thalamus
Synchronizes
cortical activity



Heart-Brain Communication

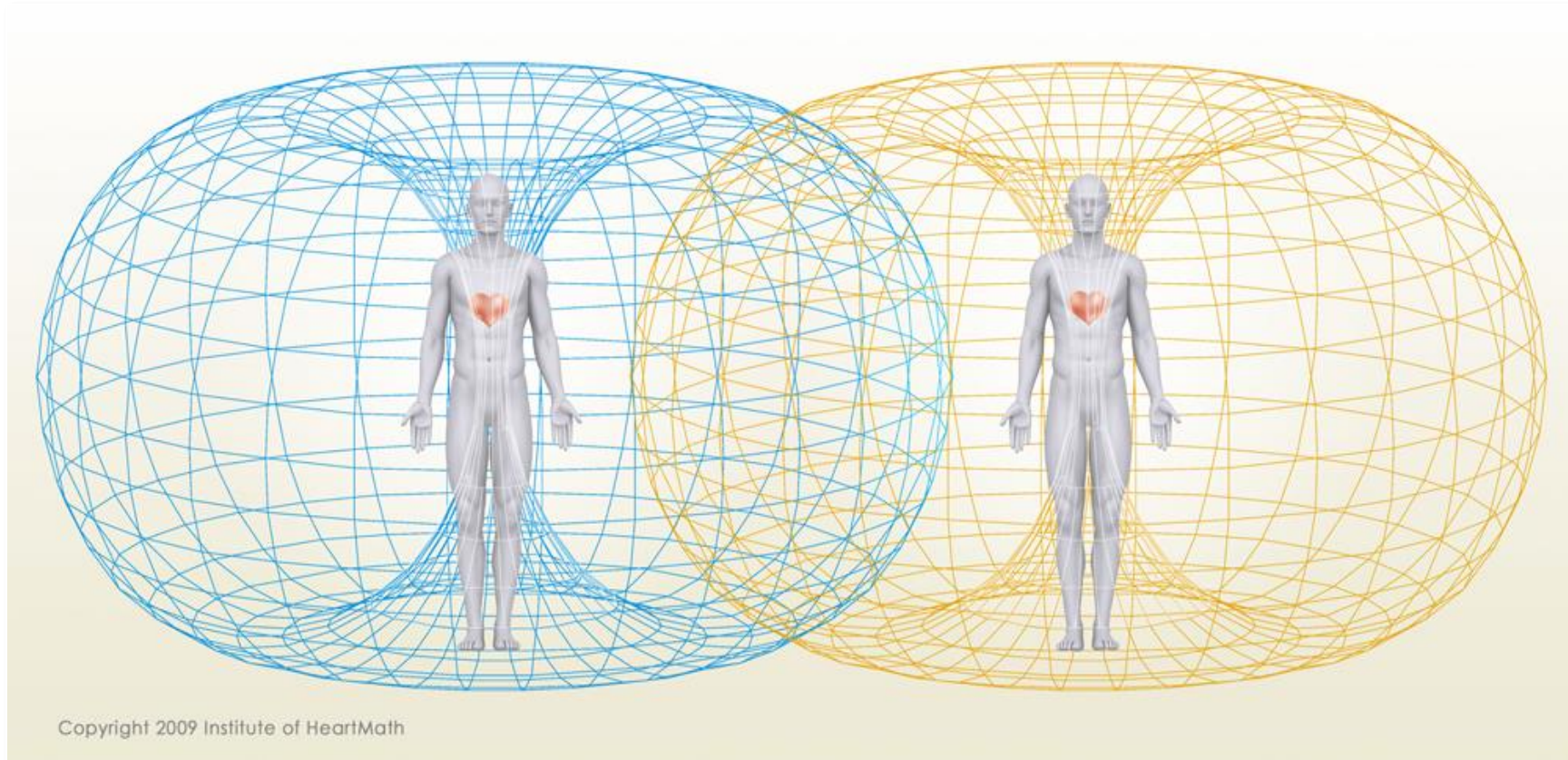
- The heart has its own complex nervous system: the “heart brain.”
- The heart sends far more information to the brain than the brain sends to the heart.
- Patterns in the neural signals from the heart especially affect the brain centers involved in perception, emotional experience and self-regulation.





Relational Energetics

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.

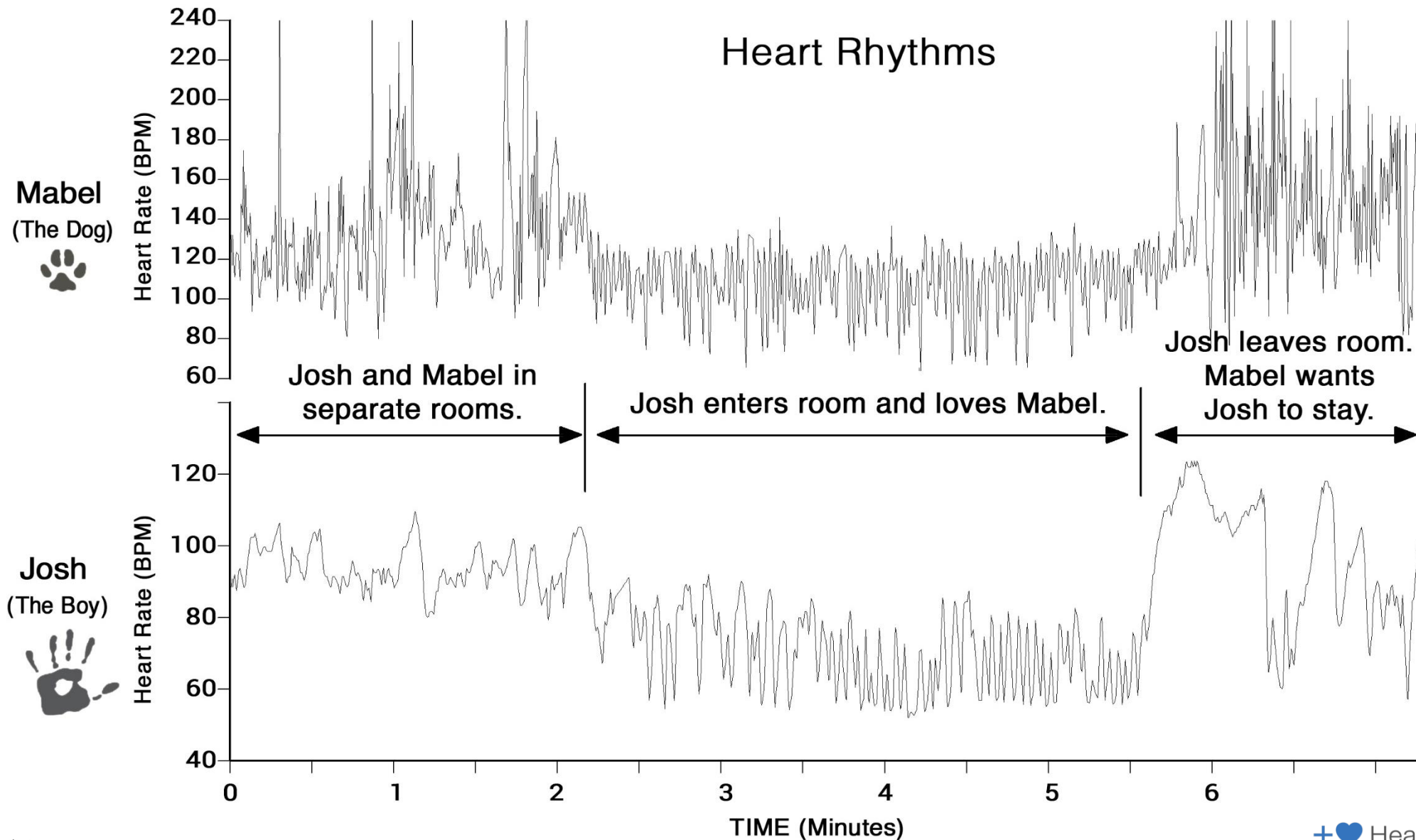




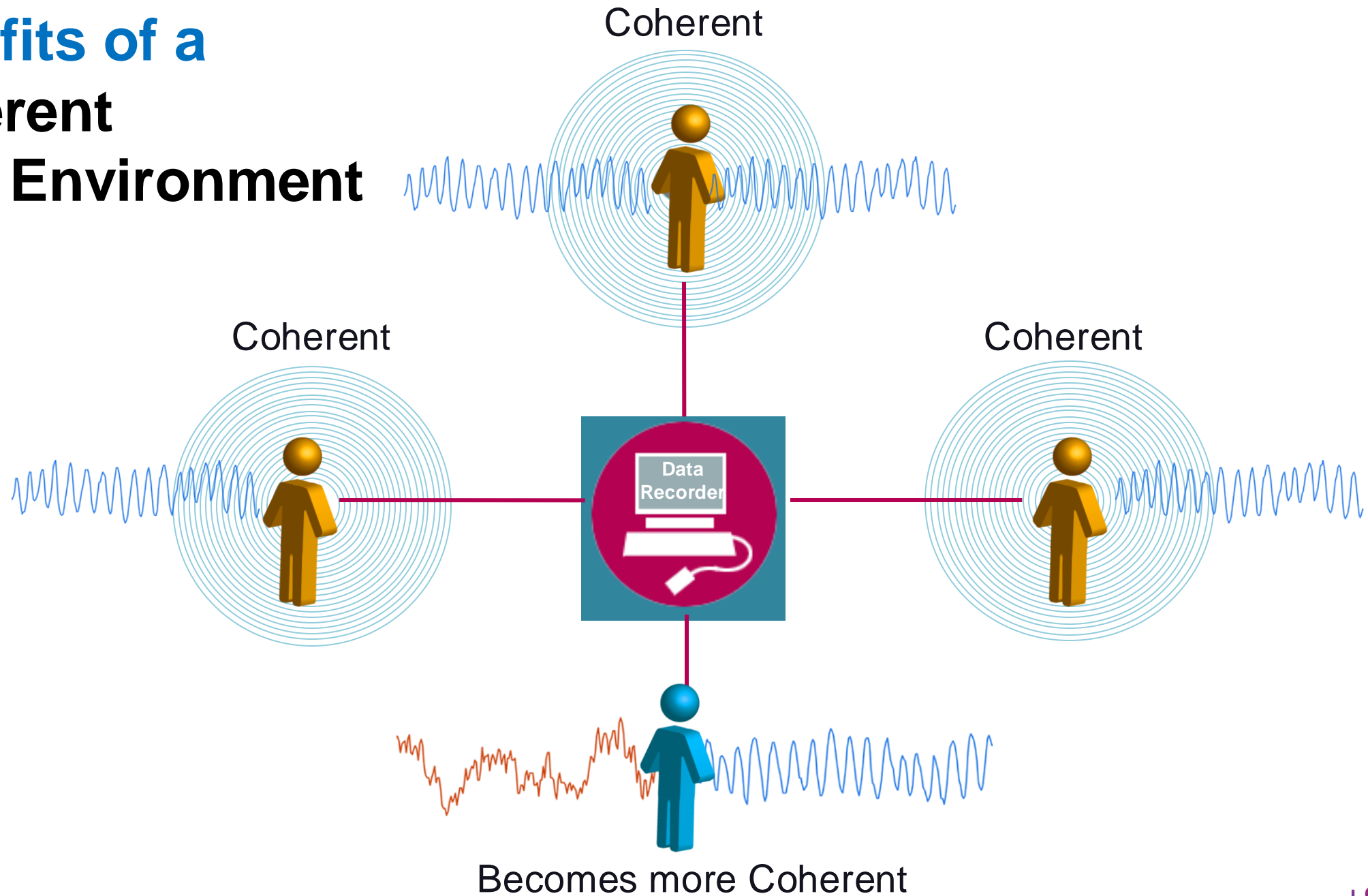
Josh and Mabel



A Boy and His Dog



Benefits of a Coherent Field Environment





Lifting the Field Environment

Even a few people radiating heart qualities to others and into the environment can elevate an interaction into an uplifting vibration and facilitate more connectedness, alignment and better outcomes.

A decorative graphic on the left side of the slide features a vertical DNA double helix. To its right, a network of light blue circles and lines, resembling a molecular or neural network, extends across the page. The background is a light blue gradient with faint, large-scale circular patterns.

Shift and Lift™ Technique

Quick Steps

1. Heart-Focused Breathing™
2. Activate
3. Radiate

Summary



Finding balance



Using skills



We are all inner connected

Questions





References

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