

More resilience **less stress**



Unlock the power of your heart

A HeartMath Experience

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HeartMath[®]

Learn to strengthen resilience through research-based tools that help you:

- Increase personal resilience and energy levels.
- Leverage your ability to think clearly under pressure and discern appropriate solutions to problems.
- Increase your ability to maintain situational awareness.
- Diminish symptoms of personal and professional stress such as confusion, fatigue and sleep disturbance.
- Improve reaction times and coordination.

Presented today by

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Energy-Draining Situations/Events Exercise



Identify situations that cause stress, the corresponding feelings that typically drain your inner battery and what you currently do now to handle them. Write them on the lines below.

Examples:

Situations	Feelings	Current Solution
Late for work	Anxious	Call co-worker
Argument with spouse	Angry, helpless	Wait for it to blow over
Can't get enough sleep	Frustrated, tired	Leave work early

Situations	Feelings	Current Solution
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Energy-Renewing Situations/Events Exercise



Identify situations or interactions and the corresponding feelings that renew you and recharge your inner battery. Write them on the lines below.

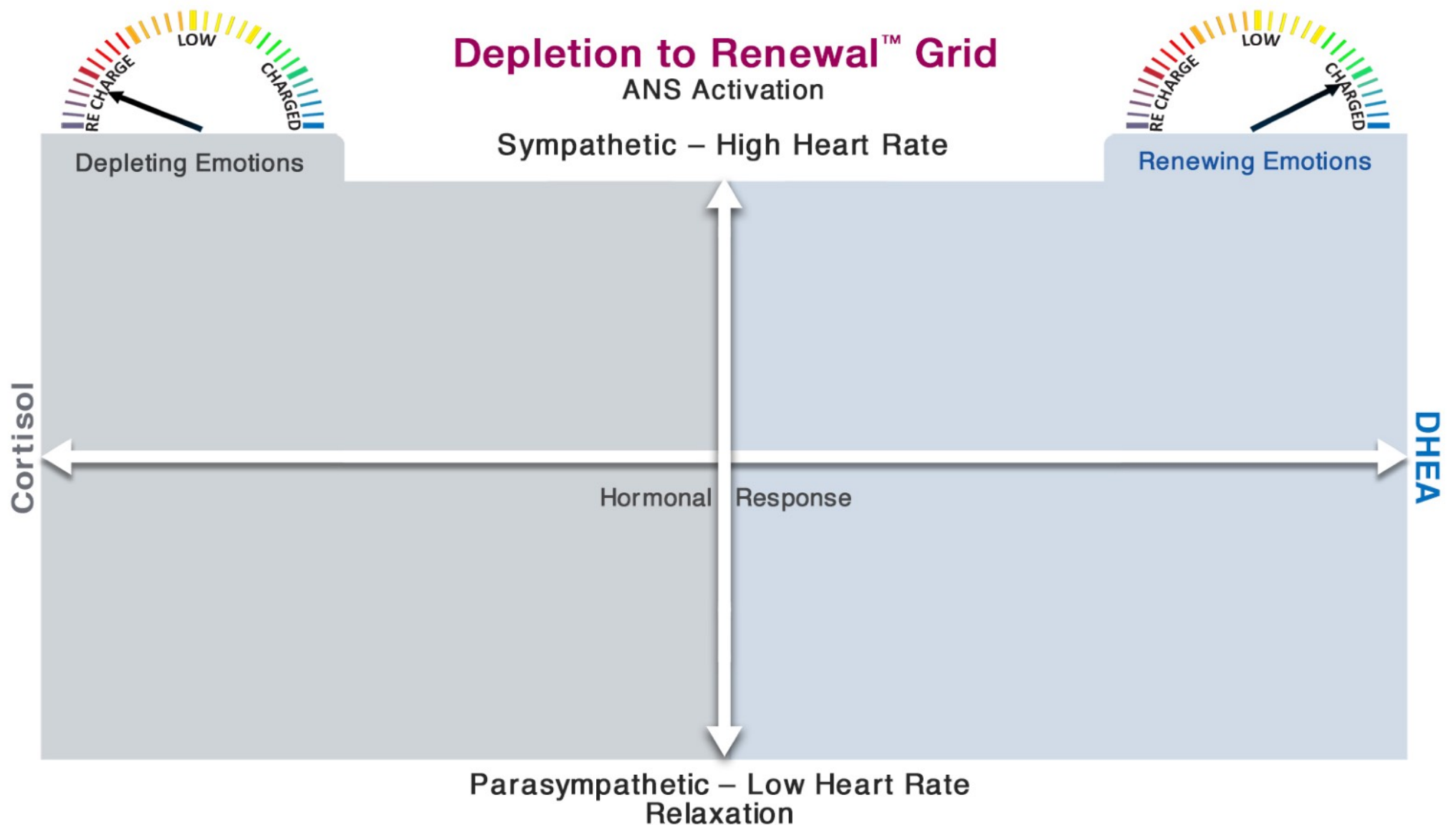
Examples:

Situations	Feelings
Hanging out with friends _____	Appreciation, happiness _____
Acknowledged for a good job _____	Confident, sense of accomplishment _____
Serving others _____	Proud, fulfilled, sense of honor _____

Situations	Feelings
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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Depletion to Renewal Grid



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

Words from Attendees of Resilience Advantage Training

Dear Lori!

Your seminar could not have come at a better time for me! I am dealing with siblings as we work to settle my parents' estate. It has become clear to me that we are so different and approach life and problem solving in such different ways. Having this wonderful tool in my toolbox has already helped me do a paradigm shift in relating with them! Thank you so much for your time and willingness to pass this incredible knowledge along. Truly a gift!

Have a wonderful day, Teri

I participated in the HeartMath Resilience Course. Lori was an amazing coach who guided the whole class into beautiful Heart Coherence. The tips that she gave me from her personal experience were invaluable, and for me made all the difference in truly connecting to and Feeling my Heart. Thank you Lori

Carlitos

I loved your Heart Math workshops. Heart Math makes sense. The science seems solid and logical. As a person that meditates, I found Heart Math's initial exercise moved me to a meditative state quicker than my normal process. Both involve focusing on my breathing but it was more natural and easier to feel like I was breathing with my heart. The heart expands the lungs to draw in the air and they are naturally connected. I think that being able to more quickly and easily move to a coherent place is important, especially when feeling stress. With practice I hope to be able to keep myself in a positive and productive place most of the day.

Chris

I came to this workshop without any expectations but I was amazingly surprised about the heart math science. What I felt in my heart was something incredible and took only a couple of minutes. ❤️ Now with these tools I can get any answers through my heart. I wish every kid in this world to have these tools and to know that all the answers are already inside us. Thank you so much Lori!

Clara

I have known about HeartMath for some time but never took a class in it. I did not realize how this simple practice could really change my day to day life. Glad I went to class!

Mike

Next Steps

- ✓ Sign Up for our monthly newsletter to keep updated - <http://eepurl.com/h25ZUH>
- ✓ Videos recorded to help you practice these techniques
- ✓ Upcoming workshop dates
- ✓ and News from HeartMath® corporate



- ✓ Visit our website www.easeyourenergy.org to find out about the half day and full day workshops that we can schedule for you or that are already planned
- ✓ Practice daily - it takes 21 days of 5 minutes a day to wire a new habit neurologically in your brain!

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