

The Heart-Focused Breathing™ Technique



THE RESILIENT HEART
Trauma-Sensitive HeartMath Certification

The Heart-Focused Breathing Technique is a simple to use, energy-saving, self-regulation strategy designed to reduce the intensity of a stress reaction and to establish a calm, but alert state. It helps you to take a “time-out” where you can step back and neutralize depleting emotions.

Combining the simple act of focusing on the heart area with breathing a little slower and deeper helps draw energy away from distressed thoughts and feelings by interrupting your body’s mechanical stress response.

We can gain benefit from conscious breathing if we use it to help us shift into and sustain a more balanced state, understanding that breathing is only the start of what we call the coherence-building process.

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.

Find an easy rhythm that’s comfortable.

Heart-Focused Breathing Applications

- ▶ Neutralize emotional reactions in the moment
- ▶ Reduce the impact of stress
- ▶ Plug energy drains

Once you are familiar practicing the step above, try the...

Quick Step: Heart-Focused Breathing

Using the Heart-Focused Breathing™ Technique

Identify some *specific* situations where Heart-Focused Breathing would be helpful:

1.

2.

3.

4.

5.
