



Neuro Emotional Literacy Program: HOPE

Neurophysiological Coherence Technique: How to calm your heart and digestive system and help your cognitive function

- Learn and practice new Emotion Regulation techniques to manage your emotions.
- Keep a journal of 3-5 positive events every day.
- Use the Heart Optimal Performance Exercise to help get your heart firing in a healthy, coherent pattern if you are feeling overwhelmed or out of control, or about to go there. Practice it daily so that you help it become a habit.
- The **Heart Optimal Performance Exercise** can be learned:



- First, focus your attention on the physical area of your heart.
- Slow down your breathing by counting to 6 on the breath in and counting to 6 on the breath out. Breathe deeply so that you feel it in the solar plexus, which is located about four inches below your heart and just below your sternum where the right and left sides of your ribs join.
- Recall a genuine feeling of care, appreciation or thankfulness that you felt for someone or something in your life. In your head, remember its details. (How did you feel? How did you act? Where were you?) This will become your **Heart Optimal Performance Event** or “HOPE.
- In your mind, or quietly to yourself, slowly repeat, “I have an attitude of _____ (care, appreciation, thankfulness),” until your body feels this attitude.
- If you shift back to thinking about what was bothering you, focus your breathing again and repeat thinking about the incident you chose as your **Heart Optimal Performance Event**.

For more information, read the books about *Transforming Anger/Stress/Anxiety/Depression: The HeartMath Solution for Letting Go of ...*, by Doc Childre and Deborah Rozman
Check out the website for the HeartMath Research Institute: www.heartmath.org