



## ***Transforming Stress* Group Reading Guide**

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### ***Transforming Stress: The HeartMath Solution for Relieving Worry, Fatigue, and Tension***

Authors: Doc Childre and Deborah Rozman

#### **Reading Guide: Dedication, Foreward, Introduction and Chapter 1**

Please read the dedication.

The Foreward: Tells the *who*, *why*, *what*, and hints at the *how*. Make a note (in your book, in a journal, or in your head) of the *who*, *why*, *what*, and *how*. This will help your brain look for the information in the following chapters.

For each chapter, I would encourage you to look at the chapter title and its subtitles. Write in your book, use sticky notes, keep a journal; do anything that will help you digest the information and note important personal connections, feelings, and fears related to the information and the memories it recalls. In group, there will be an opportunity to share what you found important and helpful to your understanding about the topic and your personal growth in reading each chapter. You do not have to verbally participate in the discussion unless you want to. Sometimes we learn more by listening.

Remember, this is your journey through this book. It will sometimes be difficult, and sometimes rewarding.

As a group, we will support each other and respect each person's journey, knowing that his/her journey will in some way be different from our own. We will respect the privacy and emotions of each person and acknowledge that what happens in group support, stays in group support.

#### **Questions for Discussion:**

1. How would I define stress?
  
2. Why are we sometimes not aware that we are "stressed"?

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3. What are some of my personal indicators of stress?
  
4. The amygdalae can start stress symptoms in 30 milliseconds. This reaction is unconscious. Our amygdalae send messages through the blood (humoral) and neuronal (electrical) systems in the brain/body. Our hearts have sixty times more electromagnetic power than our brains. Why is this significant in emotion control?
  
5. What are some feelings that provoke stress reactions? (see p. 4,5)
  
6. The physical heart can be “used as a transformer to repattern your stress circuitry.” (p. 6) How is this possible?
  
7. We can replace emotional drain and emotional pain with emotional gain! What are some of my recurring emotional “drains” or “pains”?
  
8. Our emotional states are evident in body states, especially the state of the heart. Our positive emotion heart rhythms enhance the immune system response and help our hormonal system and nervous system return to homeostasis. Can you think of a time when you were in a positive state of mind and you felt energized?
  
9. When we are stressed, we make more mistakes and say and do more things that we later regret because our cognitive brain is malfunctioning. Think of a recent example of this happening.
  
10. List some of the current stressors in my life. How do they hamper my happiness?