



## ***Transforming Depression* Group Reading Guide**

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### ***Transforming Depression: The HeartMath Solution for Feeling Overwhelmed, Sad, and Stressed***

Authors: Doc Childre and Deborah Rozman

#### **Chapter 4: New Science of Emotional Depression**

1. What body systems respond to the heart's rhythm? (p. 44) How does the heart's rhythm bring these other systems into synchronization?
2. What are some of the benefits of "heart rhythm coherence"? (p. 45)
3. What is the function of the sympathetic nervous system? (p. 48)
4. What happens in the brain when a stressful situation occurs? (p. 49)
5. The power of the coherent heart is stronger than the power of cognitive processes and synchronizes cognitive processes (p. 49). Why is this significant?
6. A coherent heart "communicates a message of well-being" (p. 50) to the amygdalae. Why is this important?
7. On-going stress can re-set my body's "normal" cortisol levels. What are the results?
8. What is HRV and why is it important to well-being? (pp. 50-51)
9. What are some of my negative feelings that I judge? (see p. 54)
10. What is "befriending"? (p. 54) What feelings about myself do I need to befriend?