

Transforming Stress – My Story

What are some of my triggers?

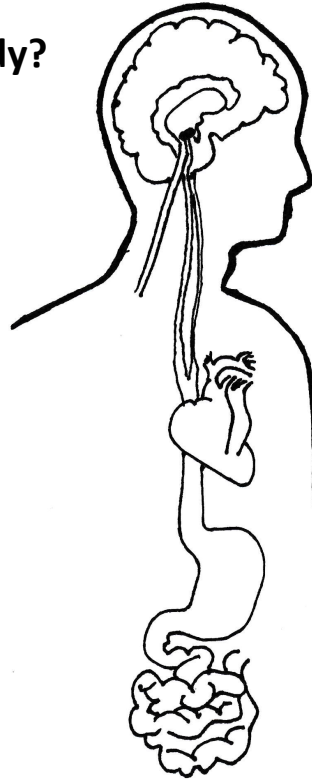
What are some of my symptoms that signal that I am out of coherence or homeostasis?

How does stress affect my brain/body?

What happens to my brain?

What happens to my heart?

What happens to my gut?



Summarize my heart optimal performance technique: what works for me?

How can I fit practicing heart coherence into my day?

How do I feel?

My Motto: