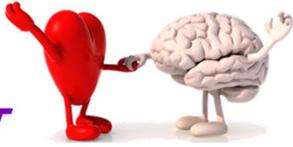


**LIVING FROM THE INTELLIGENCE OF YOUR HEART**



**INSPIRED BY HEARTMATH INSTITUTE**

Mid-week Inspiration Series  
with Certified HeartMath Coach  
**David Hulse**




Week 2 – Wednesday, June 9 @ 11 AM  
Energy Management with Resilience & Coherence

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**RESILIENCE**



+ ❤️ HeartMath

The capacity to *PREPARE FOR... RECOVER FROM* and *ADAPT* in the face of **STRESS, CHALLENGE OR ADVERSITY.**

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**ENERGY MANAGEMENT**



When you learn and apply energy-management skills, you can increase your capacity to build your energy reserves.

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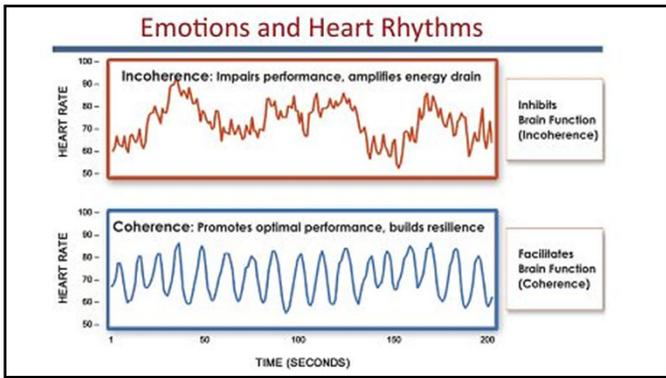
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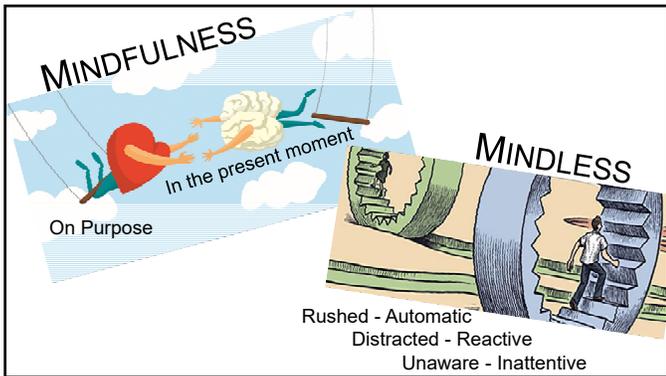
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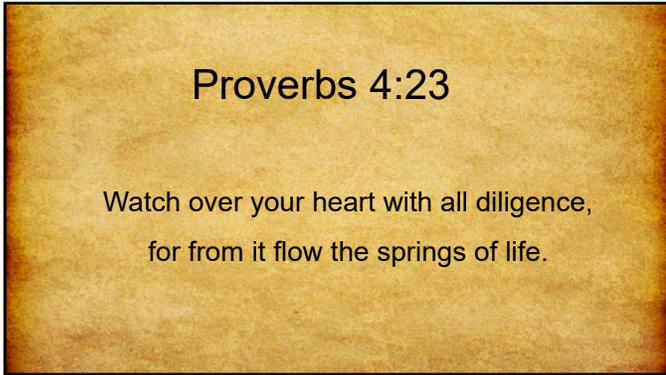
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**Did You Know?** Every **EMOTION** you experience, whether or not you are aware of it, has an effect on your body, and on your resilience. Every **EMOTION** immediately causes changes in your body.

<b>Depleting Emotions</b> → <b>Cortisol</b> 😞		<b>Cortisol</b> is called "the stress hormone," it influences, regulates or modulates many of the changes that occur in the body in response to stress.
• Anger	• Burnout	
• Frustration	• Withdrawal	
• Anxiety	• Resentment	
<b>Renewing Emotions</b> → <b>DHEA</b> 😊		<b>DHEA:</b> Protects against depression, cognitive decline and mood swings. It's the "Feel Good", Anti-Aging, Vitality Hormone
• Excitement	• Contentment	
• Courage	• Fulfillment	
• Passion	• Ease	

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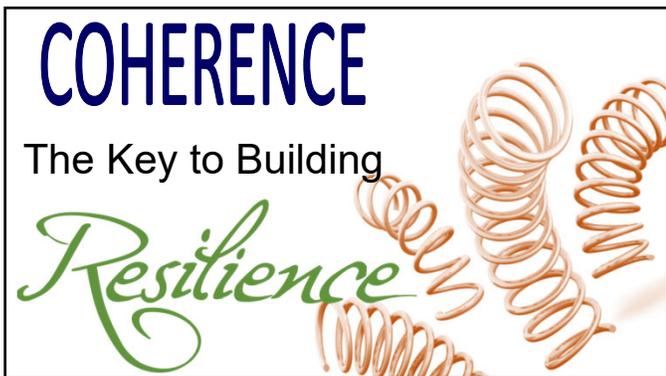
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**Week 2 Technique: Quick Coherence®**

- ✓ Can help people quickly reduce stress.
- ✓ May be used for everyday stress, anger, anxiety & emotional overload.
- ✓ It's especially helpful in times of acute crisis.
- ✓ It works because the exercise helps you change stress-producing attitudes and resets your stress set point.
- ✓ You are actually changing your heart rhythm pattern and calming your autonomic nervous system.
- ✓ By focusing on your heart, you are taking energy away from the undesirable emotions.
- ✓ You generate a positive attitude or feeling, which starts to shift the signal the heart sends the brain so the brain response is different.

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**Quick Coherence®**

1. Focus your attention in the area of your heart.
2. Imagine your breath passing in and out through your heart or the center of your chest as you slowly inhale and exhale.
3. Breath in an attitude of calm and balance.
4. You can also breath in a feeling of gratitude or compassion or whatever feeling you find most soothing.

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**Week 3: ACCESSING HEART INTELLIGENCE**

- ♥ Language of the Heart – Connecting to a feeling of the heart which is not attached to a thought in the brain.

**Week 3 Technique: Inner-Ease™**

- ✓ Sustains coherence
- ✓ Slows down mental and emotional rhythms
- ✓ Generates Active Calm or "inner stillness on the move"
- ✓ Creates an Inner pause
- ✓ Increases ability to make better decisions

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