



## Purpose: Shift from a state of anxiety to mental clarity

### Why use this tool?

- ✓ Evidence based practice to intelligently manage your energy
- ✓ Doing this practice throughout the day builds your resilience capacity to handle ongoing challenging situations

### The technique

## +♥ HeartMath.

- 1 Focus your attention in the area of the Heart
- 2 Imagine your breath flowing in and out of your heart or chest area, breathing a little slower and deeper than usual

*Suggestion: You can inhale for 5 seconds, exhale for 5 seconds.  
(Or whatever rhythm is comfortable to you)*

### How to operationalize

- Incorporate into daily huddles
- Do the technique twice every time you wash your hands or as you are donning and doffing your PPE
- Print out instructions and post in common areas and handwashing stations

**Remember: Research shows the more you do it the more it helps!**

## Additional Information

### About HeartMath



- ✓ HeartMath System is an evidence-based methodology. The HeartMath Research Center, independent researchers and universities have published numerous studies that validate the HeartMath System.
- ✓ HeartMath is used by hospitals, including SHC and health care providers, professional and Olympic athletes, police, fire, corrections, schools and universities, and military and special forces.

### Key Points



- You can think of your resilience as the amount of energy you have stored in your inner battery. It's the amount of energy you have available.
- You can increase your capacity and accumulate and/or store your resilience.
- Greater resilience capacity means you have more to draw from when you need it.
- Having more resilience/energy in your inner battery helps you to be better prepared for and often avoid many of the situations and challenges from which you need to bounce back or recover.
- The greater your capacity and resilience, the greater your ability to maintain your composure and stay in charge of your reactions and perceive things more clearly.

