



**Life – Stop reacting and start creating:
Add More Flow and Ease to Your Life**



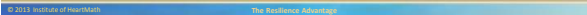
Tracy Girard, DSW, Director
Community Living Greater Sudbury
tgirard@clgs.ca
Monday, June 8, 2015





**Videoconference Event ID:
43839309**

**OTN Service Desk:
1-866-454-6861**





Handouts on CNSC website

<http://www.community-networks.ca/en/vchandouts>





How to submit your Feedback
about today's session

Survey Monkey
Questionnaire QR Code:



Survey Monkey web link:
<https://www.surveymonkey.com/r/Jun-8-2015-AddFlowtoLife>





Learning Objectives

Participants will be able to:

- 1) Identify the impact emotions have on heart-rate variability and their energetic field
- 2) Describe the impact that emotions have on their energy levels and the power of positive emotions
- 3) Recognize the impact their own emotions have on others and vice versa through energetic communication.
- 4) Apply the HeartMath's Inner Ease™ Technique to manage emotions, affect their energetic communication and establish more flow in their life.





Life: Stop Reacting & Start Creating!
Add more flow and ease to your life





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The HeartMath System is Used by:

- Hospitals
- Businesses
- Police, Fire, Corrections
- Schools, Universities, Nonprofits
- Professional Athletes/Olympic Teams
- Military, Special Forces



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Published Research



Scientific Advisory Board:
<http://www.heartmath.org/research/research-home/scientific-advisory-board.html>

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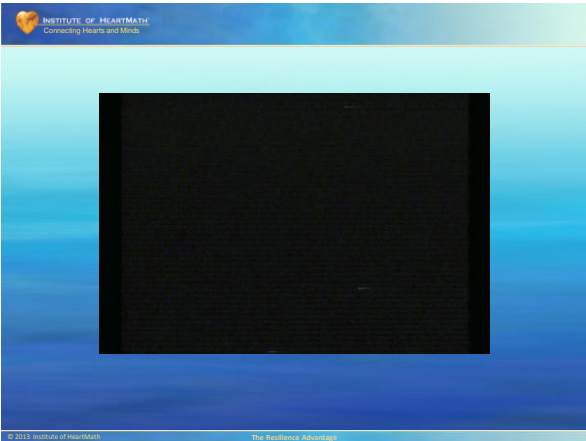
A SHORT MOVIE

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Renewing Emotions

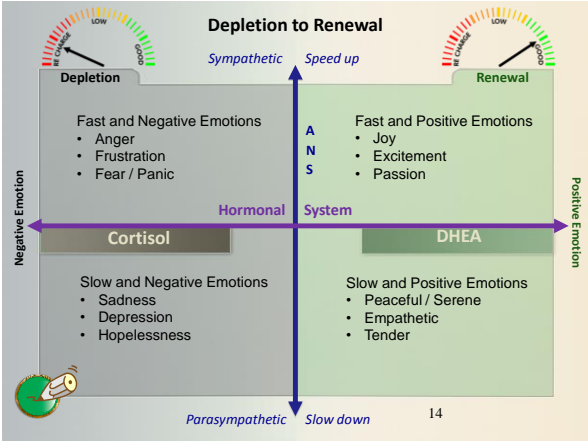
Positive emotions and attitudes create neurochemicals that regenerate your system and offset energy drain.

- Increased longevity
- Increased resilience to adversity
- Improved memory
- Improved problem-solving
- Increased intuition and creativity
- Improved job performance and achievement



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Depleting Emotions

- Create hormonal imbalance
- Drain physical reserves
- Cause systemwide incoherence
- Impair mental function
- Diminish performance



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Renewing Emotions

- Establish hormonal balance
- Build resilience
- Create systemwide coherence
- Improve mental clarity
- Optimize performance



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The Heart-Brain Relationship

- The heart has its own complex nervous system: the “heart brain.”
- The heart sends far more information to the brain than the brain sends to the heart.
- Heart signals especially affect the brain centers involved in strategic thinking, reaction times and self-regulation.




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Out of Sync



In Sync

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A rowing team in a boat on water, used as a visual metaphor for coherence.

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Coherence

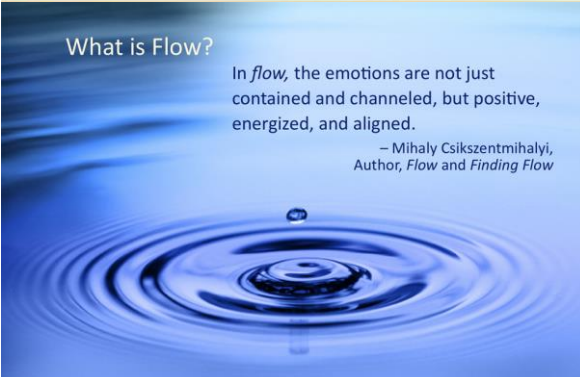
An optimal state in which the heart, mind and emotions are aligned and in-sync.

Physiologically, the immune, hormonal and nervous systems function in a state of energetic coordination.

Being energetically centered (coherent), increases mental and emotional flex and your capacity to be in charge of yourself.

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A close-up of a water droplet creating ripples, used as a visual metaphor for flow.

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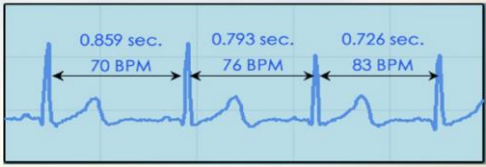
What is Flow?

In *flow*, the emotions are not just contained and channeled, but positive, energized, and aligned.

— Mihaly Csikszentmihalyi,
Author, *Flow and Finding Flow*

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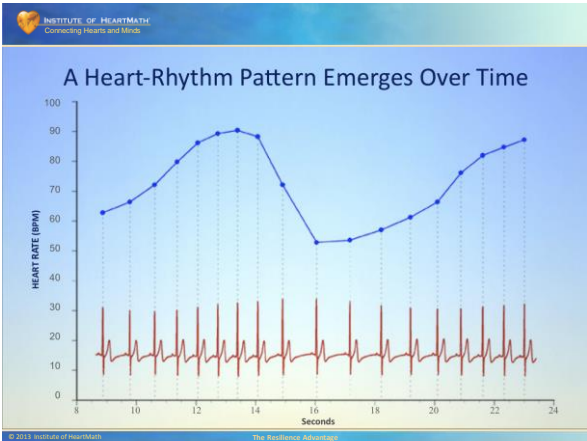
A graph showing heart rate variability (HRV) with three distinct peaks. The time intervals between peaks are labeled as 0.859 sec., 0.793 sec., and 0.726 sec., corresponding to heart rates of 70 BPM, 76 BPM, and 83 BPM respectively.

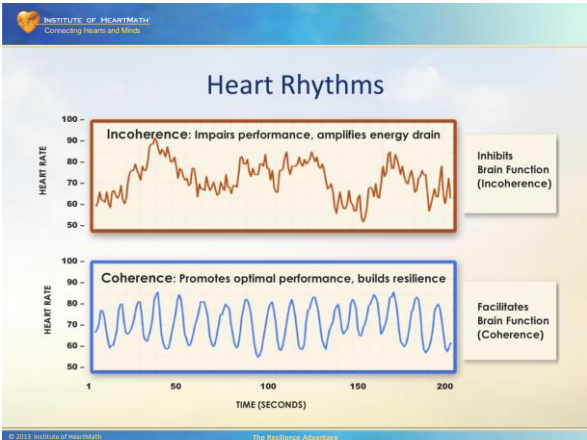
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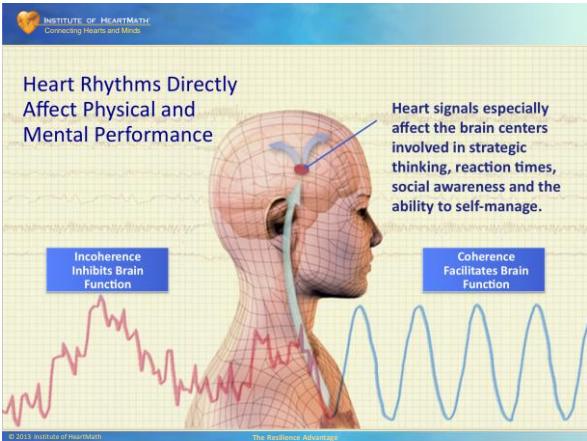
Heart Rate Variability (HRV)

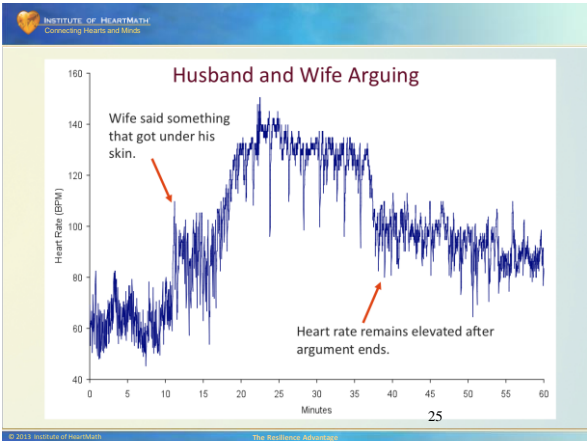
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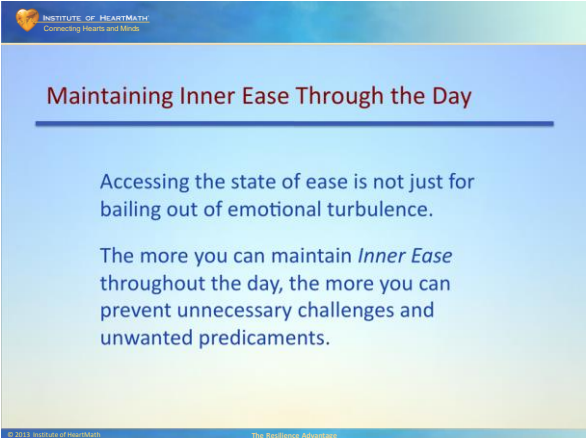








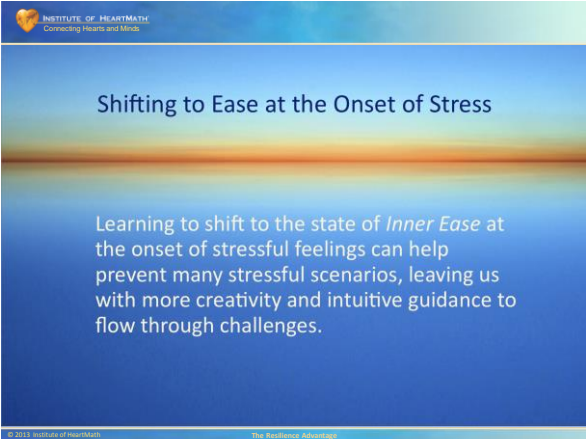
Story: Finding *Inner Ease*



Maintaining Inner Ease Through the Day


Accessing the state of ease is not just for bailing out of emotional turbulence.

The more you can maintain *Inner Ease* throughout the day, the more you can prevent unnecessary challenges and unwanted predicaments.



Shifting to Ease at the Onset of Stress

Learning to shift to the state of *Inner Ease* at the onset of stressful feelings can help prevent many stressful scenarios, leaving us with more creativity and intuitive guidance to flow through challenges.



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Inner-Ease™ Technique

Step 1:

Acknowledge your feelings as soon as you sense that you are out of sync or engaged in common stress reactions such as frustration, impatience, anxiety, overload, anger, mental gridlock, being judgmental, etc.

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
Inner-Ease™ Technique

Step 2:


Take a short time-out and do *Heart-Focused Breathing*: Breathe a little slower than usual and pretend you are breathing through your heart or chest area.

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


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Inner-Ease™ Technique

Step 3:

During Heart-Focused Breathing, imagine with each breath you are *drawing in the feeling of Inner Ease* and emotional balance.

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Inner-Ease™ Technique

Step 4:

When the stressful feelings have calmed, affirm with a heartfelt commitment that you want to *anchor and maintain* the state of ease as you re-engage in your projects, challenges or daily interactions.

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EXERCISE

1. Acknowledge your feelings.

2. Heart-Focused Breathing.


3. Draw in a feeling of inner ease.

4. Anchor and maintain.



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Moving at the Speed of Balance: Slowing Down Our Inner Body Language

The state of ease is not about moving at the speed of a snail, nor is it a sleepy-time relaxation state.

It's about slowing down our inner body language – the mechanical mental and emotional reactions that create mistakes, compromise friendships and cause energy drains from frustration, impatience, anger, etc.

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Three Essential Practices for Building Resilience

- **Prep** to be more coherent and reduce stress reactions before upcoming events.
- **Sustain** your coherence throughout the day by establishing regular practices and remembering to refresh your composure in between activities.
- **Reset** by shifting to a coherent state as soon as possible after a stress reaction so you minimize the energy drains.

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Prep

The ease-state is especially helpful and effective when used to “prep” *before* engaging in potentially stressful situations, or projects, communications, complex decisions, etc.

You can use it in the morning to prep for the day — and then remember to reboot the process occasionally.

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APPLICATIONS:
Some Obvious Times to Practice Inner-Ease

- Discerning important issues, making decisions or engaging in creative processes
- Overloaded from deadlines and time pressures — too much to do and not enough time
- Experiencing unexpected changes or disruptions that break up your routine or plans
- Feeling frustrated, anxious or impatient — with yourself, others or life situations
- Prepping before upcoming events.

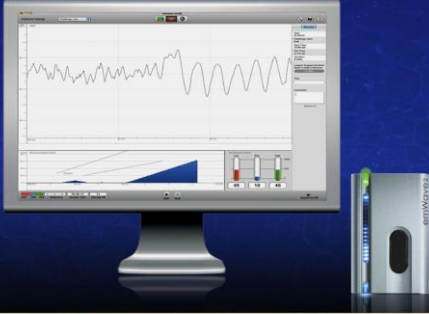
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emWave® Demo




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A Police Officer During a Domestic Violence Scenario



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Applications

Discuss workplace situations in which you can apply the Inner-Ease™ Technique.



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The Impact of Relational Energetics



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How Your Attitudes Affect Others



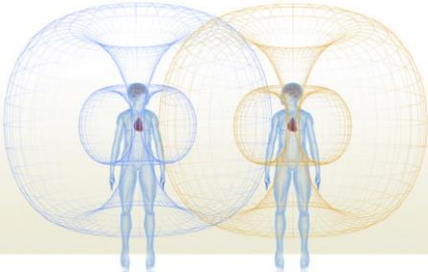
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Our thoughts and emotions affect the heart's magnetic field which energetically affects those in our environment whether or not we are conscious of it.



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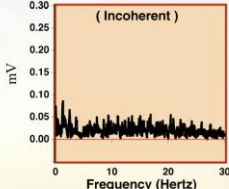
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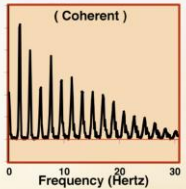
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Emotions Produce Different Information Patterns in the Heart's Electromagnetic Field

Frustration
(Incoherent)



Appreciation
(Coherent)



ECG Frequency Spectra

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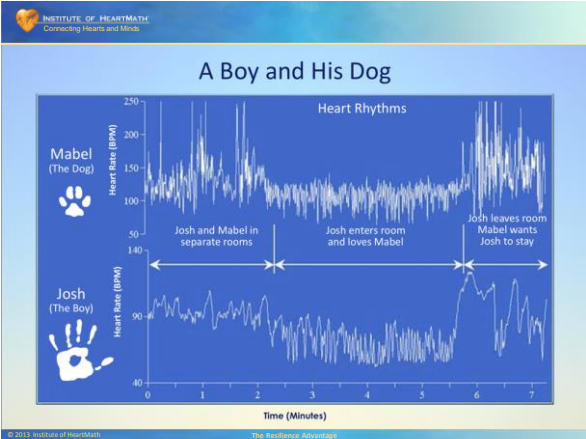





Josh and Mabel


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Our emotions and attitudes affect others, either positively or negatively.

When we are coherent and in sync it creates a happier, healthier and more efficient work environment.

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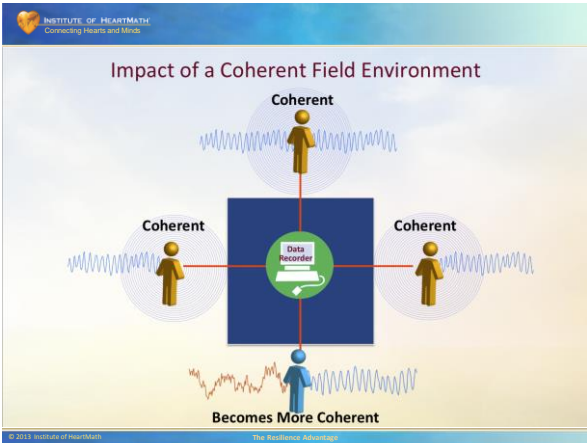
Research Confirms the Benefits of a Coherent Field Environment

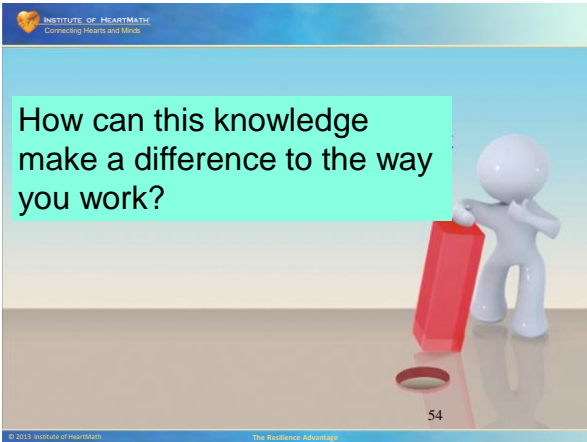


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
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-
- The slide, titled "Three Essential Practices for Sustaining Resilience", lists the following practices:
- **Prep** to be more coherent and reduce stress reactions before upcoming events.
 - **Sustain** your coherence throughout the day by establishing regular practices and remembering to refresh your composure in between activities.
 - **Reset** by shifting to a coherent state as soon as possible after a stress reaction so you minimize the energy drains.
- The slide has a light blue and yellow background with a cloud pattern. The Institute of HeartMath logo and "The Resilience Advantage" text are visible at the bottom.



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EXERCISE

1. Acknowledge your feelings.
2. Heart-Focused Breathing.
3. Draw in a feeling of inner ease.
4. Anchor and maintain.




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Thank You for Attending

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