Calm mind
Open heart

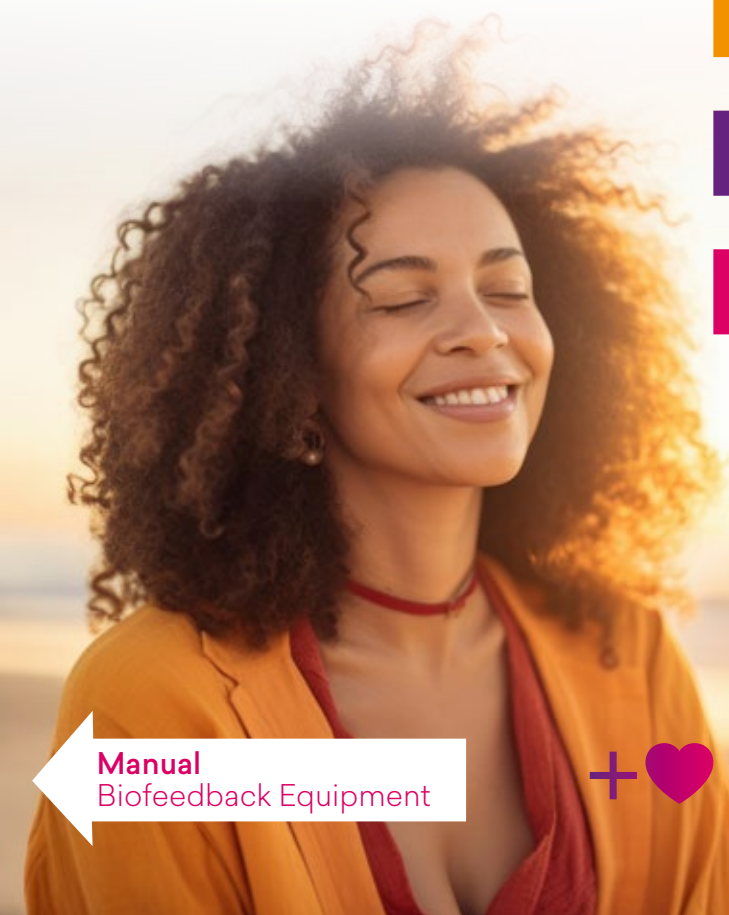
Welcome to the growing group
of people working with
the power of heart coherence.

Heart Coherence ABC

Gifts

Science

Training Programs



Manual
Biofeedback Equipment

HeartMath
Europe

Heart Coherence ABC

What is heart coherence?

With heart coherence, you can transform stress into resilience in the moment.

By doing simple exercises, you can increase your heart coherence.

With higher heart coherence, you'll experience less stress and can better regulate your emotions, building resilience.

Your brain observes your heart

Scientific research shows that more signals go from the heart to the brain than the other way around. Your heart informs your brain, especially the areas involved in strategic thinking, reaction speed, and self-regulation. Your heart rhythm essentially influences how you perceive the world. Without the heart's regulatory influence, our brain is more likely to fall prey to reactive emotions like insecurity, fear, anger, and guilt. A coherent heart helps you make better choices.

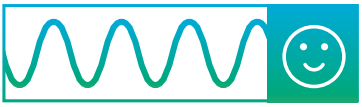
What does higher heart coherence look like?

Your heart rate constantly varies, and that's a good thing. A flexible heart responds quickly to circumstances. The heart speeds up for a few moments and then slows down again. The key is how your heart rate varies. It can vary in a chaotic or harmonious way.

When you convert the heart rate into a graph, it forms a pattern. This graph is called Heart Rate Variability (HRV). If the pattern forms smooth waves, we call it coherent. If the pattern is chaotic, we call it incoherent. Unpleasant feelings like frustration, stress, or fear typically cause an incoherent pattern.



Incoherent (stress)



Coherent (resilience)

Is coherence the same as relaxation?

Heart coherence is different from relaxation. Coherence is the feeling of being relaxed and energized at the same time. It enhances your mental clarity and focus, as your heart and brain work together optimally.

Do you think you can influence your heart rate?

The answer is **yes**! The core of this method is that you can consciously change your heart rhythm.

By practicing heart-focused breathing exercises, you can make your heart rhythm more coherent, or in other words, more harmonious. Soothing signals will then go from your heart to your brain, having a positive effect on your functioning.

So... while your heart works automatically, you can influence it in a way that brings you more balance and builds resilience. This supports your health and well-being



By doing heart-focused breathing exercises and evoking positive emotions, your heart becomes more coherent.
You gain control over your heart rhythm.

FREE
E-BOOK:
The Inside Story

More heart with heart coherence

That feels better and has a positive effect on those around you.

Break automatic stress responses and recharge your energy

There are moments in life when everything seems to flow effortlessly. Your heart, brain, emotions, and behavior are well-aligned. You have more energy and can handle problems more easily. At such times, your heart coherence is higher.

When you face stress and difficult emotions, your heart coherence decreases. You lose energy, and your focus diminishes. But what can you do?

With simple techniques, you can break the vicious cycle of stress and bring both your body and mind to a state of calm.

What does HeartMath do?

We teach you how to reduce stress and manage emotional reaction patterns. You naturally restore balance by using your own heart. Our user-friendly tools and programs help with this.

We offer workshops, training, biofeedback equipment, and books for individuals, professionals, healthcare workers, companies, and organizations.

HeartMath is a pioneer of heart coherence and has been conducting scientific research for more than 30 years.

What will you experience?

- More balance
- More energy
- More joy
- More connection
- Lower stress levels
- More focus

On our website, you'll find everything about heart coherence.

Now get started yourself

START

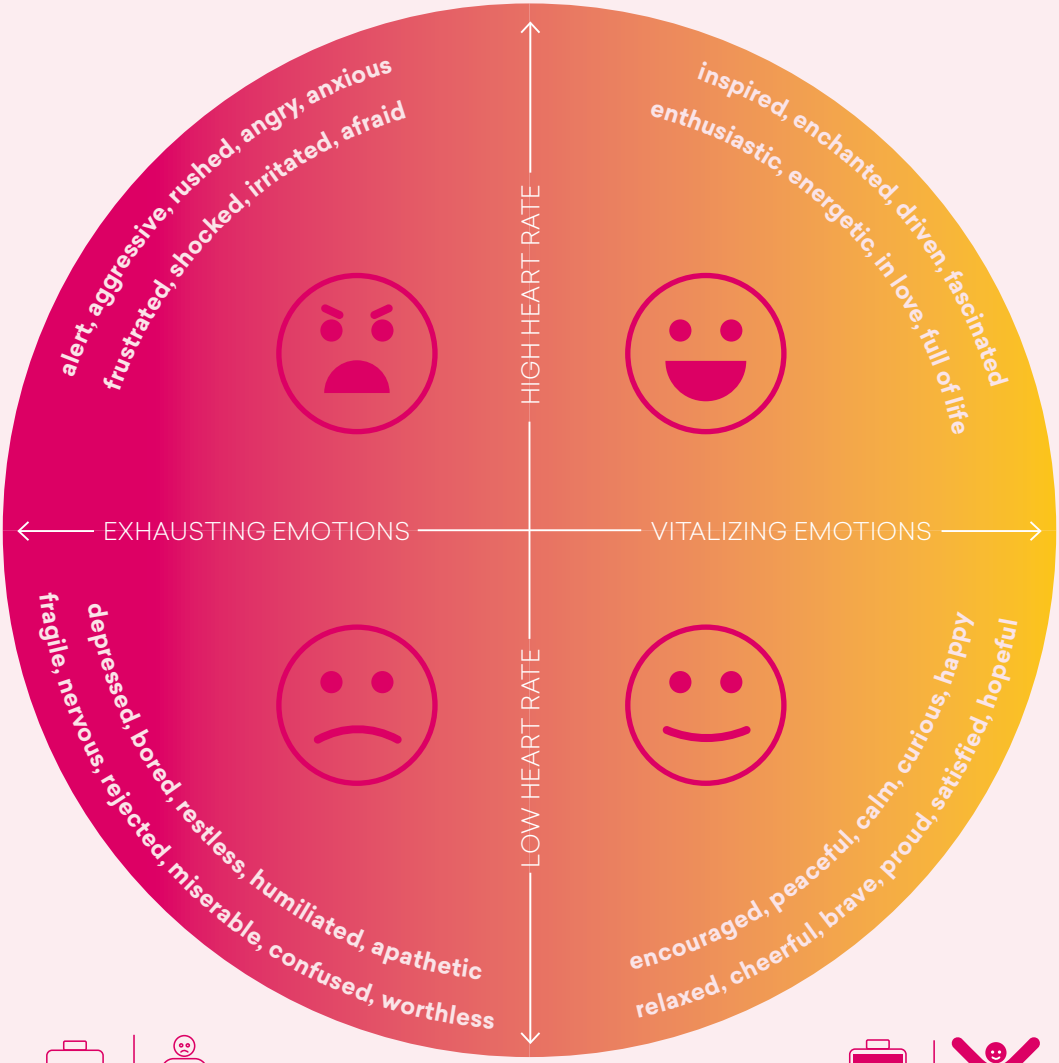
- Place your emotion in the energy landscape
- Is it exhausting, limiting, relaxing, or vitalizing?

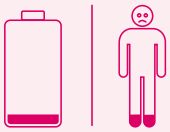
Insightful questions:

- What brings you to the left side of the energy landscape? **These are your stressors.**
- What brings you to the right side of the energy landscape? **These are your sources of energy.**
- What are your early signs of stress? **Learn to recognize them. For example, tense shoulders or a headache.**
- Did you know that we often resist emotions? **That also causes stress. Accepting emotions increases your heart coherence.**
- How much of your time do you spend in each quadrant?
- Did you know you can increase your heart coherence by evoking **pleasant emotions?**

RECHARGE YOUR ENERGY

At any moment, you can consciously increase your heart coherence.





No energy...

Make self-care a priority



This feels better!

3 HEART COHERENCE TECHNIQUES

These will increase your heart coherence and help you move from left to right in the energy landscape. You'll gain more energy, more resilience, and you'll feel better.

1 Notice & Ease (Discharge)

1. Become aware of what you feel.
2. Relax as you inhale and exhale.
3. Bring calmness to the stressful feeling.

This removes the charge from an unpleasant emotion, without anyone noticing.

2 Heart-Focused Breathing Technique
(Rebalance)

1. Focus your attention on the area around your heart or chest.
2. Imagine breathing in and out through your heart or chest area, while breathing a little slower and deeper than usual.

With this heart-focused breathing exercise, you remove tension from an unpleasant emotion and regulate yourself in stressful situations.

3 Quick Coherence Technique
(Recharge your energy)

1. Focus your attention on your heart or chest area.
2. Imagine breathing in and out through your heart or chest area, while breathing a little slower and deeper than usual.
3. Evoke a pleasant feeling, like peace, gratitude, or calmness.

This exercise quickly boosts your heart coherence. This happens because you breathe through your heart area and consciously add a pleasant feeling.

With these techniques, you build more and more resilience. Practice them daily for a few minutes, for example, during a coffee break or when you get up.



What do emotions do to your heart?

Every unpleasant emotion affects your heart rhythm. Your heart beats faster and more incoherently. Sometimes, you can feel your heart racing, like when you are angry. With milder emotions, like boredom or insecurity, your heart beats more incoherently. You don't feel it, but it affects your functioning and drains your energy.

Every pleasant emotion also affects your heart rhythm. Pleasant emotions make your heart beat more coherently. That's why it's helpful to combine heart-focused breathing with evoking positive emotions. By consciously feeling emotions like calmness or gratitude, you build resilience.

When you increase your body awareness and learn to regulate your emotions, you take the first step toward more balance and happiness.



Why biofeedback?

Your heart doesn't lie. It provides a crystal-clear insight into how coherent you are.

Some of your stress and emotions are unconscious. Sometimes, you think you are relaxed, but when measuring your heart coherence, it turns out there is still room for improvement. By measuring regularly, you learn to know yourself and your body better.

That's why HeartMath developed equipment, consisting of an ear sensor and an app. You measure your heart coherence with the special ear sensor and view the results on your phone.

You can do all the heart coherence exercises and achieve all the results without the app. It's a tool for people who prefer visible feedback on their progress.



Your treasure chest

If you practice regularly, you'll create a true treasure: an abundance of resilience to draw upon at any moment.

Just a few minutes, twice a day, is enough. Stress and emotions will no longer knock you off balance as easily. You'll raise your baseline and notice that you're becoming more resilient.

The more you practice, the more confident you become.



Less stress



Positive mood



Better decisions



More energy



More influence over your emotions



More focus



Better sleep



More calm

Science
New knowledge and developments

HeartMath has been researching HRV, heart coherence, and the communication between the heart and brain for over 30 years.



On our website, you'll find the main publications on the effects of heart coherence training, categorized by applications. These include applications in healthcare and the effects on anxiety, panic, stress, chronic pain, high blood pressure, cardiovascular diseases, sleep, and fatigue, as well as the science behind HRV and coherence.

Worldwide, more doctors and scientists are becoming interested in the impact of HRV and heart coherence on health, functioning, and well-being. Independent research in this field is ongoing.

On Google Scholar, you can find more than 14,000 publications on HRV and over 4,000 on heart coherence.

Here you can find our research library.



Here you can download our free book with a scientific overview: *Science of the Heart - Volume 2.*

FREE
E-BOOK:
Science of the heart

HeartMath is effectively used in business, government, organizations, healthcare institutions, by practitioners, and independent trainers.

Training Programs

Make a difference with heart coherence



With our inspiring and experiential trainings, you will learn everything you need to know about the HeartMath techniques, biofeedback on heart rate variability (HRV) and heart coherence plus its scientific background.

We have specific offerings for both professionals and healthcare professionals. So that you have just the right baggage to successfully apply heart coherence in your own field

- **HeartMath Basics for Professionals**
  Start point for coaches, trainers, HR managers, advisors, mediators.
  Broad introduction to heart coherence and the HeartMath method.

- **HeartMath Coach Training**
  Make a difference! Learn how to guide a client through an evidence-based and step-by-step coaching process.
  Certification included.

- **HeartMath Group Trainer Training**
  Become an all-around trainer in the HeartMath method.
  Licensed training, including presentation materials.
  Certification included.

- **HeartMath Intensive**
  Become a trainer and coach in one week.
  Experience how we build group coherence.
  Certification included.

- **The Resilient Heart™ -Trauma-Sensitive HeartMath Certification**
  This HeartMath course was especially designed by trauma specialists to teach practitioners how to incorporate the HeartMath skill set in a trauma-sensitive manner to build their client's resilience and capacity for emotional regulation following trauma.

By choosing a training program with HeartMath Europe, you stay close to the source of new knowledge and developments in heart coherence, group coherence, co-regulation, and strengthening the connection between people.

HeartMath Pro-Community

To support you as a HeartMath professional, we have the HeartMath Pro-Community. You can become a member and decide each year if you want to renew your membership. The membership offers many benefits, such as discounts on equipment and free access to professional development sessions.

As a member of the Pro-Community, you are also welcome to join the Community of Practice. This is an online platform where you can exchange, collaborate, co-create and grow with other HeartMath professionals worldwide. The platform was created by our colleagues at HeartMath USA.



HeartMath Europe



Here you can see how Raij uses HeartMath practices and technology in her daily life.

Manuals

Biofeedback Equipment

Here you'll find the English tutorials for the HeartMath biofeedback devices.

By using biofeedback regularly, you will quickly enhance your resilience. You will master stress and emotion regulation, and develop more body awareness.

You'll learn to change the pattern of your heart rhythm. As a result, you'll gain influence over how you feel and improve your performance.

Our biofeedback equipment translates your heart rhythm pattern into a real-time coherence score. The higher your coherence score, the more you enter a state of inner balance (coherence) that supports your health and well-being.



HeartMath is a pioneer of heart coherence and has been scientifically supporting this method of stress and emotion regulation for over 30 years.

Heartcoherence brochure ENG
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