

The Quick Coherence® Technique

Transform Stress into Resilience

Step 1

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

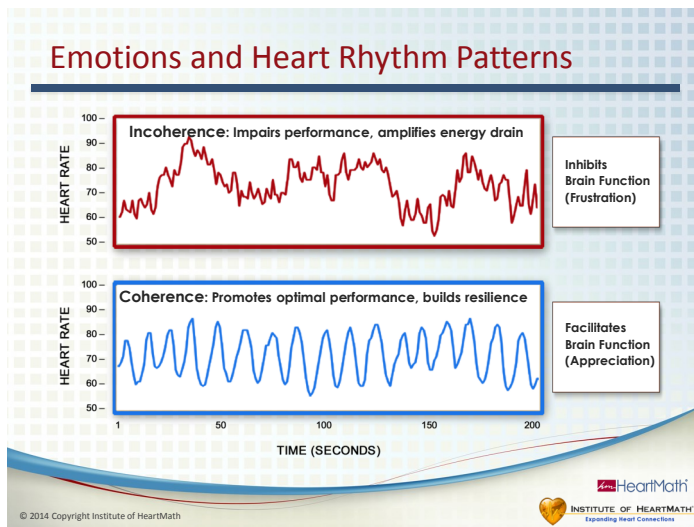
Step 2

Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.

Quick Coherence Quick Steps:

1. Heart-Focused Breathing
2. Activate a positive or renewing feeling



Renewing Emotions

Experiencing regenerative (positive) emotions and attitudes facilitates the maintenance of coherence and resilience. They create neurochemicals that regenerate your system and offset the energy drain.

- Appreciation,
- Gratitude
- Kindness
- Care, Love
- Compassion
- Tolerance, Patience
- Courage, Honor, Dignity
- Confidence
- Enthusiasm, Joy