

Overview

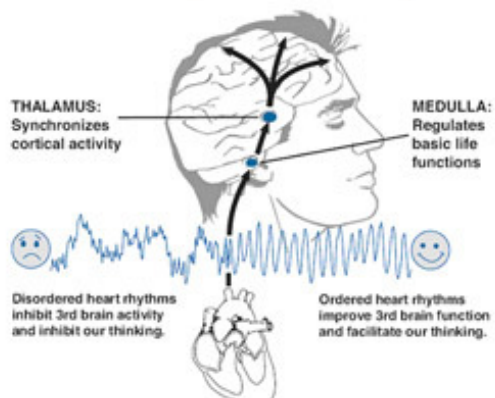
“HeartMath” was first developed in 1994 in California USA, for use on various sports people.

It was developed as a tool for sport’s people to perform better. Since then, the products have been successfully used by parents, children, teachers, medical professionals amongst others.

Using “HeartMath” helps people to take charge of their emotions; not to suppress or vent them, but balance them out. This is achieved through using a sensor and the HeartMath software

“HeartMath” research has found that if emotions are more loving and relaxed, the heart rhythms will be more coherent, and brain functions will improve.

How Heart Activity Affects Our Ability to Think

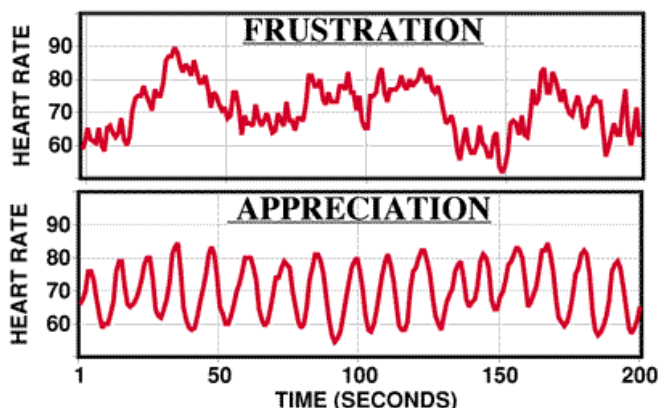


How it works

The Science

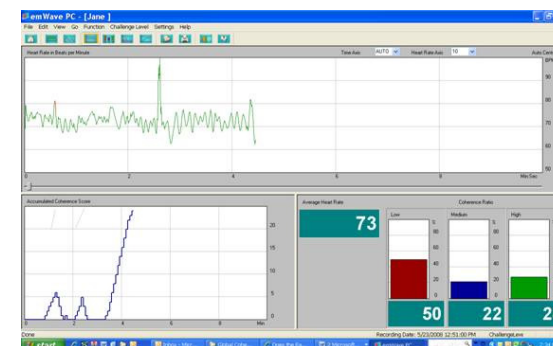
Research has proven that the brain had various centres; hormonal, thinking, emotional and autonomic. Incoherent signals from our heart to our brain will inhibit all of these centres. Therefore we need to improve our coherence levels through the use of “HeartMath”.

The 2 pictures below show the Heart Rate Variability (HRV) - the beat-to-beat variations in heart rate. You can generally tell from HRV how a person is feeling. If it smooth then the person is feeling relaxed, if sharp and spiky then upset.



Practical Application

HeartMath uses biofeedback techniques to improve coherence, which should ideally be 100% in the green bar (see next picture).



The individual is able to view and monitor their HRV and coherence levels on the ‘Heart Rhythm Display’ (see picture above), and actively control and alter these.

HeartMath users of the emWavePC software will attach a sensor to either their fingertip or earlobe.



The sensor will calibrate with the software, and begin taking readings for the ‘Heart Rhythm Display’.

There are a variety of fun visual games to play, using the technique detailed below. After a game, you can re-visit the display page, and view your HRV and coherence levels throughout.

The challenge level can be altered to increase or decrease the difficulty level of achieving coherence (Low, Medium, High, Highest)

Technique

The 'Heart Lock-In' technique enables you to control and improve heart coherence through a simple 5 minute exercise. While completing this technique, re-experience a positive feeling or time in your life::



Step 1 - shift focus to area around heart
Step 2 - Breath rhythmically through the heart; in for 5 seconds, out for 5 seconds

Effects

Balancing and achieving coherence within the bodily system causes increased mental, emotional and physical health, and ultimately changes negative emotional habits.

"HeartMath's" tools have been proven to ease depression, shift mood or attitude, relieve fatigue, create greater inner security and increase performance at school and in

the workplace.

Once an individual has learned and is confident with the "HeartMath" technique, they are able to use it in day-to-day life without the need of the software or sensor, in order to ease or overcome emotional situations.

For further information on HeartMath please use the following contact details:



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 HeartMath®



An overview of
HeartMath, how it
works and how to
use it