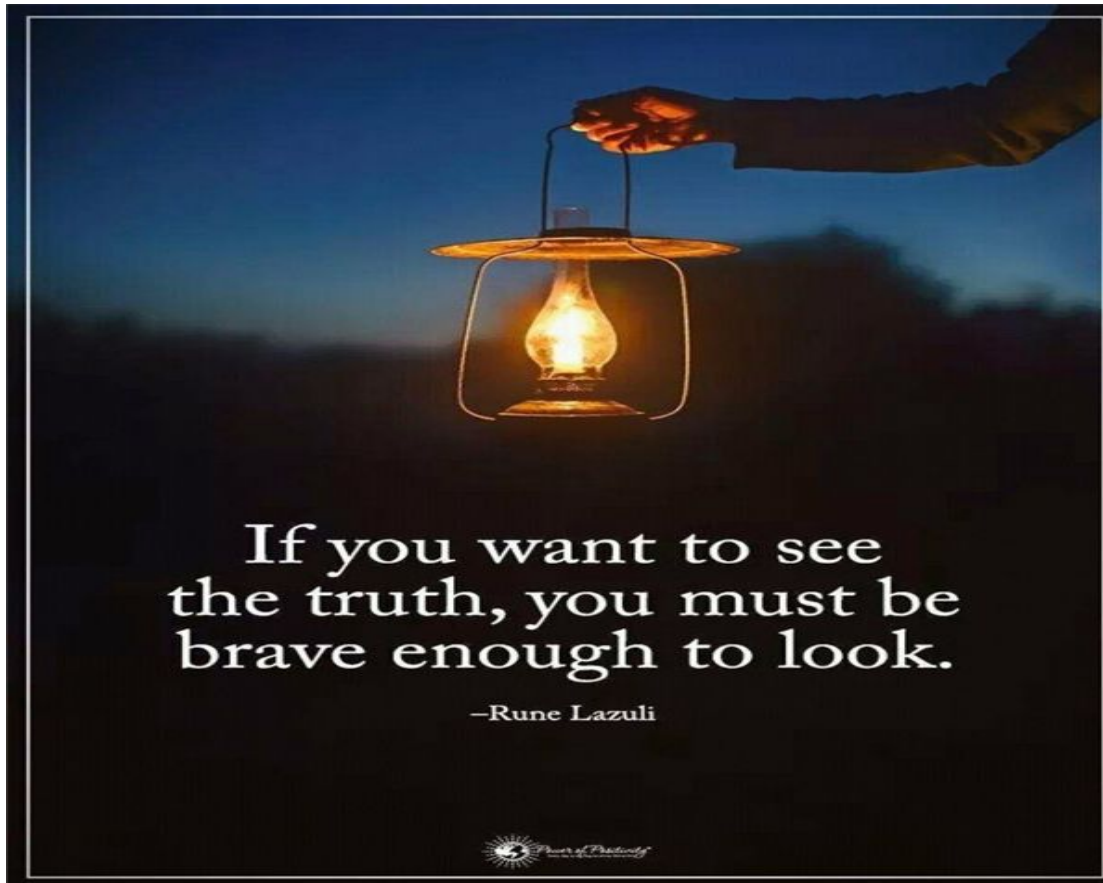


HOW TO OVERCOME THE STRESS-RESPONSE CAUSED BY FEAR - *By USING HEARTMATH* -





- MISSION STATEMENT -

STRESS INTERVENTION TEAM

- The goal of the Stress Intervention Team is to work with the other YCPT teams to build a base of skills to support and educate the community on being emotionally, mentally, physically and socio/politically prepared and resilient.
- The material and techniques presented by the Stress Intervention Team are for self-help educational purposes to manage and decrease stress caused by current and future man-made and natural events. We recognize that an important aspect of stress reduction is to restore individual sovereignty and empowerment.
- Materials are developed by instructors with training in traditional medicine, energy medicine, psychology, investigative research and analysis and others from a wide range of healing arts.

THE FEAR EPIDEMIC

PART 7 IN A SERIES

HOW TO OVERCOME THE STRESS RESPONSE USING *HEARTMATH*

We recommend you review all 7 parts in this series, in sequence:

Part 1: The 4 Paradigms of Control Created by Abusers

Part 2: Personal Sovereignty

Part 3: The Behavioral Traits of Abusers

Part 4: Parallels Between the Handling of the Pandemic and Abusive Behaviors

Part 5: How to Break Away from Abusers

Part 6: Reducing Stress Response by Changing Your Thoughts

Part 7: Reducing Stress Response by Using HeartMath

“The Fear Epidemic” training modules are designed to simplify the struggle between good and evil into very clear personal terms. Simply put "the evil" has used abusive behaviors to keep us in fear. Fear is a powerful tool that abusers use to hide the truth and destroy our emotional sovereignty. Emotional sovereignty is an important part of our overall preparedness. This series addresses how to understand abusers and how to control our emotional and mental responses to them so we maintain our emotional sovereignty.

The two core principles of this training series are:

- You are a sovereign being (no one owns you) and
- We all live in a world with far too much abuse, designed to instill fear.

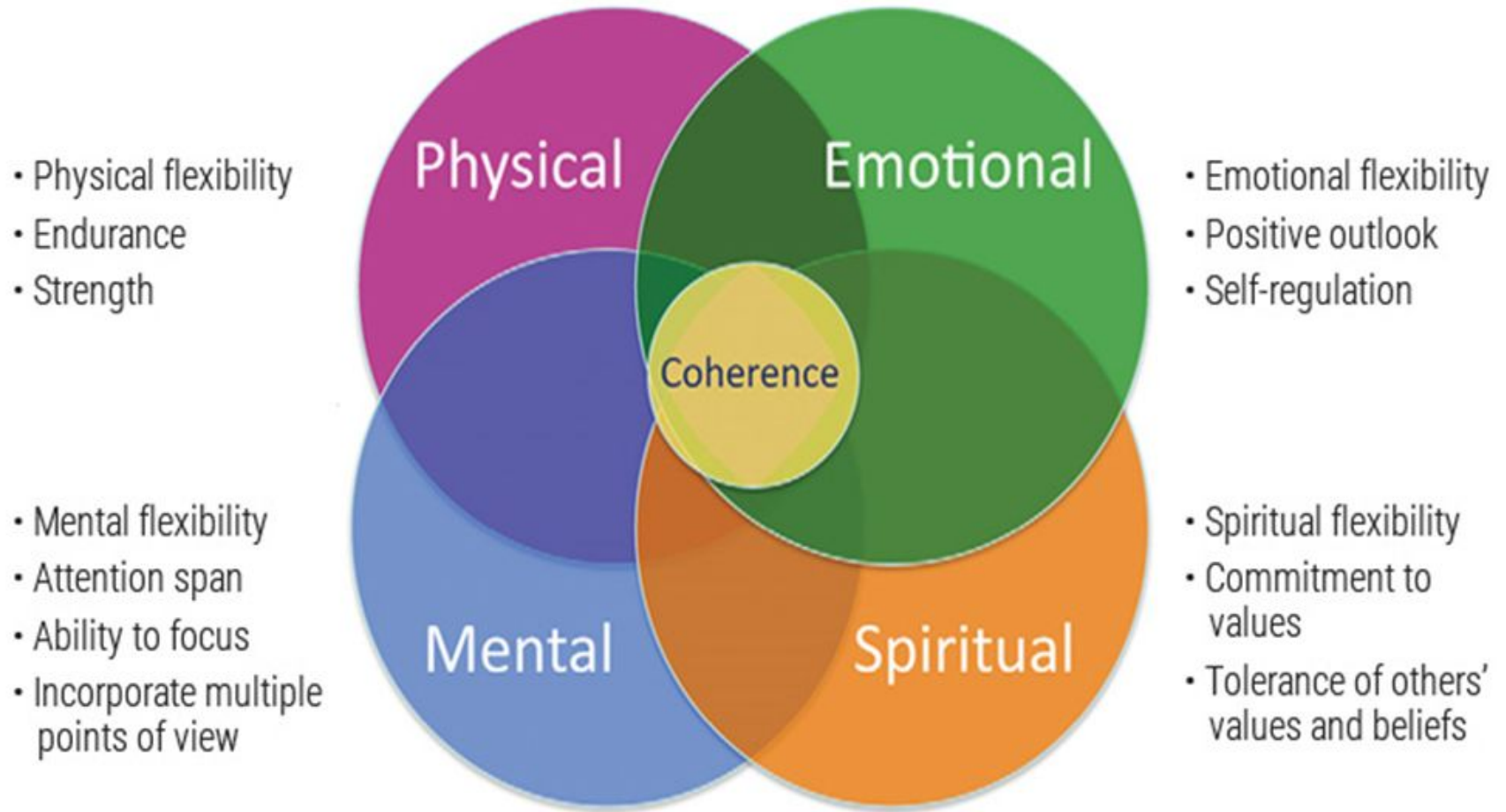
Summary of Key Points



- Define the fear/stress response and how it affects the body.
- Explain the HeartMath technique for creating a state of coherence.
- Describe how to use HeartMath to turn off fear to solve problems more creatively and effectively during stressful times.

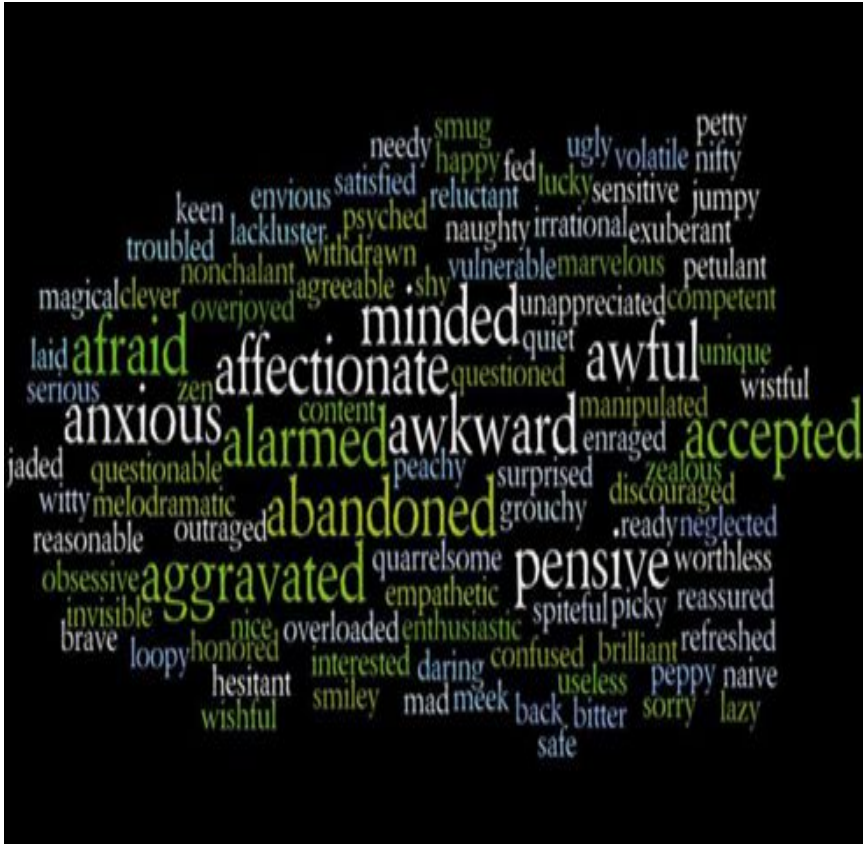
FROM STRESS RESPONSE TO RESILIENCE AND BALANCE

Domains of Resilience



Credit to HeartMath Institute-Science of the Heart

EMOTIONS AND RESILIENCE



“Emotions and resilience are closely related because emotions are the primary drivers of many key physiological processes involved in energy regulation. We define resilience as *the capacity to prepare for, recover from and adapt in the face of stress, adversity, trauma or challenge.*

Therefore, it follows that *a key to sustaining good health, optimal function and resilience is the ability to manage one’s emotions.*”

<https://www.heartmath.org/research/science-of-the-heart/resilience-stress-and-emotions/>

HOW TO “TURN OFF” THE STRESS RESPONSE IN THE BODY



There are many simple balancing techniques that you can use such as:

- Deep breathing
- Stretching
- Centering methods such as Qi Gong or Tai Qi or Prayer
- **This presentation will focus on deep breathing and heart focused breathing**

DEEP BREATHING



Focus on your chest and your abdomen.

Start taking some deep breaths in through your nose.

As you breathe in relax your abdominal muscles and allow your abdomen to expand as you breathe in.

Slowly continue to breathe in expanding your abdomen and then filling your lungs with more air so that you begin to feel your chest move out as you breathe in.

Try to continue breathing in this way until you feel your breathing is more rhythmic. Some people also find that counting to ten while breathing in and then out is helpful.

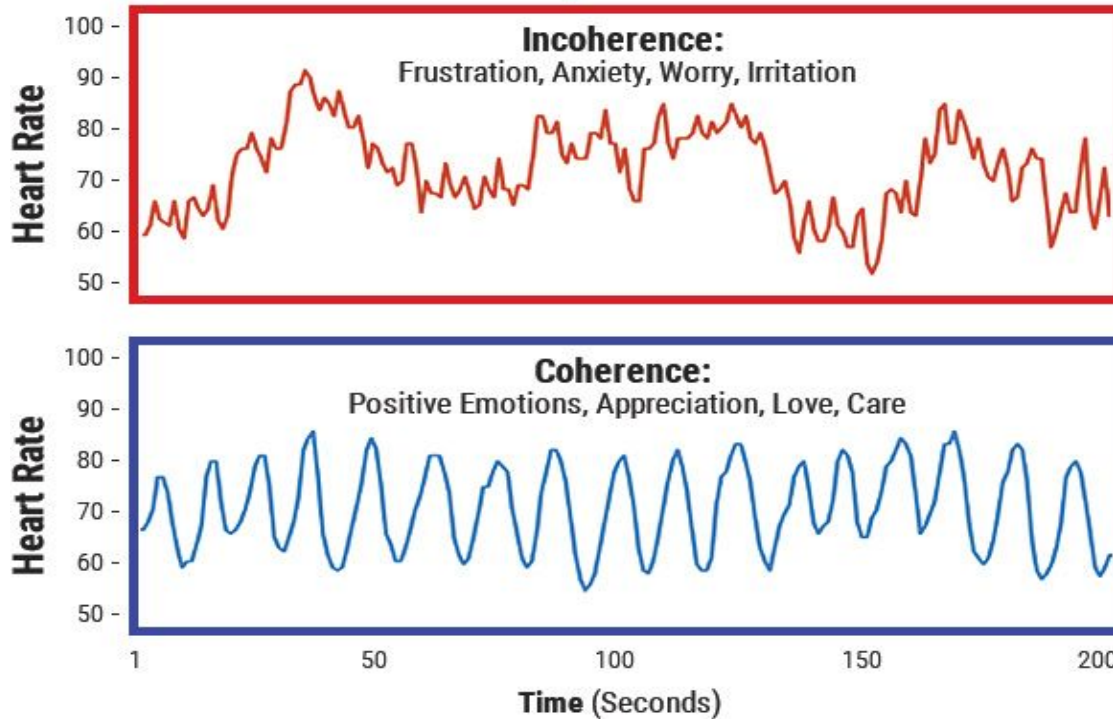
BENEFITS OF HEARTMATH HEART-CENTERED BREATHING



- Research has established that this technique helps to balance your heart and breathing so your body returns to a state of physiological balance.
- Your body can't be in a state of stress and a state of balance at the same time.
- Research also shows that when in a state of balance or *physiological coherence* you are able to do problem solving and have access to more creative thinking.
- Learning to use this will help you change unwanted thinking patterns, destructive emotional patterns and focus on thoughts and behaviors that keep you resilient and emotionally sovereign.

HERE IS HOW YOUR HEART RATE LOOKS

Heart-Rhythm Patterns



Impairs
Performance
(Incoherence)

**DURING
STRESSFUL
SITUATIONS**

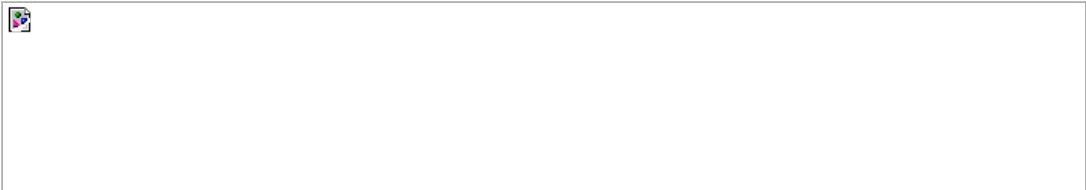
Promotes Optimal
Performance
(Coherence)

**WHEN
EXPERIENCING
POSITIVE
EMOTIONS**

A BRIEF SUMMARY OF HOW TO DO HEART-FOCUSED BREATHING AS TAUGHT BY HEARTMATH



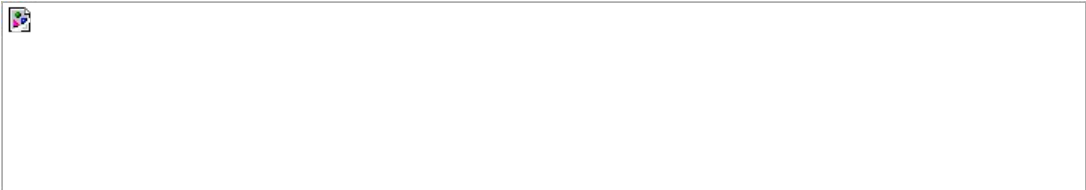
- First focus on taking deep breaths as mentioned earlier.
- Next focus on the area around your heart. You might like to place your hand over your heart to help you focus.
- Now, think of someone or something that brings up a deep feeling of gratitude, love, appreciation or compassion.
- It is important to really feel that emotion in your heart. As you continue breathing feel that emotion flowing through your heart and into your entire body.
- As you breathe out let the gratitude, love or appreciation flow out of your body.
- Breathe in again imagining the gratitude, love or appreciation moving through your body and exhaling it out again. Continue this for a several minutes.



Once you have been breathing through your heart for a few minutes you can think about a problem or fearful thought you are having.

Continue the heart breathing as you ask for some guidance on how to overcome the fear or the problem.

Pay attention to what comes up for you without trying to control the ideas that come to you.



The guidance that will come to you is what HeartMath calls the wisdom of the heart.

Others might call it intuition or your higher wisdom.

Many know it as guidance from God or Holy Spirit because this process is what you might do in prayerful meditation.

The powerful emotion of gratitude or love connects us to answers that direct us to the power of sovereign actions and thoughts.



ATTITUDE BREATHING

from the HeartMath Institute

The idea of attitude breathing is to help you begin to change unwanted habits of emotions that are not useful to you. Often these emotions are the result of past trauma or chronic stress.

Step 1:

- First recognize that you are having an unwanted attitude or feeling about yourself, a situation or another person. Some times when you have been in the habit of feeling a certain way around someone or in a situation it is difficult to be aware of what you are actually feeling and thinking. Signs of unwanted feelings and thoughts are a feeling of unease in your body. Take a moment and try to identify what you are feeling and label that feeling. (see the presentation on changing thoughts in this series)

Step 2:

- Decide on a replacement attitude that you would rather be experiencing in this situation or an attitude that would be opposite of or a way of neutralizing the unwanted attitude or feeling.

Step 3:

- Focus on the center of your chest or the area around your heart. Breathe in the new attitude trying to imagine that you are filling up your heart and/or your chest with this new attitude or feeling. Try to do this for a few moments until the new feeling starts to feel more comfortable.



BREATHING EXERCISES FOR REPLACING COMMON UNWANTED FEELINGS AND ATTITUDES

Unwanted Feelings & Attitudes	Replacement Feelings & Attitudes
Stressed	Breathe neutral feelings
Anxious	Breathe calm
Overwhelmed	Breathe ease and peace or appreciation for something
Foggy mind/confused	Breathe neutral with the intention of clarity
Angry/upset	Breathe neutral with the intention to cool down
Judgmental	Breathe tolerance or compassion, appreciation for something
Fear	Breathe courage and peace
Sleeplessness	Breathe balance, appreciation

MORE ON HEART-CENTERED BREATHING



Frequent practice of heart-centered breathing can help you remain sovereign in your thinking, emotions and actions during these very stressful times.

Remember the abusers we have talked about want to keep us in a state of fear so we are reactive and more manipulated. (See training units on *Traits of Abusers*, *The 4 paradigms of Control*, and *How to Break Away from Abusers* in this series.)

Individually we will create stronger communities by staying out of fear and being in a state of coherence mentally, physically, emotionally and spiritually.



INSTITUTE OF HEARTMATH®

Empowering Heart-Based Living

<https://www.heartmath.org/>

- **HeartMath** was developed by a cardiologist and other medical researchers to help people turn off the stress response in the body and establish a balanced state called coherence, to promote health.
- See the **HeartMath Institute** website for free information and videos for practicing this technique.