


Transform Your Stress and Create Better Health and Resilience



Learn to reduce your stress and anxiety, develop self-regulation skills and build mental and emotional resilience.

You can increase your internal awareness and develop more self-empowerment skills to achieve the health you want.

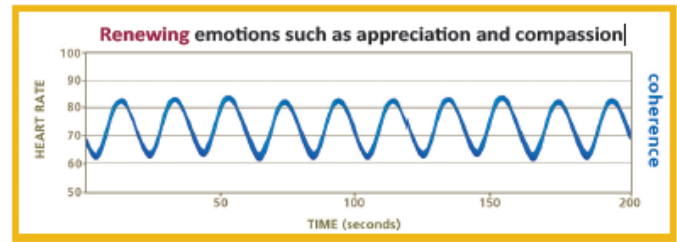
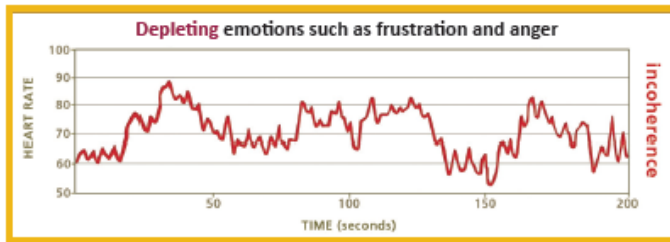
Benefits

- Increased situational awareness in relationships, meetings and projects
- Enhanced ability to focus, process information and solve problems
- Reduced stress, worry and fatigue
- Heightened creativity and innovation
- Increased ability to handle challenging clients and situations
- Increased access to fast, effective decision-making on complex issues
- Increased regenerative sleep
- Increased vitality and resilience

Based on more than 20 years of HeartMath®'s published, peer-reviewed research on the science of resilience, The Resilience Advantage™ program provides a powerful skill set and engaging technology to prepare you to thrive in a world of flux, challenge and opportunity. This best-in-class program is used by organizations such as, hospital systems; the US Navy; Fortune 500 companies worldwide; school systems nationwide; the Royal Canadian Mounted Police; and Stanford Graduate School of Business.

How does it work?

When we are stressed, the body is out of sync. The depleting emotions we feel like anger, frustration, anxiety and worry, lead to disorder in the nervous system. Renewing emotions created using the Heartmath® techniques bring order between the heart and the nervous system, which is called coherence. Coherence leads to mental clarity, resiliency, and emotional balance. The Heart Rate Variability (HRV) chart on the left shows a person who is in a state of stress, out of sync, and on the right, a person who is in a state of coherence.



“The Navy supports [HeartMath] Coherence Advantage™* training because it provides tangible tools and skills that can and have improved individual functioning which means more effective and successful missions.”
Capt. Lori A. Laraway, Manager of the Operational Stress Control Program for the Navy Expeditionary Combat Command

Evidence-based results six week after taking the HeartMath® Program:

- 52% reduction in exhaustion and tiredness
- 60% reduction in anger
- 61% reduction in annoyance
- 52% reduction in anxiety
- 60% reduction in depression
- 43% reduction in heartburn or indigestion
- 44% reduction in headaches
- 44% reduction in body aches (joint pain, backaches)
- 33% reduction in inadequate sleep

Mary Claire O’Neal, Heartmath® Certified Trainer and Coach

- (US) +1 859-272-2515
- maryclaireoneal@mac.com
- lifeworkresilience.com