

Self-Regulation Tool for your Resilience Toolbox!

Would you be interested in a tool that would allow you to take back control of your response to stress?

Instead of fight, flight or freeze, and the 1400 biochemical reactions that take place when your emotions shift from calm to stormy, it is possible to self-regulate your response to stress. You are not a victim to the upsetting circumstances you encounter on a daily basis.

HeartMath® is an organization I discovered a few years ago that completely changed the way I respond to stress. I learned to use and now train people to use a simple fundamental technique for accessing and utilizing the body's autonomic nervous system, to respond to stress in a more healthy way.



The technique is used to prepare for, recover from or adapt to stress, challenge, adversity or change. When you sense the stress or even see it coming, begin eyes wide open and in your stressful situation to practice these simple steps.

Step one: Self-regulate your breathing

Take a deep breath and gradually slow your breathing, focusing on your heart or chest area, and begin to notice your posture change, the sounds around you, and your lungs fill and release, and your heart rhythm begin to match your breathing.

Step two: Self-regulate your emotion

Bring into your mind an image, story, memory, or interaction that creates a positive renewing, or regenerative emotion. Allow this thought to fill your mind and heart until you begin to feel the change and the negative stressful emotions are replaced with happiness, joy, gratitude or admiration.

The two steps done together actually changes the physiology of your body as one set of reactions are paused and another begins, and your body establishes a coherent rhythm and flow that brings calm, peace and a new outlook on your present circumstances.

I would love to hear from you about how your practice of this tool is helping you become more resilient to the stress you encounter from day to day!



Peaks & Creeks Life Development ♦ PO Box 1596 ♦ Evergreen, CO 80437
(720) 382-9420 ♦ karl@peaksandcreeks.com