

# Heart Matters

February, 2020

## *The Science of Head & Heart Together*

Work pace can be hectic, challenges come up with projects, people, and our own inner critic. And change is the nature life, so being skilled at self-regulation is a necessity to successfully navigate life's challenges.

Research carried out by HeartMath® demonstrates the important role the heart plays in self-regulation and performance:

- With breath control and emotional regulation, you generate “coherence”. Coherence connects head and heart together.
- The heart generates by the far the most powerful and most extensive rhythmic electromagnetic field produced in the body.
- It has been found that the electrical voltage of the heart is about 60 times greater in amplitude than the electrical activity produced by the brain.
- Research has shown that the human nervous system is tuned to the heart fields of others. This is why our “Head and Heart Together” approach to care is critical to the healing environment.
- Coherent energetic fields are interrelated and act to amplify and mutually reinforce each other. Translation...your “presence” is medicine...make it good medicine! Good moods are contagious...share generously!
- The heart also secretes oxytocin, commonly referred to as the “love” or “bonding” hormones. Remarkably, concentrations of oxytocin produced in the heart are as high as those found in the brain.

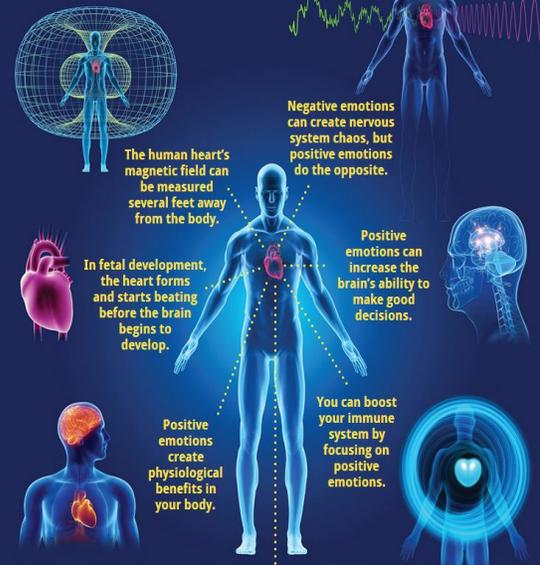
Learn more about your ability to “be a Valentine” by your presence. Schedule a brief introductory session with Cami to explore how to generate “coherence”. [www.guidedresilience.com](http://www.guidedresilience.com)



Self-Care is a personal and professional responsibility.

-Coach Cami

## Did you know?



## Coach Cami

*Launches her new book!*



## Mindful Pause

*Mindful Pause supports your effort to **Stop** the incessant pace and intensity of life, **Breathe** your way to stability and peace, **Think** about your self-care, and **Choose** a life of your design.*



# P.A.C.E.

## When Choosing to move is your preferred self-care practice

For many, exercise is a preferred self-care practice. While movement is a great option for self-care, consider this P.A.C.E. approach to ensure your self-care choice satisfies your needs in spirit, mind, & **body**.



### *P – Pause*

A Mindful Pause to stop, breathe, think and choose can help you determine the best option for your self-care practice. The “think” step of the Mindful Pause can be used to consider the following...

- How is my energy?
- What mood am I currently experiencing?
- What activity is the right choice for the right time?

### *A – Attitude*

For many, work already consumes much of the day. A Mindful Pause can help you shift your attitude for moving from chore to chill, duty to delight, and workout to playout! Is your energy low? Sometimes just 5 minutes to reset with uplifting music, a healthy snack, a drink of water, or a conversation with a friend or loved one can re-energize you and shift your attitude toward your intention to move.

Is your mood “wired” from a day of constant interactions, multi-tasking, and an endless list of things to do? A jog or walk in a park to feel grounded and restored by the beauty of the natural world may be ticket. If you’ve been alone in an office all day, consider connecting with others in a group fitness or dance class. Being in a pool can feel as if you’re “washing away” all your tension. Being out in the sun can energize. Following an instructor can relieve your mind from thinking about your routine. Or socializing with friends can add energy and fun. Tune “IN” for self-awareness...Tune “To” the attitude that best supports what you need!

### *C – Calendar*

With days that are full of competing commitments, your self-care commitments need to be scheduled into your day. Where do you keep track of important appointments, meetings, and deadlines? Put your self-care commitments there as well. Let others see that you prioritize your self-care!

### *E – Eliminate Barriers*

Everyone knows that moving our bodies supports our health in body, mind, and spirit. But sometimes that gap between **knowing and doing** seems unsurpassable.

Work with a coach or join a class. Let Coach Cami help you with:

**Inspiration \* Accountability \* Creativity \* Fun**