

SHIFT Happens

December, 2020

The Science of Head & Heart Together

Life gets disrupted. Challenges come up with projects, people, and this year...pandemic. While change is the nature of life, so is being inherently skilled at self-regulation to successfully navigate life's challenges.

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

- 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 a “Head and Heart Together” approach to living is critical for thriving.
- 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.

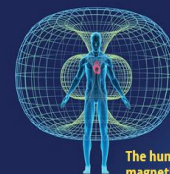
Learn more about your ability to make SHIFT happen by your presence. Schedule a brief introductory session with Cami to explore how to generate “coherence”. www.guidedresilience.com



Become a master of your moments...not a victim of your day.

-Coach Cami

Did you know?



The human heart's magnetic field can be measured several feet away from the body.

Negative emotions can create nervous system chaos, but positive emotions do the opposite.



In fetal development, the heart forms and starts beating before the brain begins to develop.

Positive emotions can increase the brain's ability to make good decisions.



Positive emotions create physiological benefits in your body.

You can boost your immune system by focusing on positive emotions.

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.*

