



Deborah Rozman: The Heart of Resilience: Scientifically Validated HeartMath Tools to Build and Sustain Resilience



Deborah Rozman is the President and CEO of HeartMath Inc, and an author. As a behavioral psychologist, she helped develop HeartMath training programs to facilitate creating a more resilient, coherent, and heart-based world. Explore breakthrough research on heart-brain synchronization and coherence and experience a quick coherence technique.

TOP EMBODIMENT TIP: Shift to the heart as often as you can, breathing through the heart with love, compassion, forgiveness, and kindness and you will have more harmony and flow in your day.

HeartMath: Transform your health, wellness and performance

- HeartMath is a training and program for stress, energy management, resilience, and optimal performance.
- Heart Rate Variability (HRV) is a coherence assessment, involving feedback technologies.
- It incorporates scientific and market-validated outcomes in a wide-range of settings and populations.

Heart Rate Variability (HRV): Indicator of health, resilience and the ability to handle stress

- Higher amounts of HRV = superior mental performance. Below normal HRV for your age = predictor of future health problems. A HRV pattern of coherence is used for self-regulation training for improved mental wellness.
- An American Journal of Cardiology study (1995), linked emotional states and the physical heart in terms of rhythms of the heart.
- The heart has its own complex nervous system (heart-brain). It sends more information to the brain than the brain does to the heart. Signals from the heart affect strategic thinking, reaction times and self-regulation.
- HeartMath tools help achieve better harmony with the heart-brain and nervous system. Lack of self-regulation is central to many problems (e.g. fear, reactivity) and shuts down higher cognitive centers. Increasing resilience helps build the capacity to effectively self-regulate emotions, attitudes, and behavior.

Quick Coherence Technique: Shift to greater harmony and clarity

- Heart-focused breathing along with a positive feeling, shifts us to more coherence.
- Signals from the heart create shifts in the brain to release stress and anxiety, opening us up to a higher possibility.
- The heart has the power to calm the mind. Intuitive intelligence is activated when the mind and emotions are brought into coherent alignment with the heart.
- The heart's magnetic field. The heartbeat produces 2.5 watts of electrical power. This bathes the entire brain and body, extending to 5-feet away from the body and transmits our emotional quality to others around us ("vibes").
- We feel the heart rhythm of others. The more coherent we are, the more we can help uplift others. This also has a carryover effect to assist in creating more harmony and creativity.

Resources

- ❖ **Courses:** [HeartMath Experience](#)
- ❖ **Website:** [HeartMath](#), [HeartMath Institute](#), [Global Coherence Initiative](#)



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