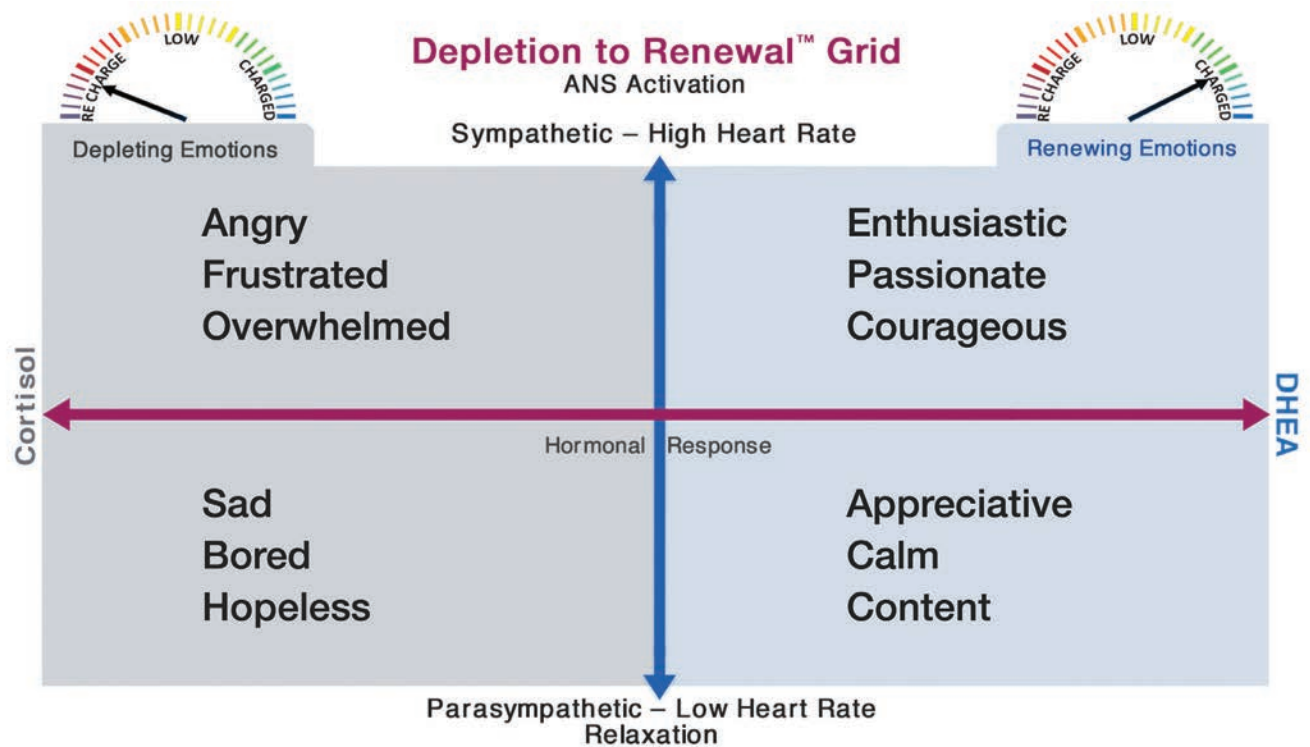




Depletion to Renewal™ Grid



Every emotion you experience has an effect on your body and on your resilience, *whether or not you are aware of it*. Every emotion immediately causes changes in your body, affects your ability to build and sustain your energy and either renews or depletes your resilience. The two main physiological systems that control the cascade of these changes in your body are the hormonal system and the autonomic nervous system (ANS).

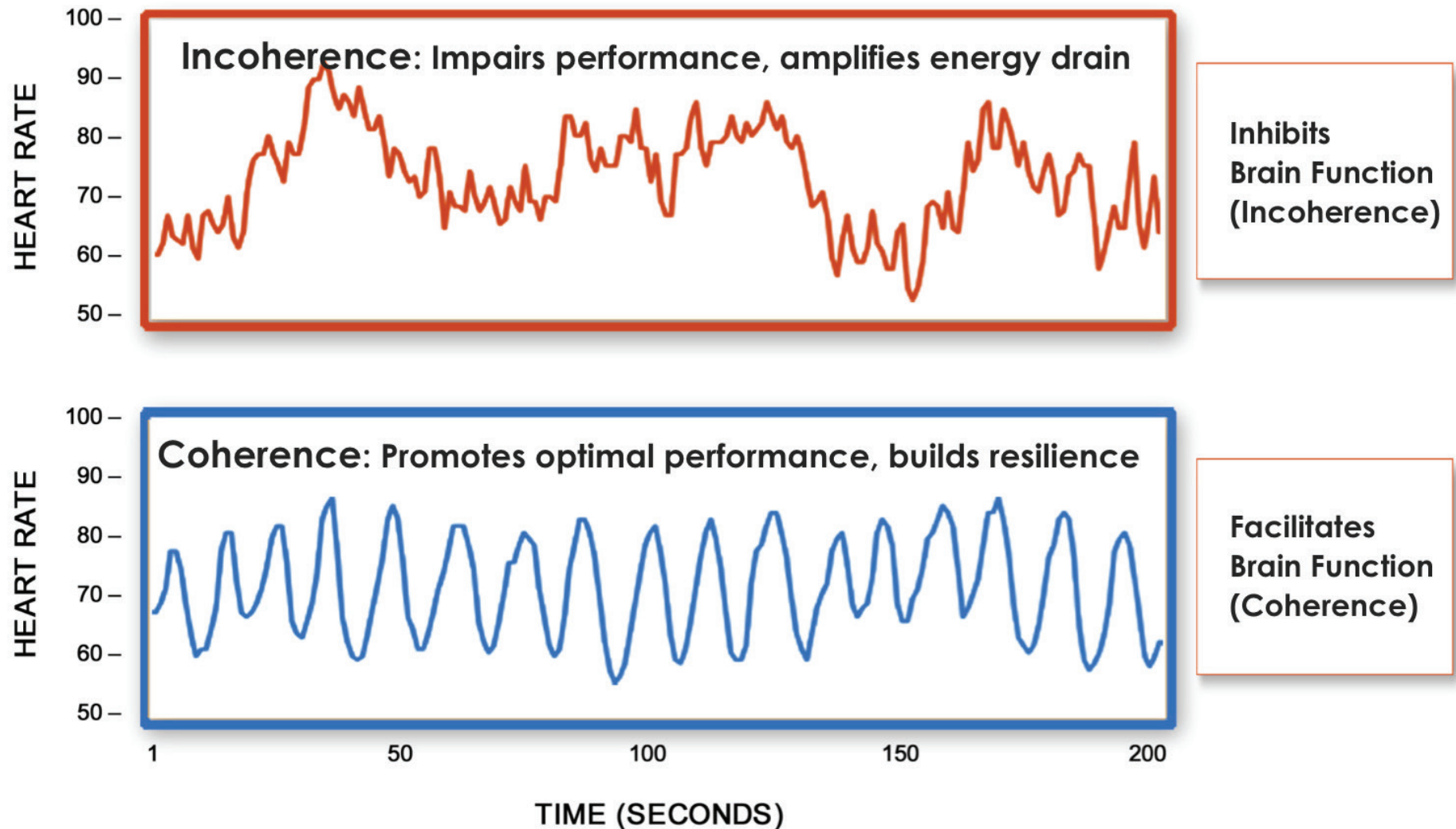
Three Practices for Building and Sustaining Resilience



The following are three important practices to more effectively regulate your energy, increase your resilience and handle situations more effectively. Understanding these three practices can help you see when and where you can apply any of the techniques.

- 1. The value of Prep cannot be overemphasized.** The purpose of Prep is to ensure that before entering a challenging situation, you are in a more resilient and composed state so you are able to meet the challenge and respond optimally. This is not merely thinking about feeling more calm and composed, but rather creating the actual feeling of ease, calm or confidence, which creates coherence. You can Prep for anything. Prep to set the tone for the day, before meetings, before working on projects or meeting with a client.
- 2. Shift and Reset** by practicing a HeartMath coherence technique in-the-moment when challenging events, big or small, occur to stabilize emotions and minimize energy drains as soon as possible. Shift and Reset before resting or going to bed to get the maximum benefits from rest or sleep.
- 3. Sustain** your resilience throughout the day by establishing regular practices to Prep, and Shift and Reset on-the-go throughout the day. Using a technique even when you aren't experiencing stress reinforces a more coherent and resilient state. It all adds up!

Emotions and Heart Rhythms



Heart Rhythms Directly Affect Physical and Mental Performance

Heart signals impact the brain centers involved in decision making, reaction times, social awareness and the ability to self-regulate.

