The Quick Coherence Technique
'Shifting State'

This technique is an in-the-moment self-regulation technique for creating alignment between the heart and the brain that increases mental clarity, emotional stability and composure. It helps you *shift your state* from an incoherent heart rhythm associated with stress to a more balanced and coherent state.

Simple, yet powerful, use of this technique has supported :
- Increased emotional balance and self-regulation
- Enhanced mental clarity and decision-making
- Improved stress management and resilience
- Increased energy and emotional well-being

Step 1 - Heart-Focused Breathing

Focus your attention in the area of your heart. Imagine your breath is flowing in and out of the heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.

Step 2 - Activate a positive or renewing feeling

As you continue heart-focused breathing, make a singer attempt to experience a positive feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone your love, a pet, a special place, an accomplishment etc., or focus on a feeling of calm or ease.

Examples of positive emotions and attitudes:

Patience
Care, Love
Compassion
Contentment
Enthusiasm
Joy
Hopeful
Tolerance
Courage
Honour, Dignity
Confidence
Appreciation
Gratitude
Kindness
Optimism
Calm, Ease

This technique & the science behind it were developed by The Heartmath Institute:

https://www.heartmath.co.uk/what-is-heartmath/