



**HeartMath®**  
Certified Trainer

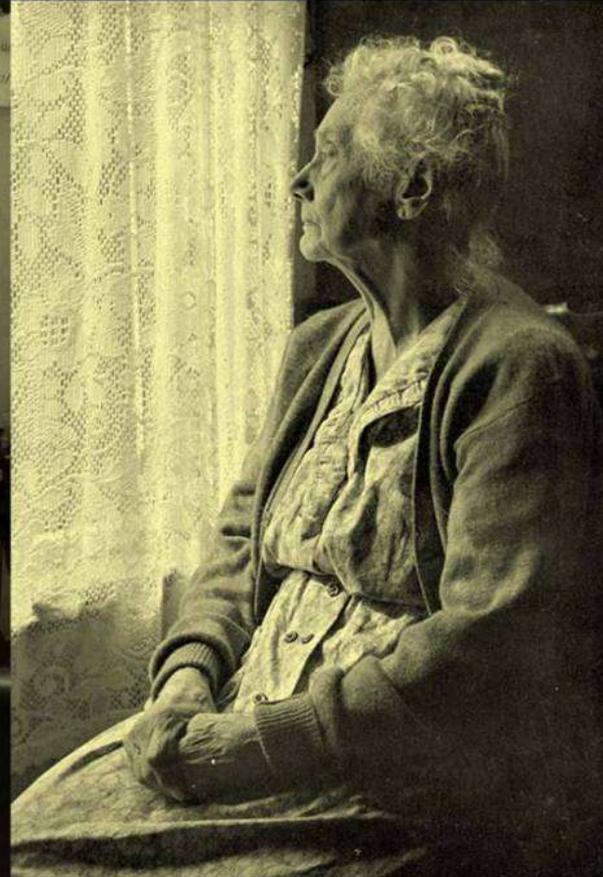


[pubilc.imoko.com](http://pubilc.imoko.com)

**Both of these women  
are 74 years old... The choice  
is yours to make**



**fb/david avocado wolfe**





*75-90% GP visits are  
Stress Related*

# Kiwi Health

## Stress Destroys Health & Performance

Medicated High Blood Pressure	622,000	
Measured High Blood Pressure	805,000	
Medicated High Cholesterol	430,000	
Ischaemic Heart Disease	172,000	
Mental Health Receiving Treatment	162,222	
Heart Failure	72,000	197 per day!
Strokes	57,000	156 per day!



*75-90% GP visits are Stress Related*

*How many hours are you losing with absent employees?*



# Kiwi's Medicating

## Stress Sucks

Depression	421,000	38%
Sleep	237,000	77%
Anxiety	126,000	53%
Alcohol	??	

*% increase in previous 5 years*



*... and Impairs Performance!*



# Kiwi ACC Claims

## Stress Costs



Total Employees	2,059,900	
Total Claims	230,200	
Medical Fees	200,000	- Time lost for Doctor Visits?
Independence Costs	16,900	- 1 <sup>st</sup> Week 80% Employers cost
Loss of Earnings	13,300	- Skills lost to absent staff
Deaths	72	- Family impact!

Source: ACC Report August 2016

*How much does ACC cost your business?*



# H&S Act 2015

## Are you Exposed?

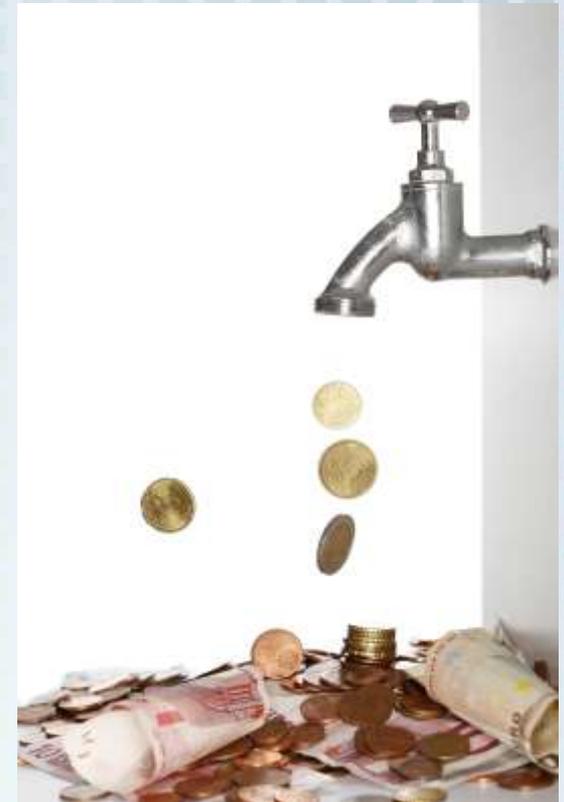
You are Responsible for Duty of Care

### ➤ Physical Environment

- Overcrowding
- Accidental Risk

### ➤ Psychological Environment

- Work arrangements (Shifts, Hours of Work etc.)
- Stress (Deadlines, Work Loads, Culture etc.)



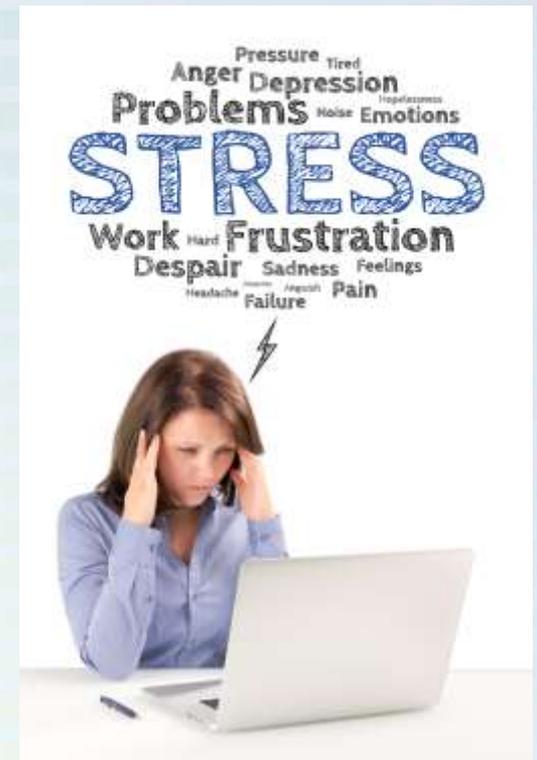
*How do you measure Stress & Fatigue in your business?*



# Common Stressors

## How Productive is your Work Environment?

- × Long Hours
- × Unreasonable Deadlines
- × Work Overload
- × Bullying
- × Job Insecurity
- × Job Strain
- × Lay-offs
- × Inflexible hours
- × Lack of Support
- × Work – Family Conflict



Source: Combined Harvard & Stanford Study 2015





# Employee Engagement

## Stress Reduces Productivity

Engaged	23%
Not Engaged	62%
Actively Disengaged	15%



*Hidden Costs – How do you measure it in your business?*

*Gallop State of the Global Workplace*

*New Zealand 2014*

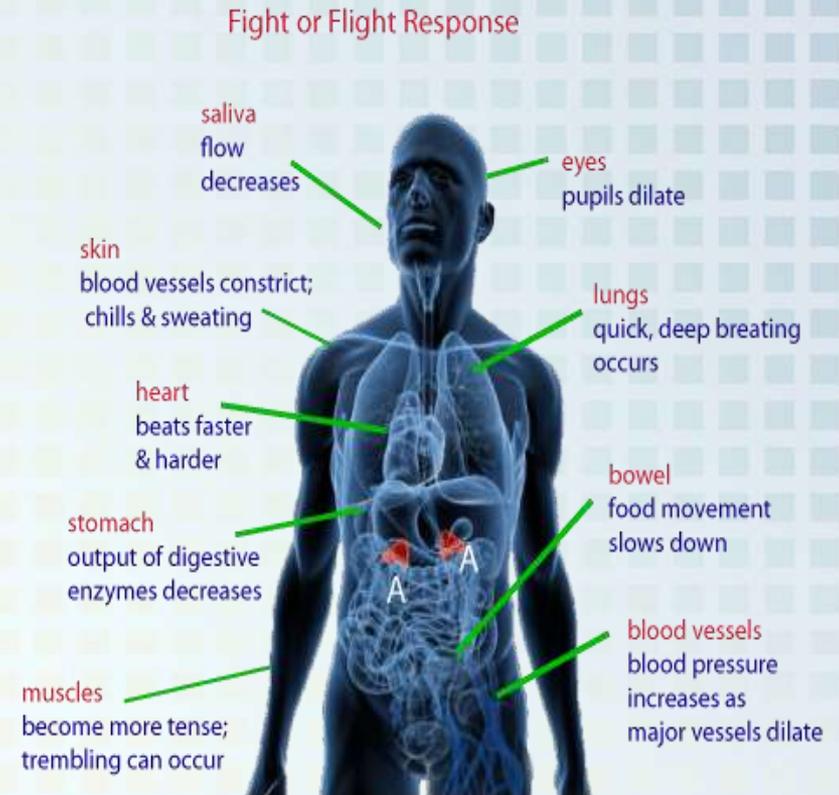
# Karoshi



# Stress

## Physiological Responses

- ↑ Adrenal Production
- ↑ Thyroid Function
- ↑ Blood Pressure
- ↑ Blood Sugar
- ↑ Weight Gain
  
- ↓ Blood Distribution
  - ↓ ~~Non Essential Organs~~
- ↓ Sleep
- ↓ Reduced Energy
- ↓ Suppressed Immune System

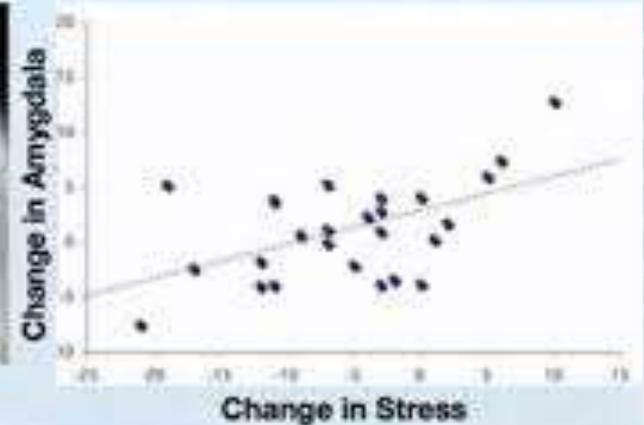


# Stress

## Psychological Responses

- ↑ Anxiety
- ↑ Overwhelm
- ↑ Burnout
- ↑ Depression
  
- ↓ Problem Solving
- ↓ Creativity
- ↓ Focus
- ↓ Memory
- ↓ Team Relationships

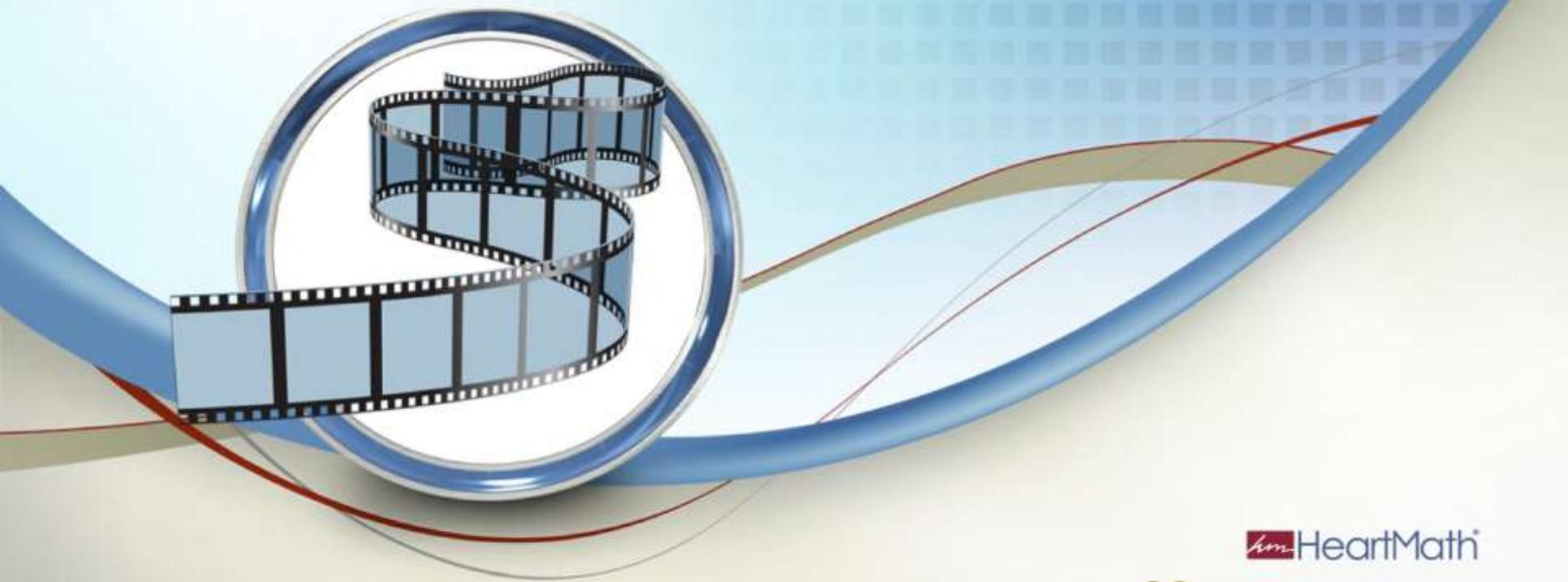
Change in stress correlates with change in amygdala gray matter



Dr Sara Laser



# A Short Movie



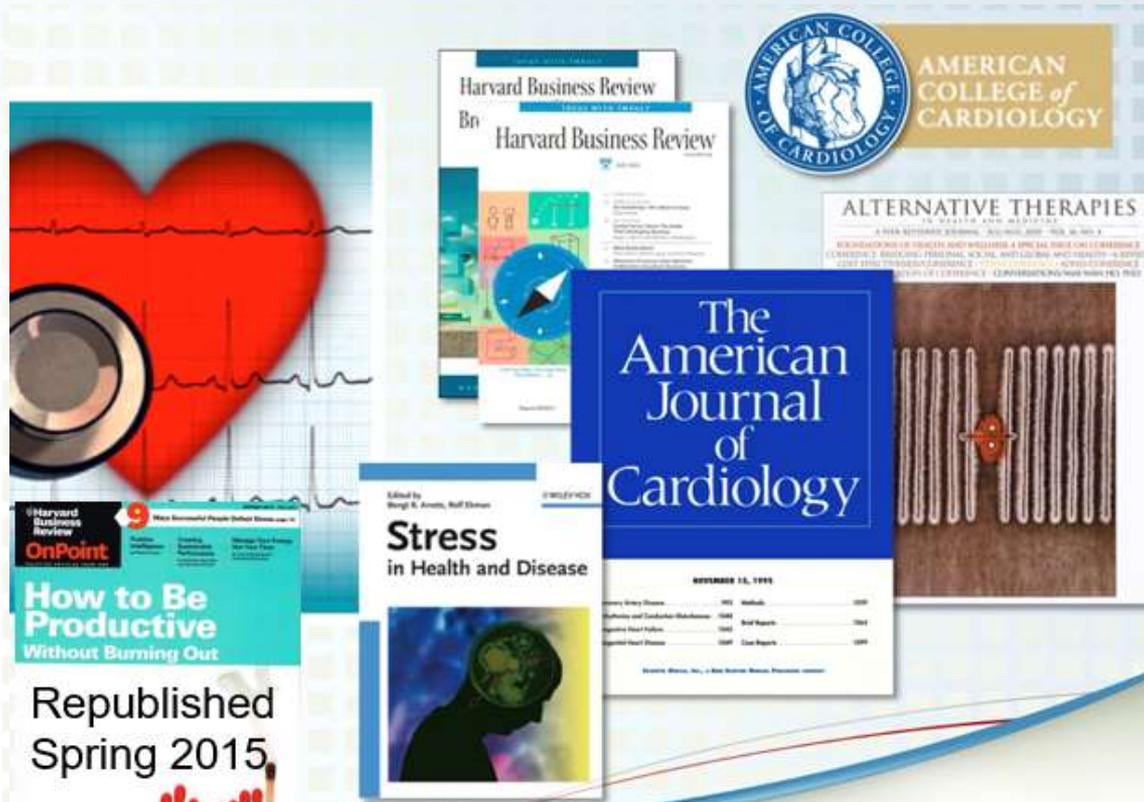
 HeartMath®



**INSTITUTE OF HEARTMATH®**  
Expanding Heart Connections

# A Simple Taxi Ride – or Not!





Republished  
Spring 2015



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# Imagine:

## Empowered & Higher Conscious Living

- ✓ Greater Focus
- ✓ Improved Memory Capacity
- ✓ Effective Decision Making
- ✓ Enhanced Situational Awareness
- ✓ Better Relationships
- ✓ Effective Emotional Self-regulation
- ✓ Strengthened Immune System
- ✓ Improved Sleep
- ✓ More Energy
- ✓ Optimised Performance
- ✓ And Many Health Benefits...



# Resilience



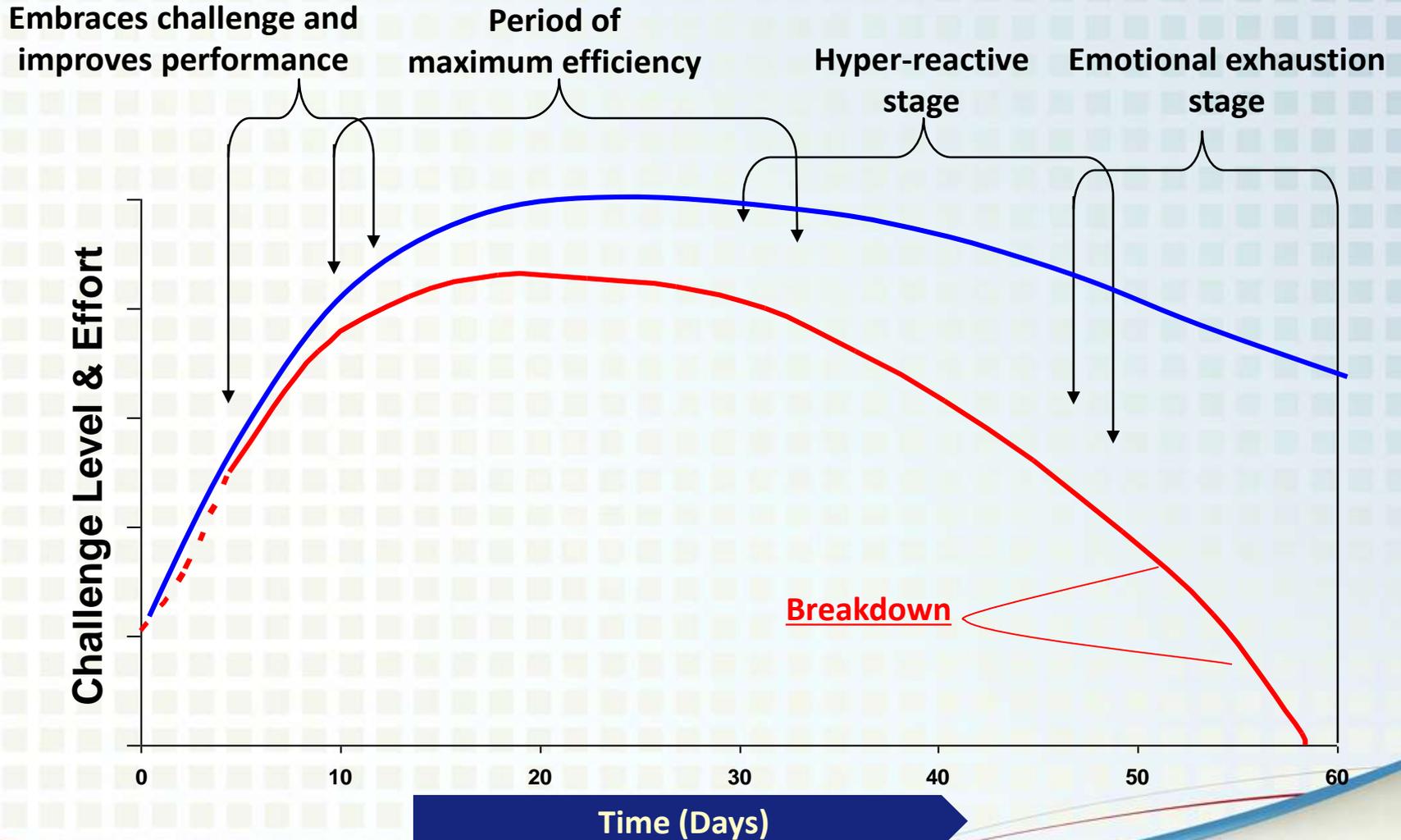
# Resilience

The capacity to prepare for, recover from and adapt in the face of stress, challenge or adversity.

*You can learn to build your resilience capacity and sustain your energy.*



# Stress, Resilience and Performance





# Flexibility



# Neuro-Cardiology





# Heart Functions

- Sends messages to the Brain

John & Beatrice Lacey 1960-70s

- Hormone Gland

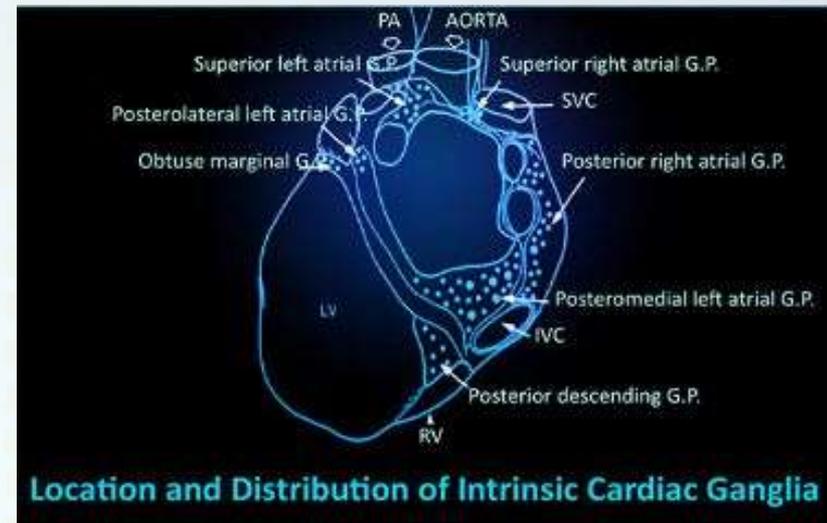
Adolfo J de Bold 1983

- Heart Brain

Dr Andrew Armour 1991

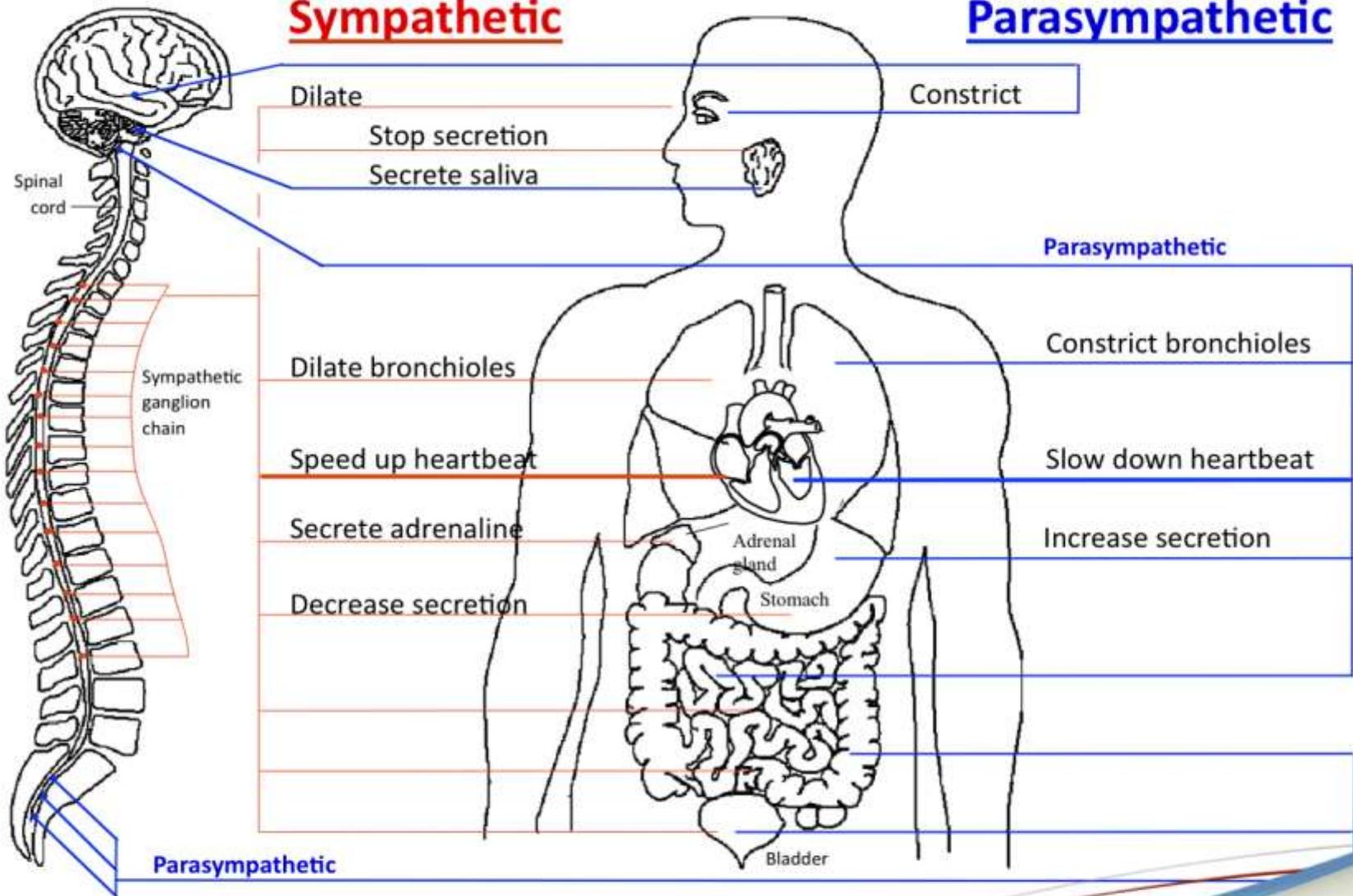
- Electromagnetic Field

SQUID Technology  
Superconducting Quantum Interface Devices

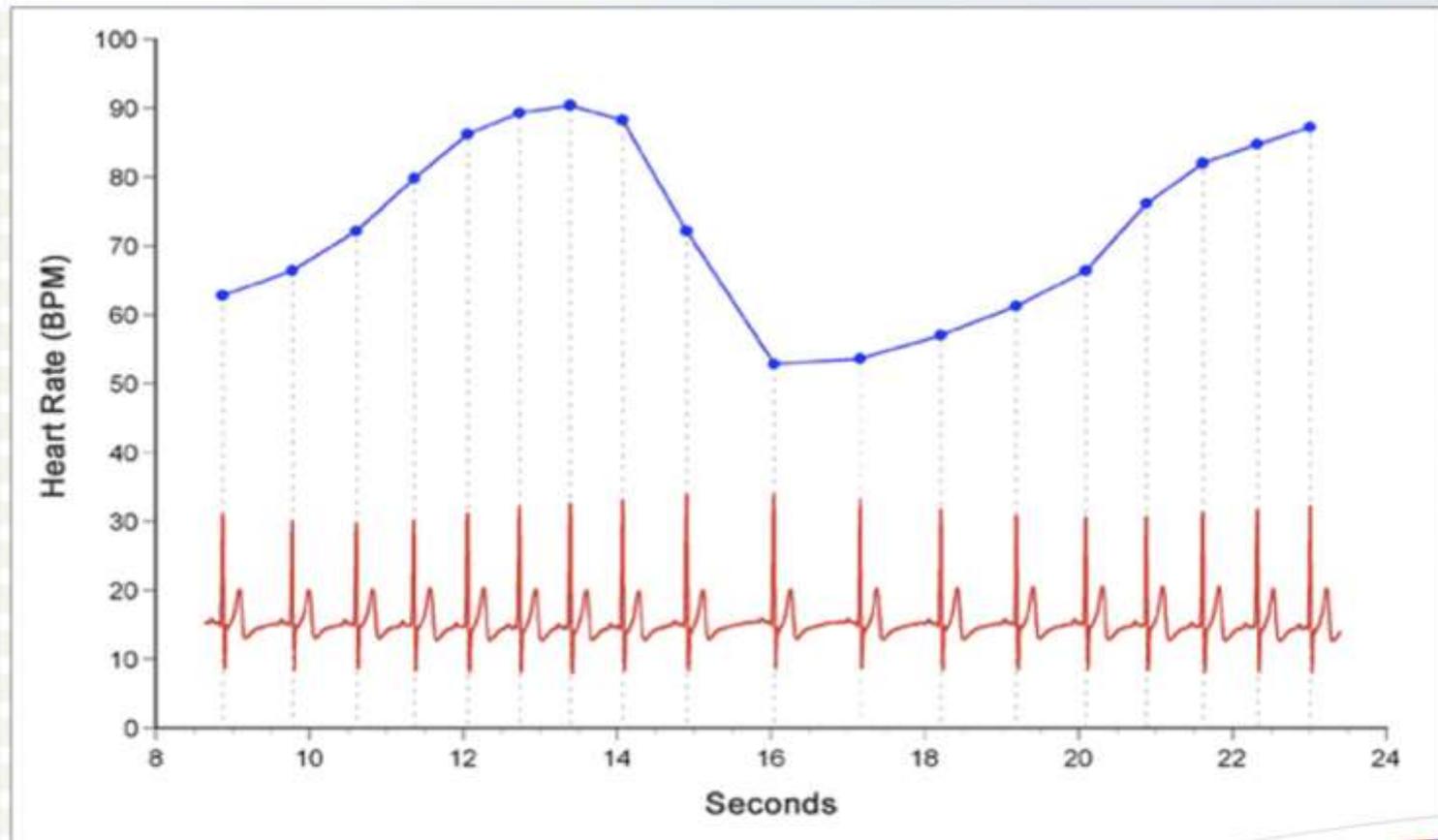


# Sympathetic

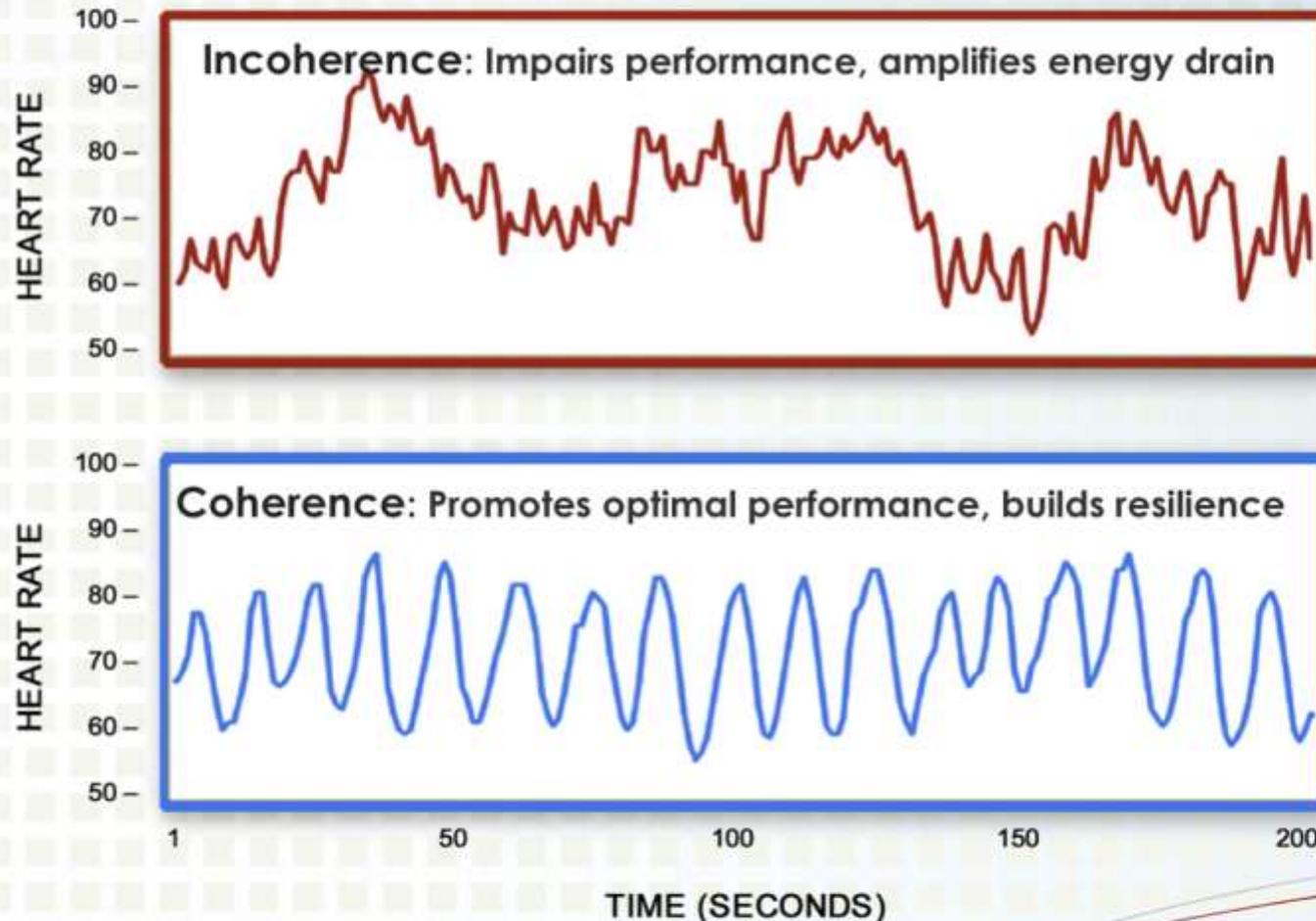
# Parasympathetic



# Heart Rhythm Patterns Emerge



# Emotions and Heart Rhythms



Inhibits  
Brain Function  
(Incoherence)

Facilitates  
Brain Function  
(Coherence)



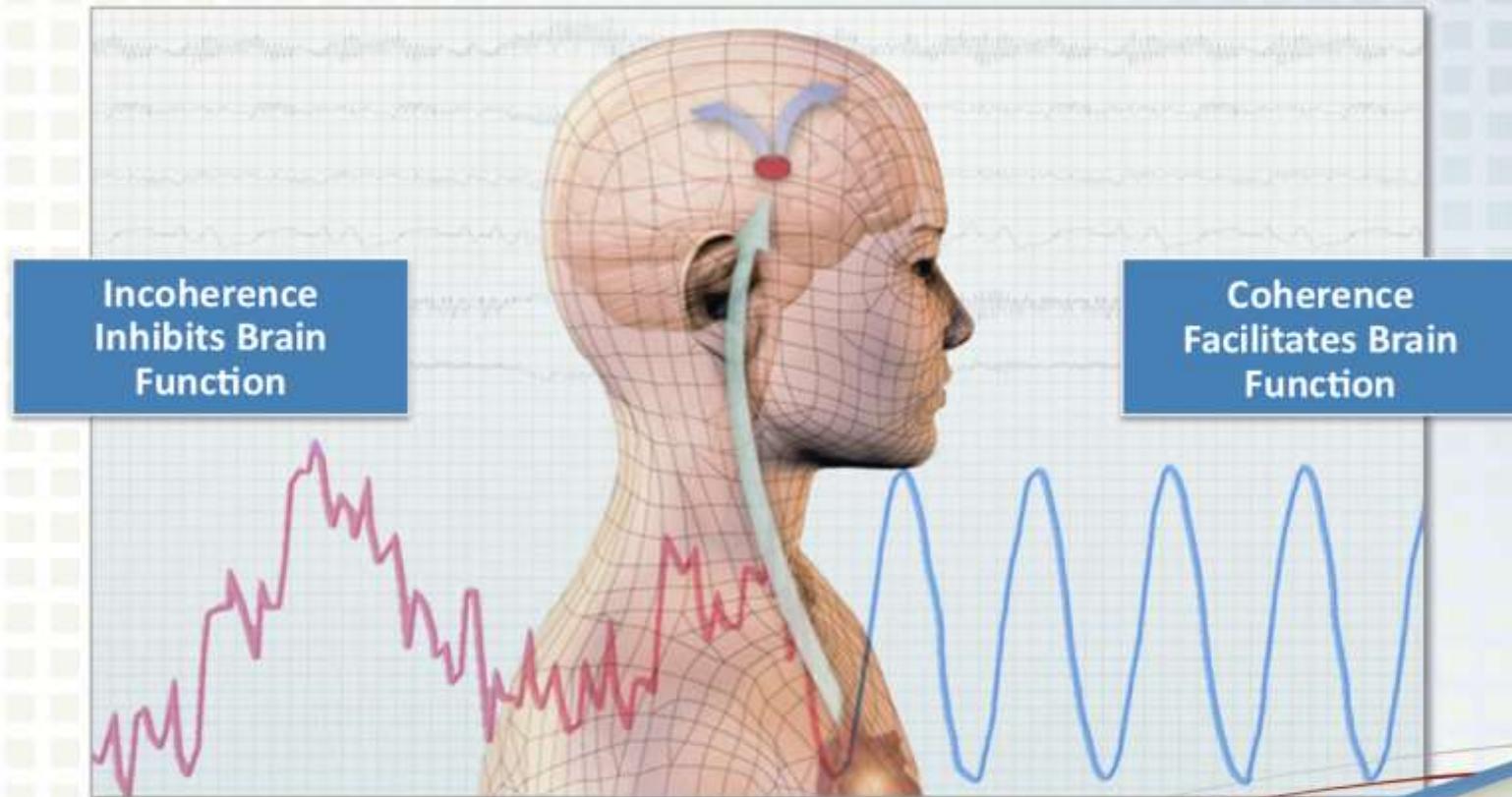
# Heart Rate Variability (HRV) Indicators

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- Age Related – Declines with age
- Low HRV a strong indicator of future health problems & all-cause mortality
- An indicator of psychological resilience & our ability to manage with stress
- High HRV is linked to superior mental performance.

# Heart Rhythms Directly Affect Physical and Mental Performance

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

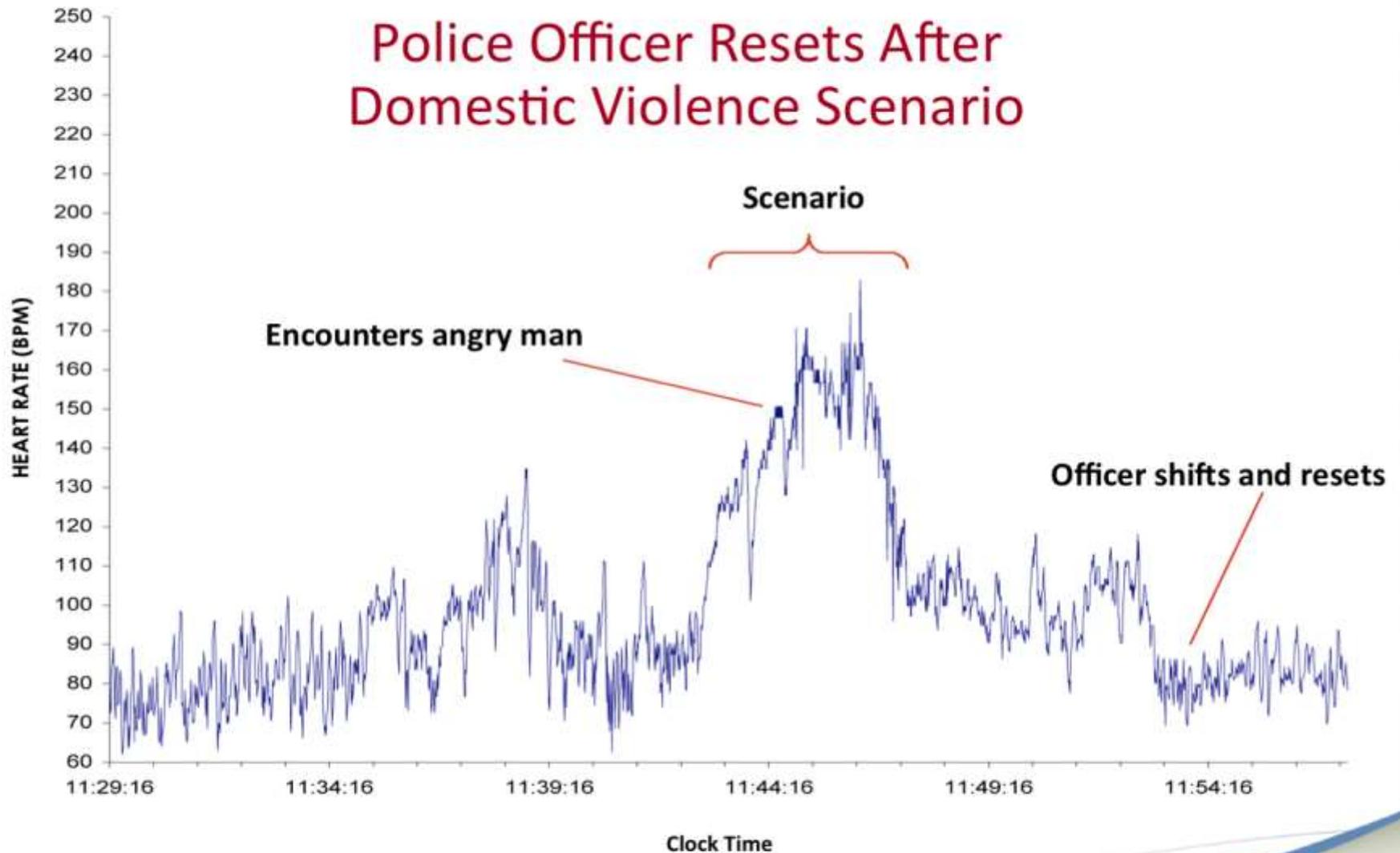


**Incoherence  
Inhibits Brain  
Function**

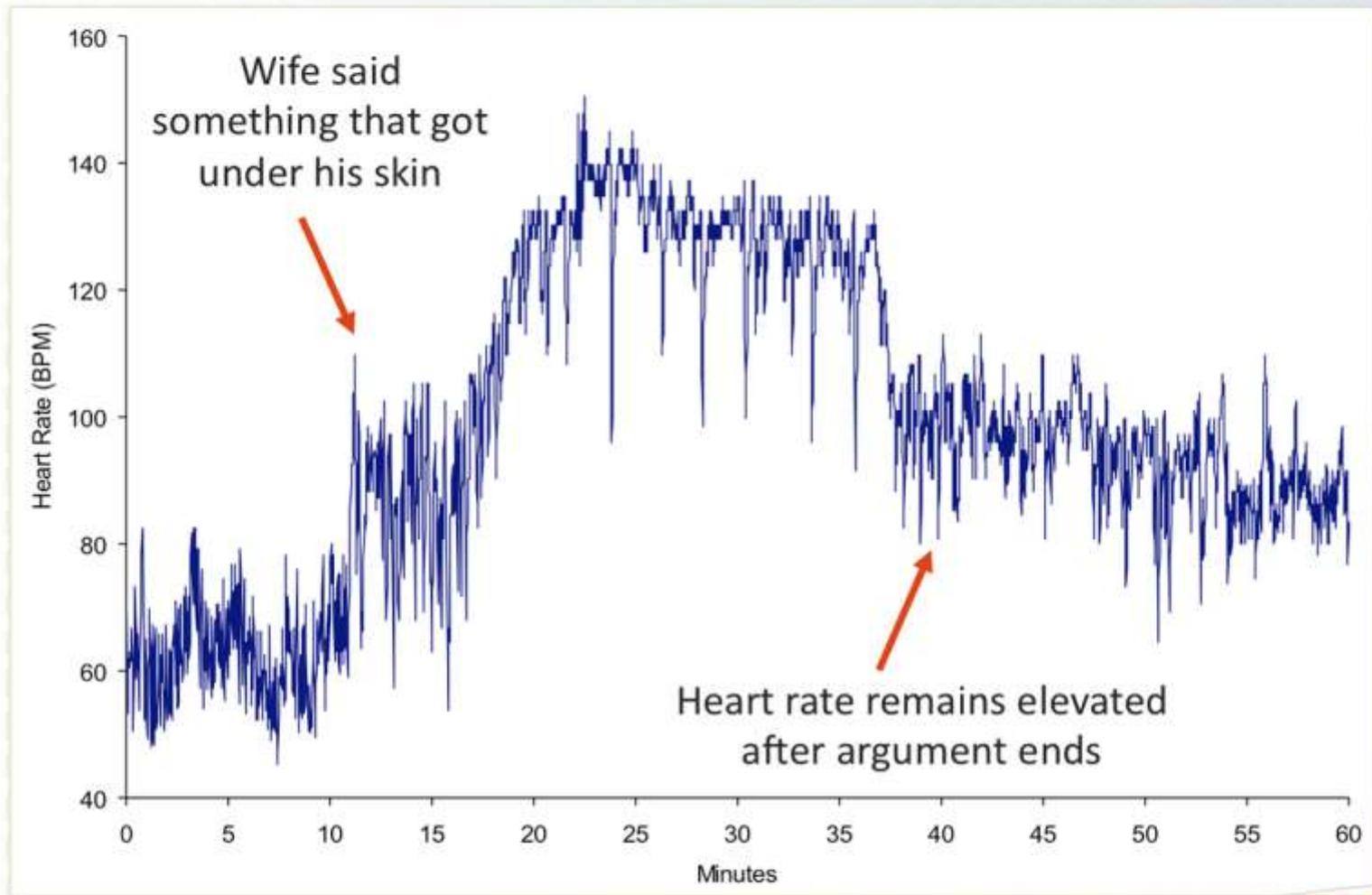
**Coherence  
Facilitates Brain  
Function**



# Police Officer Resets After Domestic Violence Scenario



# Husband and Wife Arguing



# emWave® Demo



 HeartMath®



**INSTITUTE OF HEARTMATH®**  
Expanding Heart Connections

# Inner Balance™ for iDevices



# Depletion to Renewal Grid

ANS Activation

Sympathetic – High Heart Rate

Parasympathetic – Low Heart Rate  
Relaxation



Depleting Emotions

Renewing Emotions



Cortisol

DHEA

Hormonal System

# Inner-Ease™ Quick Steps

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1. Heart-Focused Breathing
2. Draw in the feeling of inner ease
3. Anchor and maintain the feeling

*With practice you can shift to the attitude of ease by remembering to breathe it in.*



# Inner Ease

- Stillness
- Flowing through your Day
- Emotionally Balanced
- Self Aware
- Sensitivity to others
- Inner Joy and Gratitude
- Active Calm





# Communication

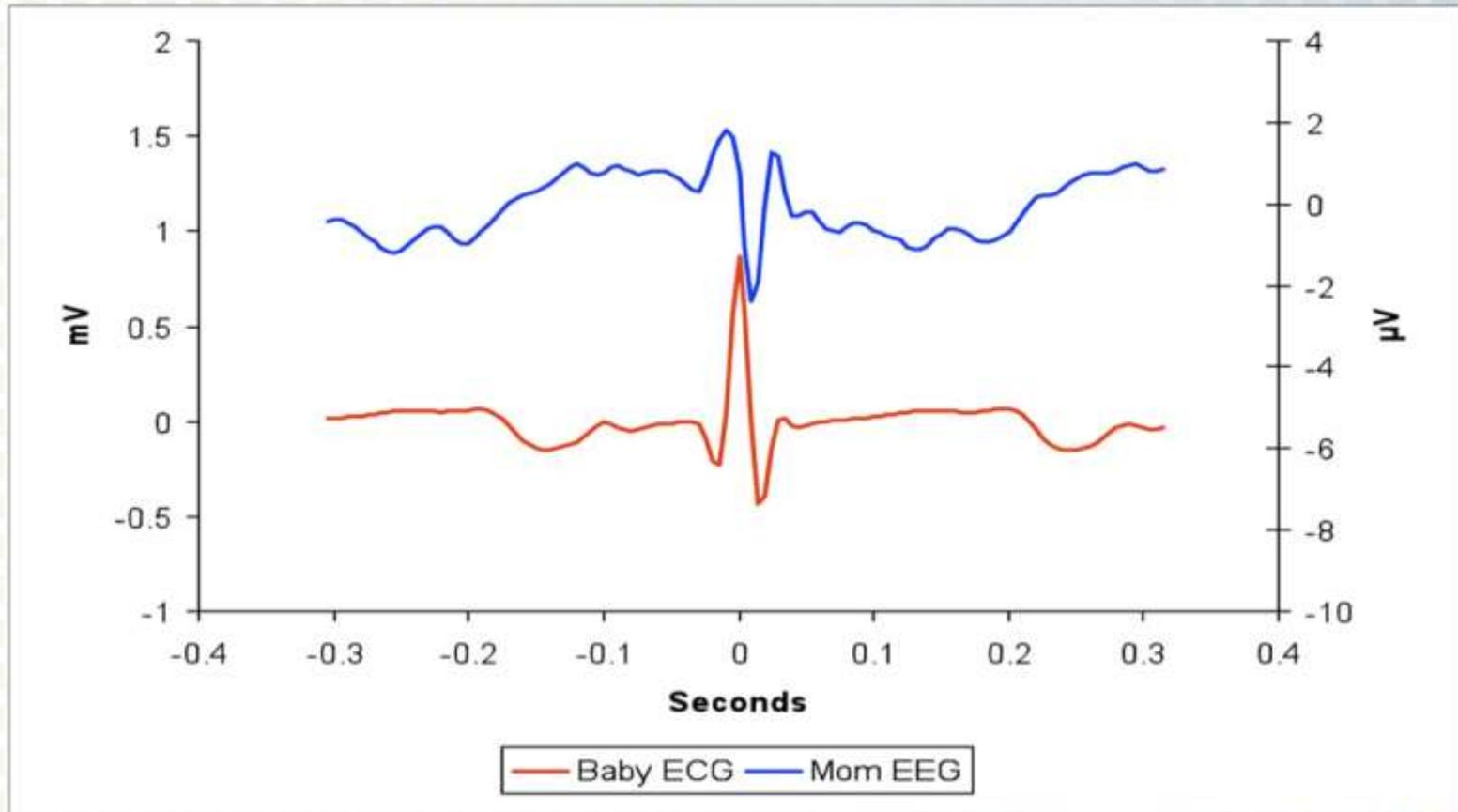


# A Mother and Her Baby

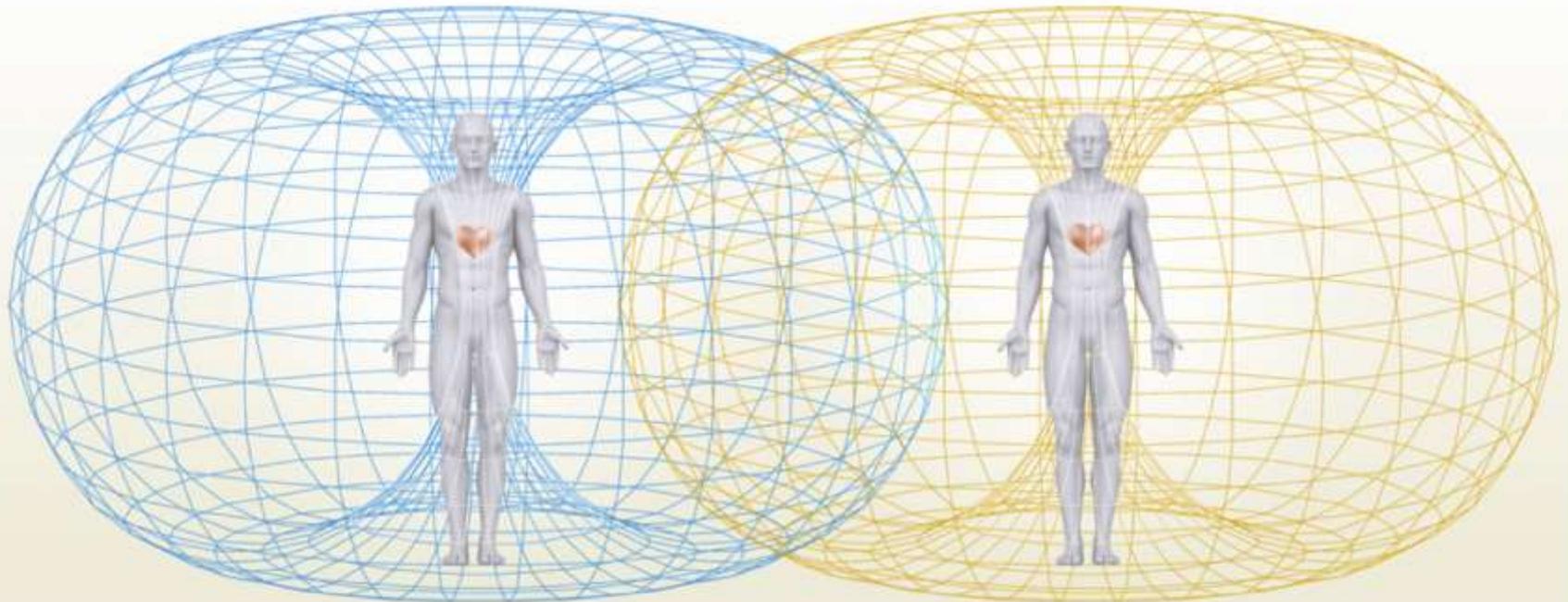
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# Mother's Brainwaves Sync to Baby's Heartbeats



Our thoughts and emotions affect the heart's magnetic field, which energetically affects those in our environment whether or not we are conscious of it.



Copyright 2009 Institute of HeartMath



# Karoshi



# Plugging the Energy Leaks

## 3 Imperatives

- **Be self-aware**
  - Pay attention to your feeling
- **Breathe**
  - Use a technique
- **Build**



# Building Resilience Capacity

## 3 Imperatives

- **Be self-aware**
  - Pay attention to your feeling
- **Breathe**
  - Use a technique
- **Build**
  - A Daily Practice





