Freeze-Frame Technique
(Heartmath Institute)

1. Take a time out.

2. Breath through your heart (10 seconds)
   - brings mental focus away from the brain
   - increases nervous system balance
   - increases cardiovascular efficiency
   - increases communication between heart and brain

3. Recall fun feelings or fun time and re-experience it OR feel core heart feelings
   - care    - appreciation    - forgiveness    - non-judgement

4. Ask your heart, “What would be a more efficient response?” or “What response would decrease my future stress?”

5. Listen for an answer or feeling