

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