



Quick Coherence Tool

The Quick Coherence tool is a simple, easy way to interrupt the stress response and quickly bring your system into coherence. Practice this tool 4 – 5 times a day, for a minimum of 3 weeks. Use this tool prior to or during events or situations that provide emotional challenges – a quick stress manager. Good times to practice are first thing in the morning, before going to sleep at night, break time in the middle of the day, or any time you want to rebalance to get an energy boost.

Steps of Quick Coherence

Heart Focus

The first step is to focus your attention in the area around your heart. You can place your hand over your heart to help.

Step 1 – Heart Breathing

The second step is to pretend you are breathing through your heart area. Breathe slowly and gently (to a count of 5 or 6) until your breathing feels smooth and balanced. Do this for about one minute and notice any changes.

Step 2 – Heart Feeling

The third step involves positive feeling and attitudes. Continue to breathe through the area of your heart and find a positive feeling, like appreciation for someone or something. You can recall a time when you felt appreciation of care and re-experience that feeling,

- It could be for a pet
- A special place in nature
- Activity that was fun

Once you have found a positive feeling-sustain this feeling by continuing heart focus, heart breathing and heart feeling.

Once you have completed the steps, you can ask yourself, “How could I handle this in a better way?” With practice, you will find that you have more intuitive choices or options for what you might do next-even in the middle of a challenging or high-pressure situation.