



# HeartMath Coherence Advantage Training Components: Tools and Technology

## THE RESILIENCE TOOLS AND TECHNIQUES

The HeartMath tools provide a simple, yet effective way to shift the heart, brain and nervous system into a more coherent state which allows individuals to perform at their best. Stabilizing the nervous system increases situational awareness, and the ability to adapt and respond appropriately in complex and rapidly changing environments.



### Coherence Advantage Program Modules Include:

- PHYSIOLOGY OF OPTIMAL PERFORMANCE
- RESILIENCE – WHAT DRAINS AND RENEWS IT
- SELF-SITUATIONAL AWARENESS
- COHERENCE BREATHING – REDUCING THE INTENSITY OF A STRESS REACTION
- FREEZE-FRAME® – FOR DECISION MAKING
- SHIFT AND RESET™ – FOR REESTABLISHING SELF-CONTROL
- PREPPING FOR CHALLENGING SITUATIONS
- ESTABLISHING A COHERENT BASELINE – FOR SUSTAINING RESILIENCE
- AWARENESS OF OTHERS- FOR BUILDING UNIT COHESION

## EMWAVE ASSISTIVE TECHNOLOGY

The emWave coherence and resilience building system utilizes state-of-the-art technology to objectively measure heart rate variability (HRV) and coherence anywhere, any time. This training system facilitates learning how to get coherent – the foundation for mental clarity, stress tolerance and sustained resilience. Through visual and audio feedback the system speeds and reinforces internalization of the self-regulation and resilience building techniques.

### The emWave®

- MEASURES AND ENCOURAGES COHERENCE BUILDING
- WITH PRACTICE, PROGRESSIVELY INCREASES YOUR ABILITY TO SHIFT TO THE COHERENT STATE ON YOUR OWN
- HEIGHTENS CLARITY FOR SOBER DISCERNMENT
- QUICKLY STABILIZES AND MAINTAINS BALANCE IN STRESS-CHARGED SITUATIONS
- ESPECIALLY HELPS TO PREP AND BE COHERENT BEFORE ENGAGING IN OBVIOUS STRESSFUL SITUATIONS.

emWave Desktop  
for PC and Mac

emWave  
award-winning  
handheld device



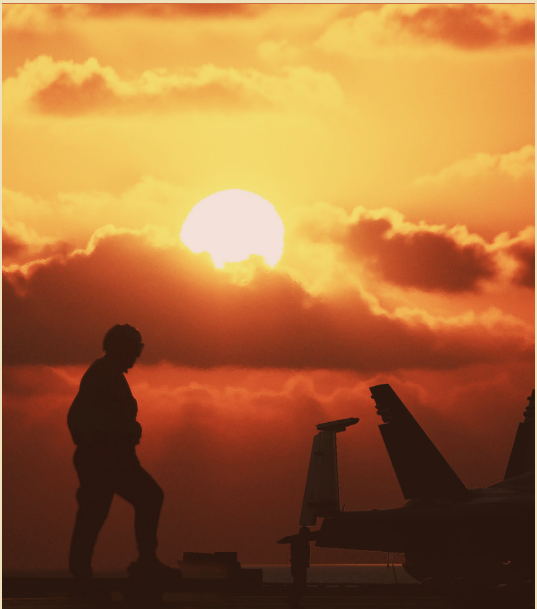
*The emWave program can be installed on secured, networked military computers.  
The Certificated of Networthiness (CON) number is CERT-200801332.*

Learn about HeartMath programs for families and veterans at [www.heartmath.org/military](http://www.heartmath.org/military). For information about the HeartMath Military Service Appreciation Fund, which provides free programs and services to under-resourced service members and veterans, military support agencies and installations, go to [www.heartmath.org/milappreciation](http://www.heartmath.org/milappreciation)

For information on training programs for health professionals, e-mail [Carol@heartmath.com](mailto:Carol@heartmath.com)



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Perform at Your Best

# HeartMath® Resilience Programs for Military Personnel

HeartMath Resilience Training incorporates research-based self-regulation techniques and technologies to ...

- increase resilience
- improve mental performance and decision making in adverse environments
- reduce stress symptoms in a wide range of contexts

Backed by science, research and experience, HeartMath’s programs are tailored to fit the tactical requirements of every phase of military life.



### Physiology of Performance

HeartMath is a widely recognized leader in stress research, the physiology of optimal performance and resilience. HeartMath was first to identify — and harness — the physiological state of “coherence” as an optimal state of emotional, cognitive and physical functioning. Coherence allows individuals and units to build, maintain and sustain resilience.

Service members learn how to build stress tolerance and resilience through a set of researched-based self-regulation tools and technology.





## Purpose ...

Building operational stress tolerance and resilience through research-based tools and technologies.

**The Coherence Advantage resilience program helps service members:**

- SHARPEN AND MAINTAIN SITUATIONAL AWARENESS
- INCREASE MENTAL CLARITY AND FOCUSED AND FLEXIBLE THINKING, ESPECIALLY WHEN UNDER PRESSURE
- IMPROVE REACTION TIMES AND COORDINATION
- REDUCE FATIGUE AND SLEEPLESSNESS
- REDUCE SYMPTOMS OF OPERATIONAL STRESS
- STRENGTHEN CONNECTION TO THE MISSION, THE UNIT AND THE TEAM
- DECREASE FRICTION IN RELATIONSHIPS AND IMPROVE COMMUNICATION WITH UNIT AND FAMILY MEMBERS



## Why HeartMath?

The Coherence Advantage training is based on nearly two decades of research on the physiology of optimal performance. The research-based techniques induce a coherent physical and mental state which increase mental clarity and emotional stability, especially in challenging situations.

**Research has shown:**

- IMPROVED COGNITIVE PERFORMANCE SUCH AS SUSTAINED FOCUS AND ATTENTION, MEMORY, REACTION TIMES, ABILITY TO DISCRIMINATE AND MAKE APPROPRIATE DECISIONS.
- REDUCED SYMPTOMS OF OPERATIONAL STRESS SUCH AS SLEEP DISTURBANCE, FATIGUE AND OVER-REACTIVITY
- REDUCED STRESS HORMONES, BLOOD PRESSURE AND IMPROVED IMMUNITY
- INCREASED PRODUCTIVITY, MOTIVATION AND COHESION
- DECREASED HEALTH CARE COSTS

**HeartMath Tools and Technologies are Used by:**

- OPTIMAL PERFORMANCE CENTERS (ARMY)
- PROFESSIONAL ATHLETES AND TEAMS
- POLICE AND FIRE DEPARTMENTS
- OLYMPIC TEAMS
- FIGHTER PILOTS
- PTSD CLINICS
- HOSPITAL EMERGENCY STAFF
- CORRECTIONAL OFFICERS
- SURGEONS



## Coherence Advantage™: Resilience Training Programs

The Coherence Advantage teaches skills that enable service members to Take Charge of and self-regulate their mental, emotional and physical systems. The program incorporates proven tools and technology to produce coherence, the psychophysiological state of optimal performance. With practice it is possible to shift to a more coherent state, before, during and after challenging or adverse situations which optimizes mental clarity and emotional stability.

Training programs can be tailored to suit tactical training windows. Introductory content is crafted to be delivered in 2 or 4 hour workshops. More thorough training can be delivered over 1, 2, or 3 days. Programs can be delivered by HeartMath or certified military trainers.

### PROGRAMS FOR SERVICE MEMBERS ...

provide a powerful framework of education and training that builds strength and resilience. The self-regulation tools enable personnel to perform at their best and maintain increased balance and operational readiness in the face of deployments and day-to-day challenges. The techniques have been proven to help personnel take control and interrupt the bodies typical stress response even in extreme situations.

### PROGRAMS FOR LEADERS ...

teach proven techniques for building and sustaining personal and unit resilience as a foundation for operational readiness, unit cohesion, and mission success. Emphasis is placed on tools for better decision-making in complex environments and effective communication.

### PROGRAMS FOR SPECIAL FORCES ...

provide advanced self-regulation techniques that improve performance and emotional resilience under extreme conditions.

### PEER MENTORING PROGRAMS ...

provide selected unit members with knowledge and strategies to support and facilitate their peers in sustaining and reinforcing the self-regulation and resilience skills taught in The Coherence Advantage program. Practice and repetition are key to sustainability and actualizing the programs benefits. Peer mentoring provides an effective strategy.

### HEARTMATH REINTEGRATION AND TRANSITION PROGRAM

Most service members return home from war without long-term problems and readjust successfully. However, those that have faced significant duty-related challenges can return with symptoms such as hyper-vigilance, hyper-arousal, sleep disturbance, irritability and memory and concentration problems. Unaddressed, such symptoms can lead to more serious problems such as depression, substance abuse and family disruptions.

#### Reintegration Program Benefits:

- SHORTENS THE READJUSTMENT PERIOD OF RETURNING WARRIORS
- STRENGTHENS RESILIENCE
- DIMINISHES SYMPTOMS OF OPERATIONAL STRESS, SUCH AS SLEEP PROBLEMS, FATIGUE, IRRITABILITY OR REOCCURRING INTRUSIVE THOUGHTS
- ADDRESSES ISSUES OF STIGMA
- PROMOTES RE-DEPLOYMENT READINESS

**Coherence accumulates resilience, prevents energy drain and promotes quicker recovery from physical, mental or emotional stressors.**