

Quick Coherence Technique

Use the Quick Coherence Technique whenever you recognize energy-draining moments, however subtle. Self-activating renewing emotions leads to greater resilience. – You don't have to wait to feel a drain to use it. Use it anytime!

A critical aspect of learning how to sustain your personal coherence is practice. With sincere effort, most people find they can learn to create or experience a regenerative feeling.

Heart-Focused Breathing helps take the intensity out of a reaction or background feeling such as anxiety or fear. We need to be realistic, however, and know that we may still have the same energy-draining feelings, but at diminished levels by turning down the volume of our anger or impatience, for example. The next important step in replenishing your energy levels and resilience is to experience a higher ratio of regenerative feelings such as appreciation, compassion, courage, dignity, integrity or one of the feelings you identified in the energy-renewing exercise. The purpose of the Quick Coherence Technique is consciously self-activating a regenerative feeling. Remember, it's *renewing* or *positive feelings* that create coherence.

Quick Coherence® Technique

Step 1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable). Putting your attention around the heart area helps you center and get coherent.

Step 2. Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.

Quick Coherence Technique Quick Steps

1. Heart-Focused Breathing
2. Activate a positive or renewing feeling

Note: With practice, you often can do both steps in one breath cycle. Shift your focus to your heart as you inhale and activate a positive feeling as you exhale.

Freeze Frame Technique

The Freeze Frame Technique allows us to use more of our smart-thinking brain and can reduce stress by helping shift our perception.

Freeze Frame is a multipurpose technique that can be used in the moment for gaining clarity and stopping energy drains. It also helps balance your mind and emotions so you can think more creatively and make better choices. Freeze Frame helps you gain a clear and balanced perspective by accessing your intuitive intelligence.

The Freeze Frame Technique allows you to use more of your smart-thinking brain, which can get jammed up and out-of-sync when you are stressed. It's a helpful technique to use when you have to make quick decisions or when out-of-the-box solutions are needed.

Having a genuine desire helps bring in a determined, proactive feeling to ignite the right approach and attitude, especially in more challenging situations.

Clarity or insight might not come right away. This could have a lot to do with the complexity of the issue, past history and the intensity of any emotions that may or may not be related to the issue or situation. That's OK. Be patient with yourself. Repeat the process later or the next day. It will begin to feel more natural with practice. Often, solutions are inspired through communication or input from others. Be sure also to notice any subtle shift in the way you feel. Shifting from feeling anxious about an issue to feeling calm is significant! You not only plugged an energy leak, but you also opened the door for a solution to emerge at another time.

Freeze Frame® Technique

Step 1. Acknowledge the problem or issue and any attitudes or feelings about it.

Step 2. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Step 3. Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Step 4. From this more objective place, ask yourself what would be a more efficient or effective attitude, action or solution.

Step 5. Quietly observe any subtle changes in perceptions, attitudes or feelings. Commit to sustaining beneficial attitude shifts and acting on new insights.

Schedule a **one-on-one life coaching session** to identify your goals and define an action plan for success through self-discovery. <http://BestHealth4Us.com>

Freeze Frame Worksheet

Frame Freeze Quick Steps:

1. Acknowledge
2. Heart-Focused Breathing
3. Activate a positive or renewing feeling
4. Ask
5. Observe and act

Problem or issue:

Attitudes and feelings about the issue:

What did you observe?

Before: _____ After: _____

Often, solutions are inspired through communicating or getting input from others.

Getting in Sync for Each Situation

Try using Freeze Frame “on the move.”

1. Heart-Focused Breathing
2. Activate a positive or renewing feeling
3. Ask: “What would be an appropriate attitude for this situation?”

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Inner-Ease Technique

Practice the steps to increase your awareness of when you have shifted to a state of ease.

Remember, you are not trying to fix the emotion. The state of ease helps to quiet the significance within the emotion so you can find practical solutions for handling situations better.

Use the Inner-Ease Technique before, during or after stressful situations, projects or communications.

The state of ease is a highly regenerative state that helps us flow more easily through challenges and builds our resilience capacity. Inner ease is not a sleepy-headed state or merely a state of relaxation. It's a balance between the mind and emotions which allows us to access a sense of inner stillness while on the move. It creates an extra time window for deeper discernment and more competent and conscious choices that can help prevent and resolve many unnecessary challenges and unwanted predicaments. Having an attitude of inner ease can help us remember we don't have to feed into daily drama or depleting emotions such as worry, fear, impatience and judgment.

Breathing ease helps support the alignment between our heart, mind and emotions when we are making decisions, communicating and planning. It gives us extra pause to act consciously rather than react mechanically by repeating the same stress patterns.

Inner-Ease™ Technique

Step 1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Step 2. With each breath, draw in the feeling of inner ease to balance your mental and emotional energy.

Step 3. Set a meaningful intent to anchor the feeling of inner ease as you engage in your projects, challenges or daily interactions.

Inner-Ease Quick Steps

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

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