



The Science of Resilience & Flow

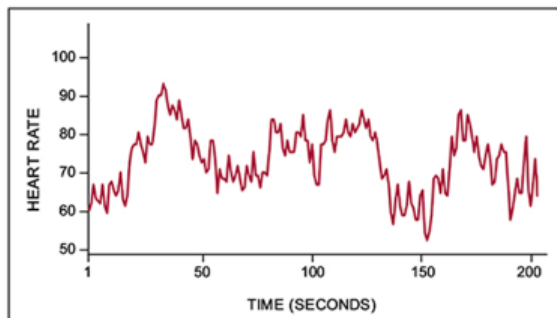
When you are stressed your brain and body gets knock out of balance. The energy in our body becomes “incoherent” and this impedes health, happiness, and performance.

Adding “Heart”: On the other hand, when we experience heartfelt, positive emotions, all biological systems start working in energetic alignment. This state is called coherence and it upregulates health, happiness, and performance.

Emotions and Heart Rhythms

Incoherence

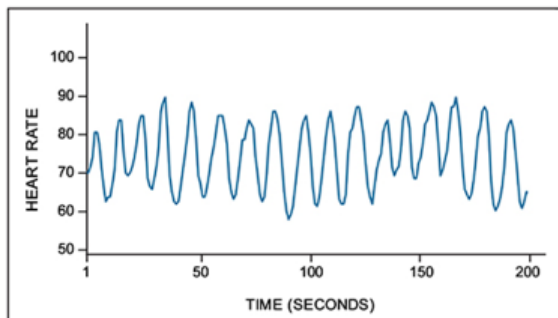
frustration, irritation, impatience, worry



Inhibits brain function – impairs performance

Coherence

appreciation, calm, patience, confidence



Facilitates brain function – promotes optimal performance

Science now validates that people work much better at an emotional positive. We can influence these systems (in very practical ways) to build resilience and create flow.

The more you practice, the more you move your ‘coherence baselines’; and you can move from stress/anxiety patterns to a pattern of more positive emotions, self-awareness and self-regulation.



Building Resilience: McKinsey did a 10-year study on flow and found that **top executives are 500% more productive when in flow**¹.

Physiological coherence builds resilience and is also the foundation of achieving the 'flow state'.

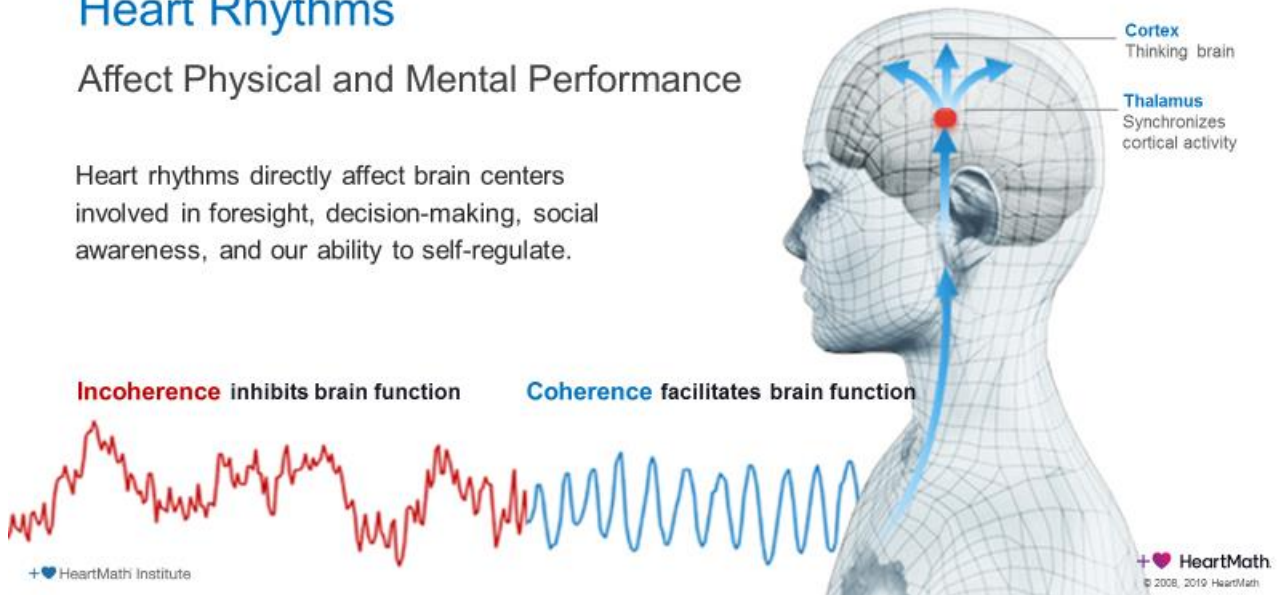
Individual and Group "Flow"

Individual Flow – Your heart rhythms "entrain" all biological systems into energetic alignment.

Heart Rhythms

Affect Physical and Mental Performance

Heart rhythms directly affect brain centers involved in foresight, decision-making, social awareness, and our ability to self-regulate.



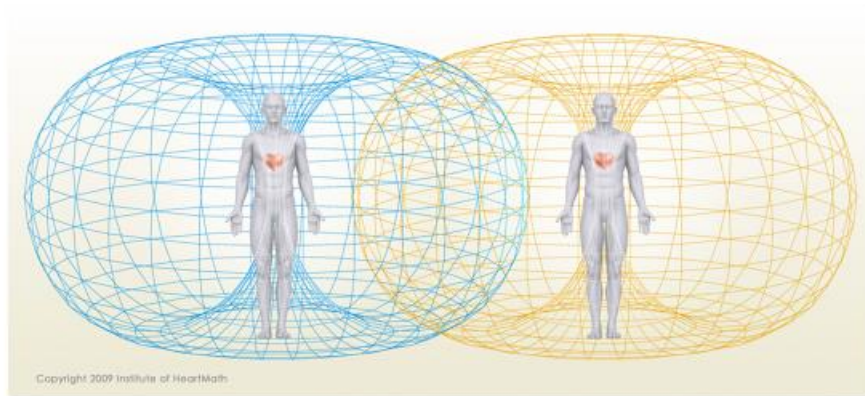
Coherence synchronizes neural activity, promotes 'whole brain thinking', and gives us more access to the deeper, more creative regions of the brain. Coherence upregulates creativity, intuition, innovation, and better decision making.

¹ McKinsey & Company, *Increasing the 'meaning' quotient' of work*, 2013



Group Flow -. When people are in coherence together, they are “resonating” which translates into mental, emotional, and physical benefits – **and lifts performance to higher levels.**

Our thoughts and emotions affect the heart's magnetic field, which energetically affects those in our environment whether or not we are conscious of it.



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“Every so often a Celtic game would heat up so that it became more than a physical or mental game, and it would become magical. That feeling is difficult to describe, and I certainly never talked about it when I was playing. When it happened, I could feel my play rise to a new level. It was almost as if we were playing in slow motion. I felt that I not only knew all the Celtics by heart, but also all the opposing players, and they all knew me. There have been many times in my career when I felt moved or joyful, but these were the moments when I had chills running down my spine.”

– Bill Russell

Whether you have been part of an exceptional sports team, musical performance or a high performing group recognizes that **something extraordinary can take place** when its' members are resonating and in-sync with one another.

Where and when, do you and your team want to realize increased resilience & flow?