

# Quick Reference Guide for HeartMath® Techniques

HeartMath Technique	Purpose	Quick Steps	Applications
<b>Heart-Focused Breathing™ Technique</b>	<ul style="list-style-type: none"> <li>• Shifts attention</li> <li>• Builds composure</li> <li>• Saves energy</li> </ul>	<ol style="list-style-type: none"> <li>1. Heart-Focused breathing</li> </ol>	Use in the moment to reduce the intensity of depleting emotions.
<b>Quick Coherence® Technique</b>	<ul style="list-style-type: none"> <li>• Emotional regulation</li> <li>• Builds coherence</li> <li>• Increases energy</li> <li>• Increases resilience</li> </ul>	<ol style="list-style-type: none"> <li>1. Heart-Focused breathing</li> <li>2. Activate a positive or renewing feeling</li> </ol>	Use in the moment to shift depleting emotions, for conflicts, or to prepare for difficult conversations.
<b>Heart Lock-In® Technique</b>	<ul style="list-style-type: none"> <li>• Builds coherent baseline</li> <li>• Improves and radiates a coherent field for others</li> </ul>	<ol style="list-style-type: none"> <li>1. Heart-Focused breathing</li> <li>2. Activate and sustain</li> <li>3. Radiate to yourself and others</li> </ol>	Use for personal practice 10-15 minutes per day. Use in the moment to assist someone with co-regulation.
<b>Freeze Frame® Technique</b>	<ul style="list-style-type: none"> <li>• Increases access to intuitive guidance for decision making, problem solving or creative thinking</li> <li>• Enhances mental clarity</li> </ul>	<ol style="list-style-type: none"> <li>1. Acknowledge</li> <li>2. Heart-Focused Breathing</li> <li>3. Activate</li> <li>4. Ask</li> <li>5. Observe and Act</li> </ol>	Use for situations that feel stuck and would benefit from a new perspective, attitude or solution. Can assist in making patient care decisions.
<b>HeartSoak™ Technique</b>	<ul style="list-style-type: none"> <li>• Facilitates the “letting go” of worries, painful emotions or distressing events</li> </ul>	<ol style="list-style-type: none"> <li>1. Acknowledge</li> <li>2. Heart-Focused breathing</li> <li>3. Enfold</li> <li>4. Soak</li> </ol>	Use for situations or feelings that appear stuck or hopeless and would benefit from time soaking in the compassion of the heart.
<b>Shift and Lift™ Technique</b>	<ul style="list-style-type: none"> <li>• Lifts the vibrational field environment surrounding you</li> </ul>	<ol style="list-style-type: none"> <li>1. Heart-Focused breathing</li> <li>2. Activate</li> <li>3. Radiate</li> </ol>	Use in groups such as meetings or group therapy. Teach other group members to help lift the vibrational field of the group.