



Spokane Holistic  
Healing

## *Spokane Holistic Healing Client Handout*

### **Mindfulness Exercises**

The Quick Coherence Technique for Adults. You can quickly achieve a state of coherence in about 60 seconds by releasing stress and letting go of draining emotions like frustration, irritation, anxiety, and anger. When you are in a coherent state, your thoughts and emotions are balanced, allowing you to experience ease and inner harmony:

#### [The Quick Coherence Technique for Adults](#)

Biofeedback HeartMath's Quick Coherence Technique. This technique involves taking heart-focused breaths while recalling a positive emotion. This practice helps you regulate your emotions in the moment and adds positive energy to your system anytime, anywhere:

#### [The Quick Coherence Technique](#)

Biofeedback HeartMath Freeze Frame Technique. The Freeze Frame Technique helps to tap into a wider and more expansive view of the emotional situation:

#### [The Freeze Frame Technique](#)