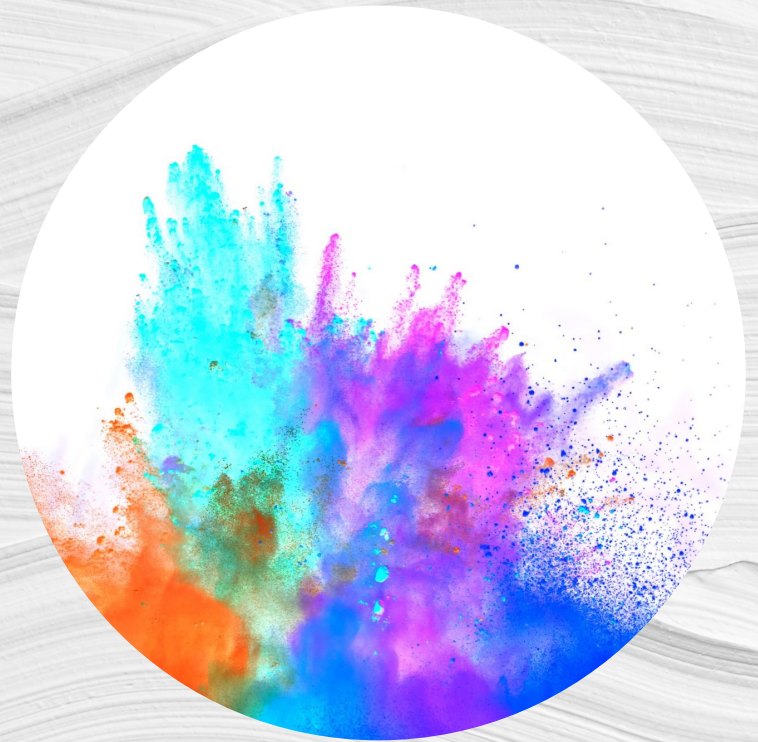


PSYCHOLOGYOFABUNDANCE
LIVE UNLIMITED

HeartMath
Techniques –
Building Resilience



By Viji Mahalingam
www.psychologyofabundance.co.uk

My story...

“Having worked in the corporate environment and having managed teams, I felt how stress can impact the team morale and productivity.

I recall particular stressful time in my career, where my company was bought by a larger corporate and my team was being integrated into a much larger team with changes in roles and redundancies in the horizon for many of us. The environment was of a constant uncertainty, full negativity and at times, very toxic.

I felt like I was spinning a lot of plates at the same time including busy home life and I really felt the emotional strain. Within a short period of time, my emotional and mental stress had turned into a physical one – I had developed sciatica (pain caused by pinched nerve in the lower back) and it was very painful to walk or even sit for long periods of time.

Luckily for me, I had the awareness to recognise the stress and I was able to change jobs internally, and although the sciatica was painful, I was able to recover over the course of the year.

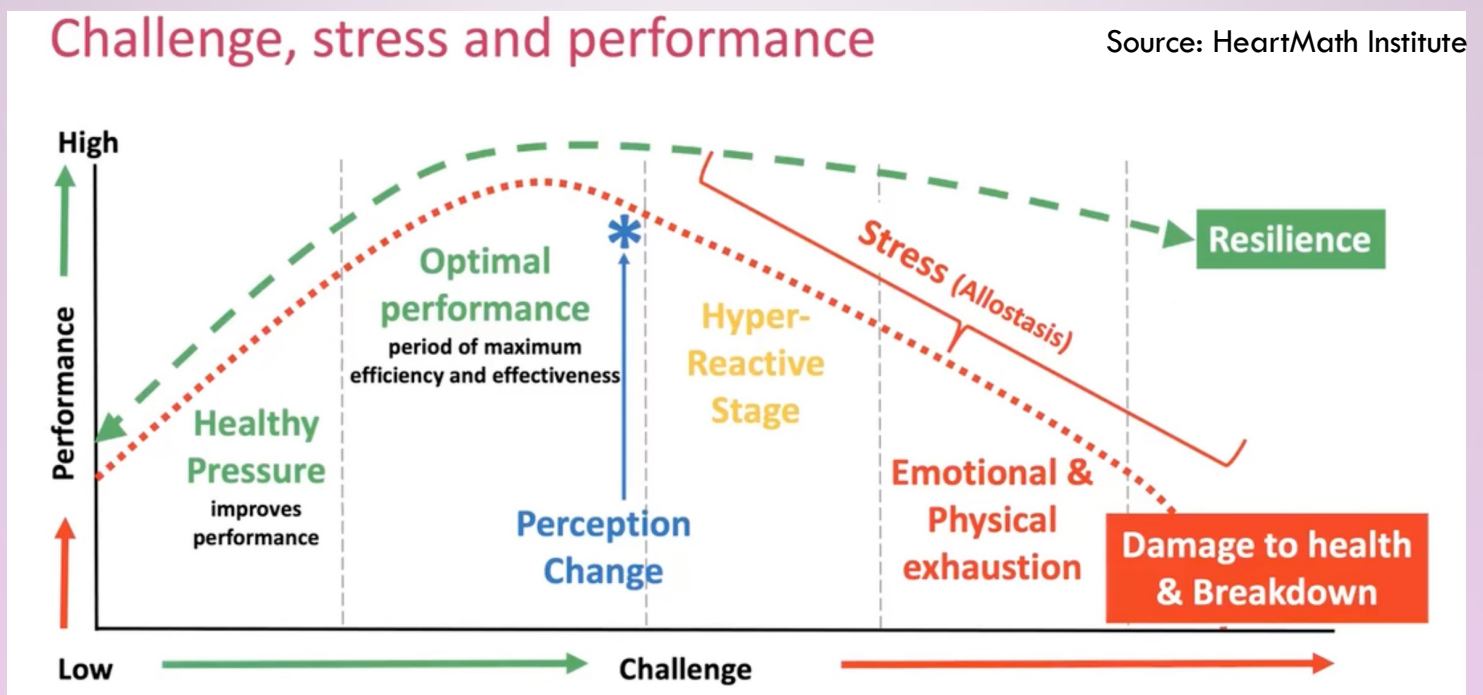
Looking back, I am very grateful for the experience; this has put me on the path to discovering tools and techniques, not just to cope with stress and build resilience, but wanting to teach others that stress can be managed, and that we can go from surviving to thriving in the workplace.”



Why is Resilience important and why can't we just 'get through stress'?

There is a certainly an attitude of that we should just 'get through' stress and besides, it can be helpful too. Although there is a certain level of evidence of 'healthy pressure' where performance increases, often we fall into unproductive stress states (Allostasis), leading to damage to our health.

Interestingly research shows that when we get to a certain stage of stress, we also have a '**perception change**' (we think we are okay, but we are not!) and part of the brain that has higher functioning like 'self-awareness' is impacted by stress and therefore we are not even aware how stressed we are until we are physically and emotionally burned out.



The more 'self-aware' we are and the more tools that we have in our tool box to build resilience, the more we are likely to manage our stress levels. We could never fully avoid stress whether it is in the workplace or in personal life, but we can manage it better, so we are not just surviving, but enjoying riding the wave.

How do we build Resilience?

There is a lot of practical steps we can take to build resilience and there is a lot of free resources and tools online that can help:

- Prioritising sleep, nutrition and exercise
- Physical relaxation techniques
- Mindset and positive psychology
- Utilising support networks

HeartMath can be an additional powerful tool to build resilience as it tackles stress at at a **DEEPER level**, using cutting edge scientific discoveries between the HEART and the BRAIN.

- Proven tools to recharge our 'inner batteries' of energy
- Balance our Autonomic Nervous system and Hormonal systems
- Heart Focused breathing Techniques
- To go from 'reacting' to 'RESPONDING'
- Optimising Performance
- Leading to other health benefits like improved sleep
- Tapping into **Heart's Intuitive Intelligence**



HeartMath technology is an innovative approach to improving emotional wellbeing. Learn to change your heart rhythm pattern to create physiological coherence; a scientifically measurable state characterized by increased order and harmony in our mind, emotions and body.

[R. McCarty, Ph.D.](#), Dir. of Research, HeartMath Institute

So, what's the Sales pitch?

Actually, nothing! 😊

If you already have robust tools and techniques in place to cope with stresses of life, great! I hope this information sheet helped as a reminder.

As I am running a conscious business, my vision is to share knowledge and evoke awareness in emotional wellbeing in individuals and in organisations through **assisted learning and inspired conversations**, to contribute to a more conscious world.

I work with organisations to **build bespoke workshops and training**, depending on their needs incorporating HeartMath tools, as well as other coaching techniques.

If you would like to work with me please contact me:

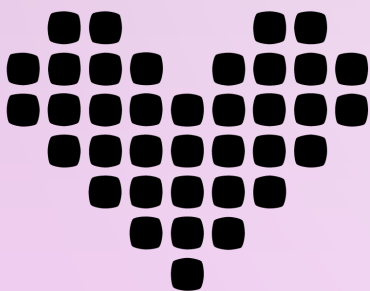
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