

Therapeutic Interventions for Resilience & Stress Release

Each technique in the following pages is backed by scientific research and designed to regulate emotions, calm the nervous system, and promote healing.

Heart-Centered Breathing (Coherence Breathing)

Why it Works:

- Activates the parasympathetic nervous system (rest-and-digest mode).
- Increases Heart Rate Variability (HRV), improving emotional stability.
- Reduces cortisol levels, leading to greater calm and focus.

How to Practice:

Sit comfortably with your eyes closed.

2 Place one hand on your heart and the other on your abdomen.

3 Inhale deeply through the nose for 5-6 seconds, feeling your belly expand.

4 Exhale slowly through the mouth for 6-8 seconds, imagining stress leaving your body.

5 Visualize a peaceful color or sensation filling your heart space.

6 Repeat for 3-5 minutes, syncing your breath with feelings of calm, gratitude, or self-love.

Pro Tip: Use this technique before stressful situations, during emotional overwhelm, or as a daily nervous system reset.