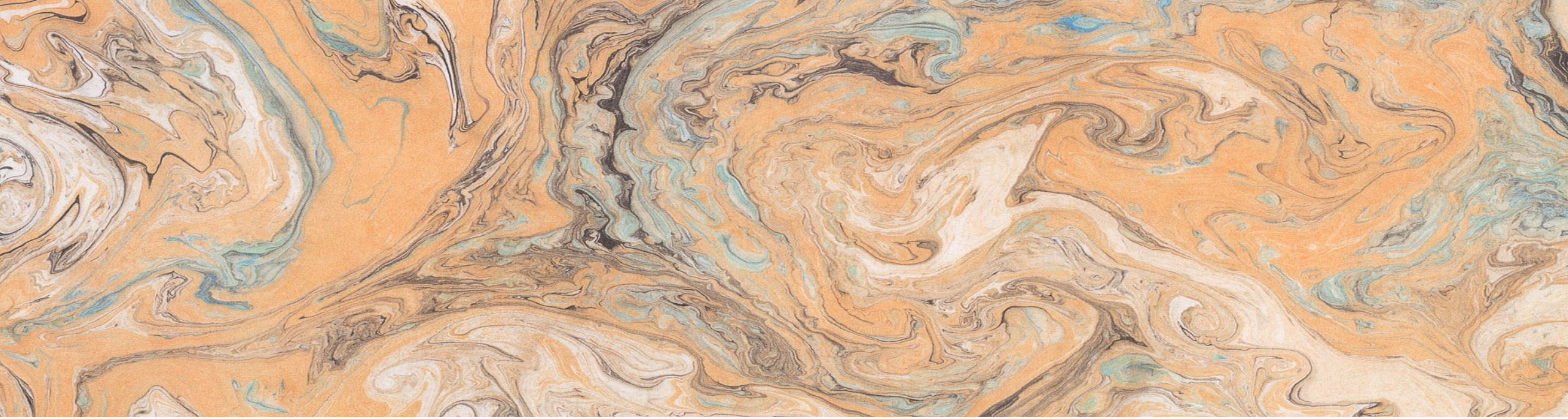




# THE PLAYBOOK

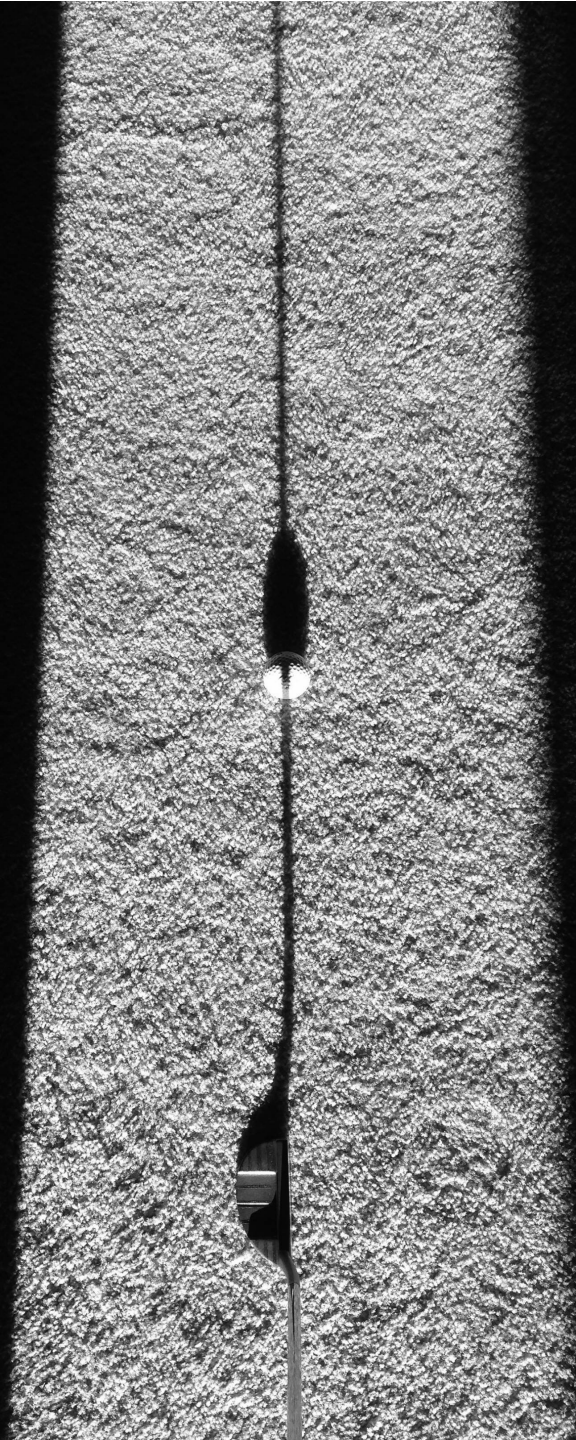
A RESOURCE FOR FAMILIES

KEENAN KRICK, PHD, LMHP



**HeartMath.**  
Certified Practitioner





# THE WHY

INTELLIGENT ENERGY MANAGEMENT MATTERS.

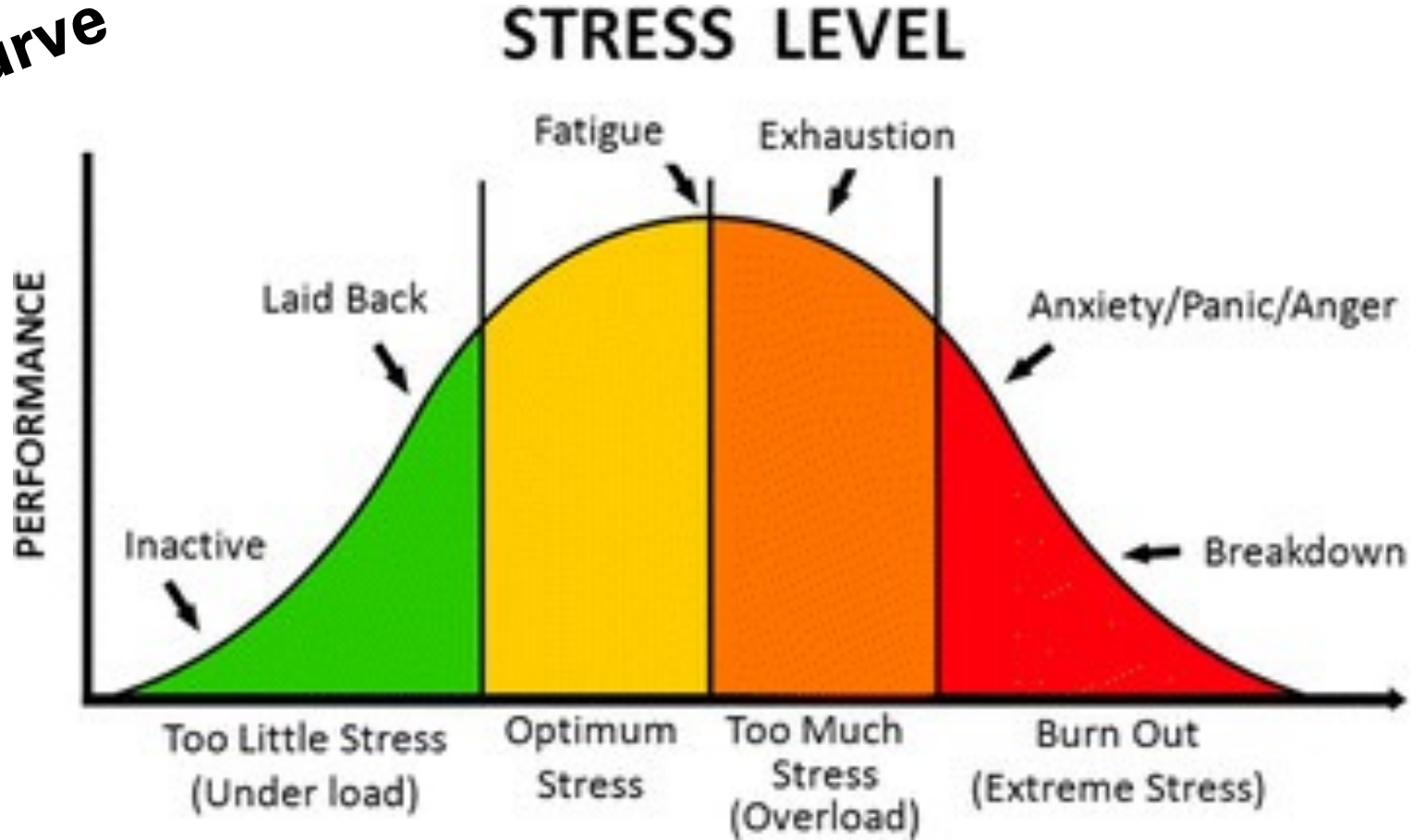


MOMENTUM IS VALUABLE.

**“A COHERENT [FAMILY] IS MORE THAN  
JUST A GROUP OF INDIVIDUALS LIVING  
TOGETHER—**

**IT IS A UNIFIED FORCE WHERE TRUST,  
COMMUNICATION, AND SHARED  
PURPOSE DRIVE COLLECTIVE SUCCESS.”**

# Yerkes Dodson / IZOF Curve



## Reality Check

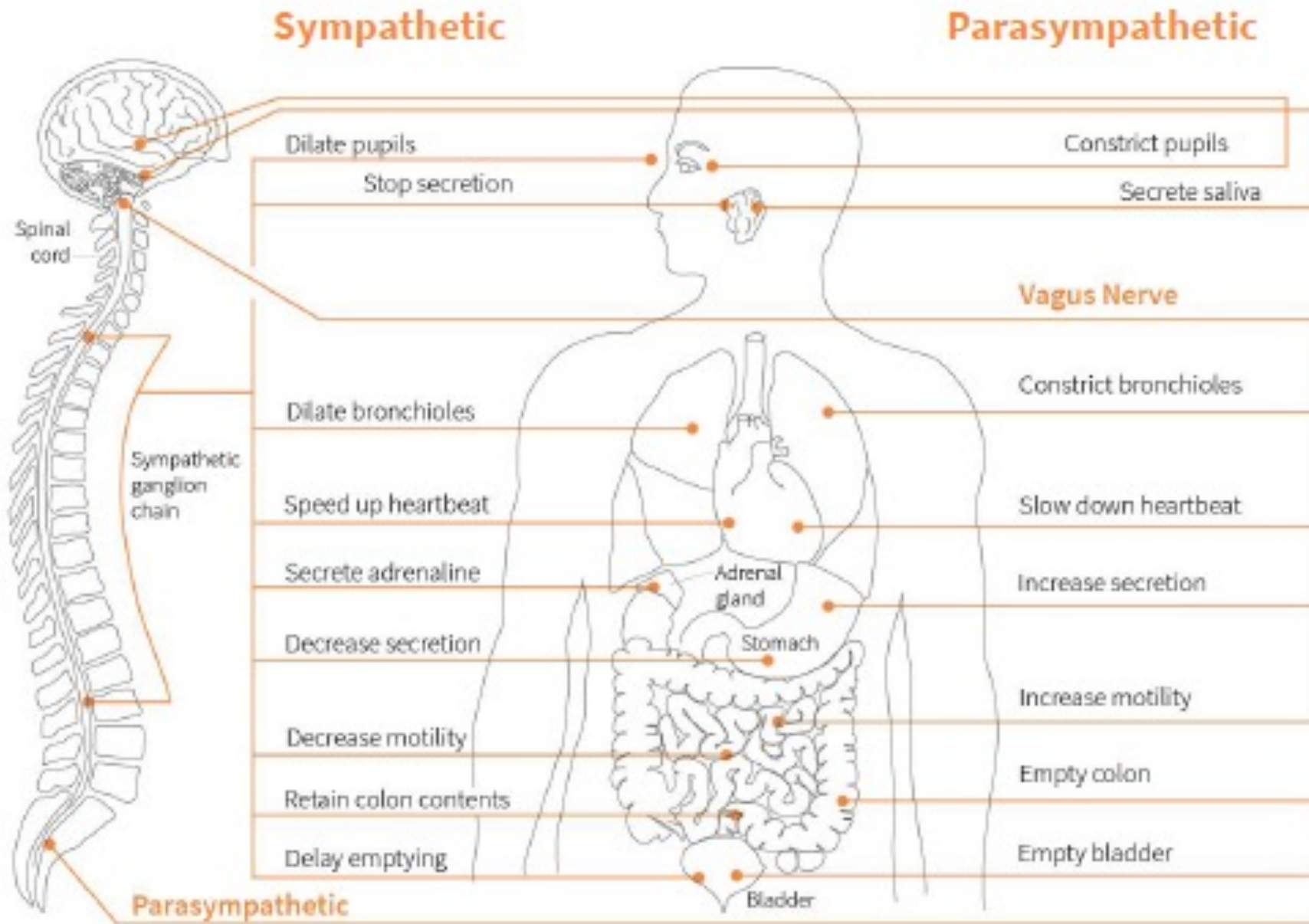
What are YOUR stress markers?

How do you tell where you are on this curve?

Where are you on this arousal curve right now?



“Energy in Motion”

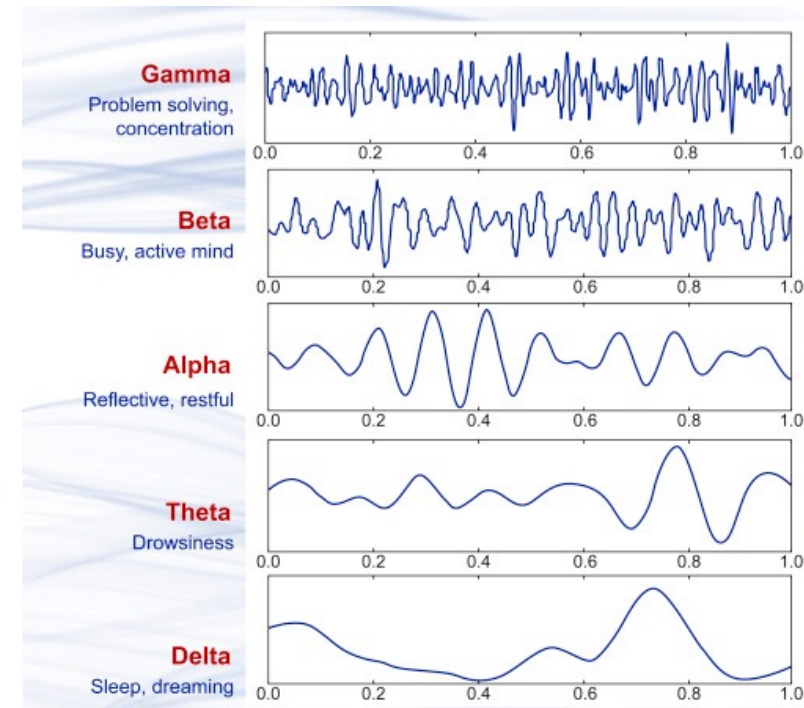
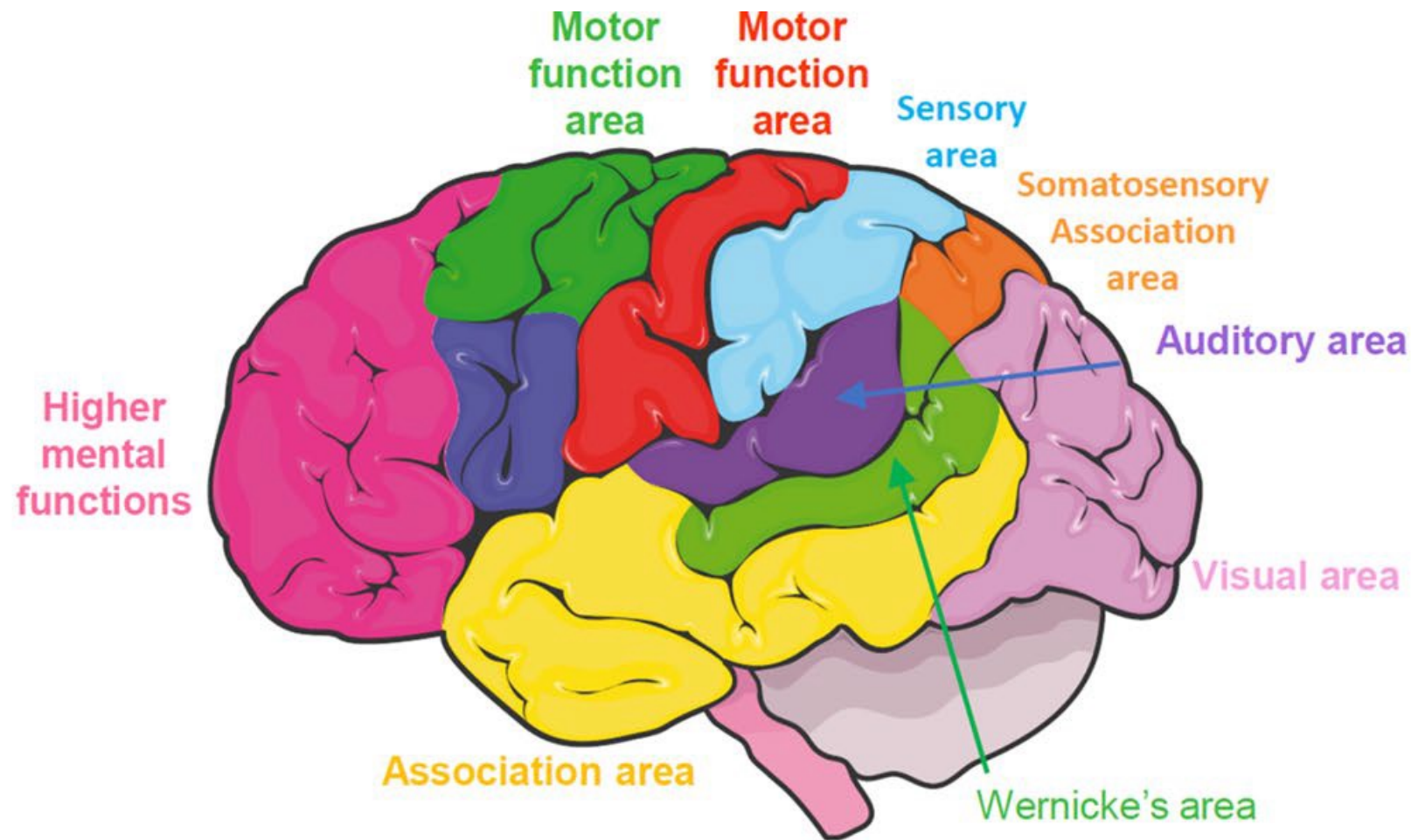


Autonomic Nervous System  
REGULATION

“**CORTICAL INHIBITION... OCCURS WHEN EMOTIONS SUCH AS FEAR, ANXIETY OR FRUSTRATION DOMINATE.**”

## MEASURABLE SYMPTOMS

UNCLEAR THINKING & IMPAIRED DECISION MAKING  
LESS ABILITY TO COMMUNICATE CLEARLY  
REDUCED PHYSICAL COORDINATION & REACTION TIME  
HIGHER RISK OF HEART DISEASE & HIGH BP



Deng, Q., Wu, C., Parker, E. et al. Mystery of gamma wave stimulation in brain disorders. *Mol Neurodegeneration* **19**, 96 (2024).

<https://doi.org/10.1186/s13024-024-00785-x>

Priyanka A. Abhang, Bharti W. Gawali, Suresh C. Mehrotra. (2016) Chapter 2 - Technological Basics of EEG Recording and Operation of Apparatus (2016)

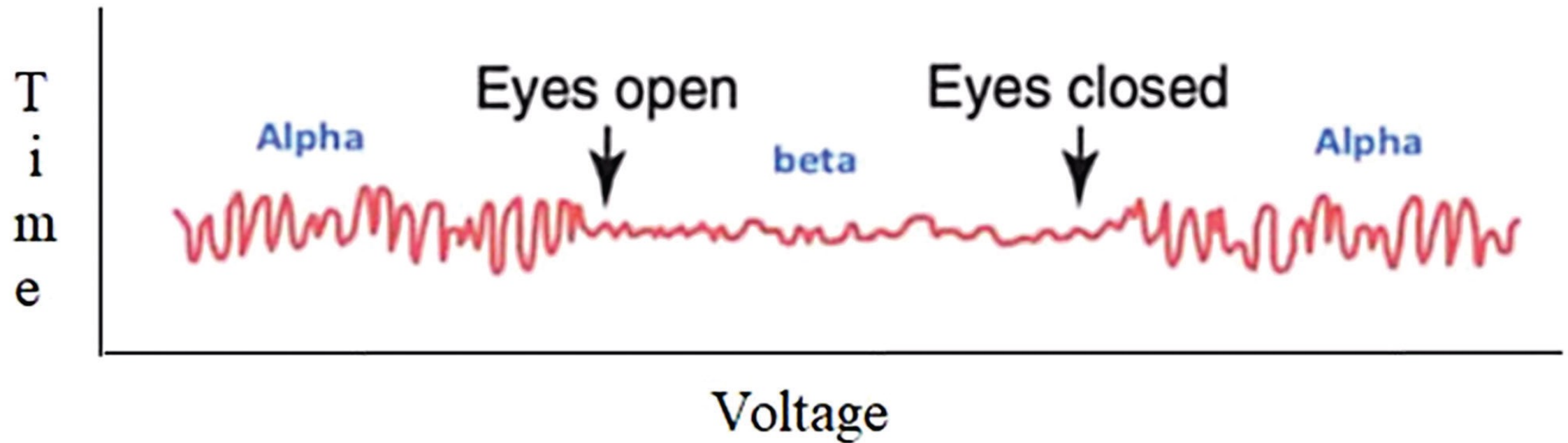
**“CORTICAL FACILITATION... DESCRIBES  
ENHANCED REFLEX SPEED, FOCUS,  
INTERNAL CONTROL AND CLEAR  
THINKING...”**

**MEASURABLE SYMPTOM  
IMPROVES REACTION TIME,  
DECISION MAKING & PERFORMANCE**

( A 95 MPH FASTBALL PITCH TRAVELS 5.1 FEET IN 37 MILLISECONDS )



# The “Alpha Block Phenomenon”



- 1) With eyes open, think of a current stressor
- 2) Close eyes, focus on beating heart or breathing pattern (e.g., 5 in  $\leftrightarrow$  5 out).
- 3) Open eyes

# Inhibition ← Activating Opportunities → Facilitation

MORNING ROUTINES  
& RITUALS

TEACHING  
SKILLS OR VALUES

EVENING ROUTINES  
& RITUALS

FRUSTRATION ABOUT  
MISTAKES

ANXIETY OVER DIFFICULT  
CONVERSATIONS

DISAPPOINTMENT AT POOR  
SCHOOL ENGAGEMENT

NERVOUSNESS OVER AN  
UPCOMING EVENT

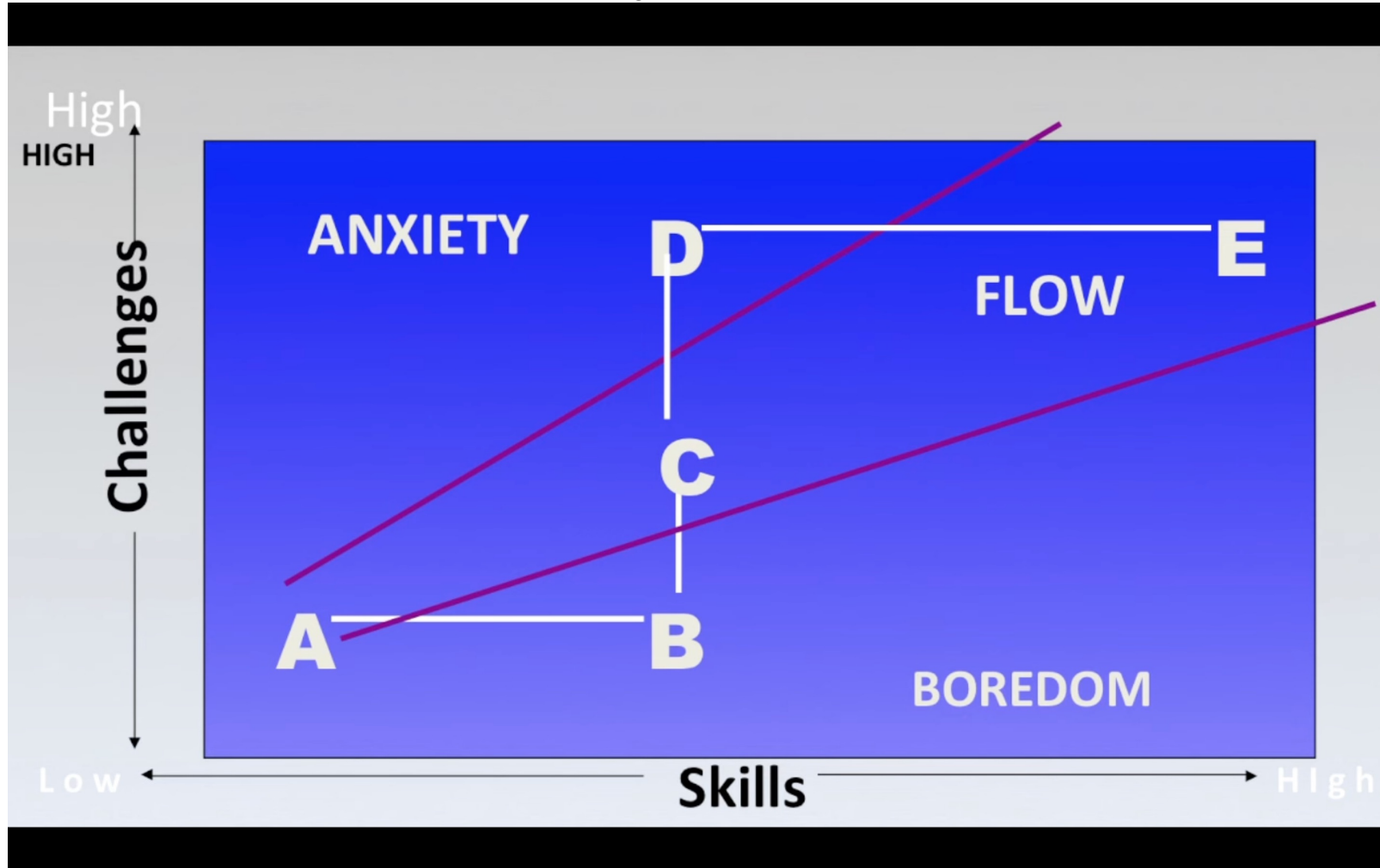
HAVING TO GIVE A SPEECH AT  
FAMILY WEDDING OR FUNERAL

FEAR OF LETTING FAMILY  
DOWN

RESPONDING TO FAMILY OR  
FRIENDS WHO HOLD  
DIFFERENT BELIEFS

# Csikszentmihályi's Flow

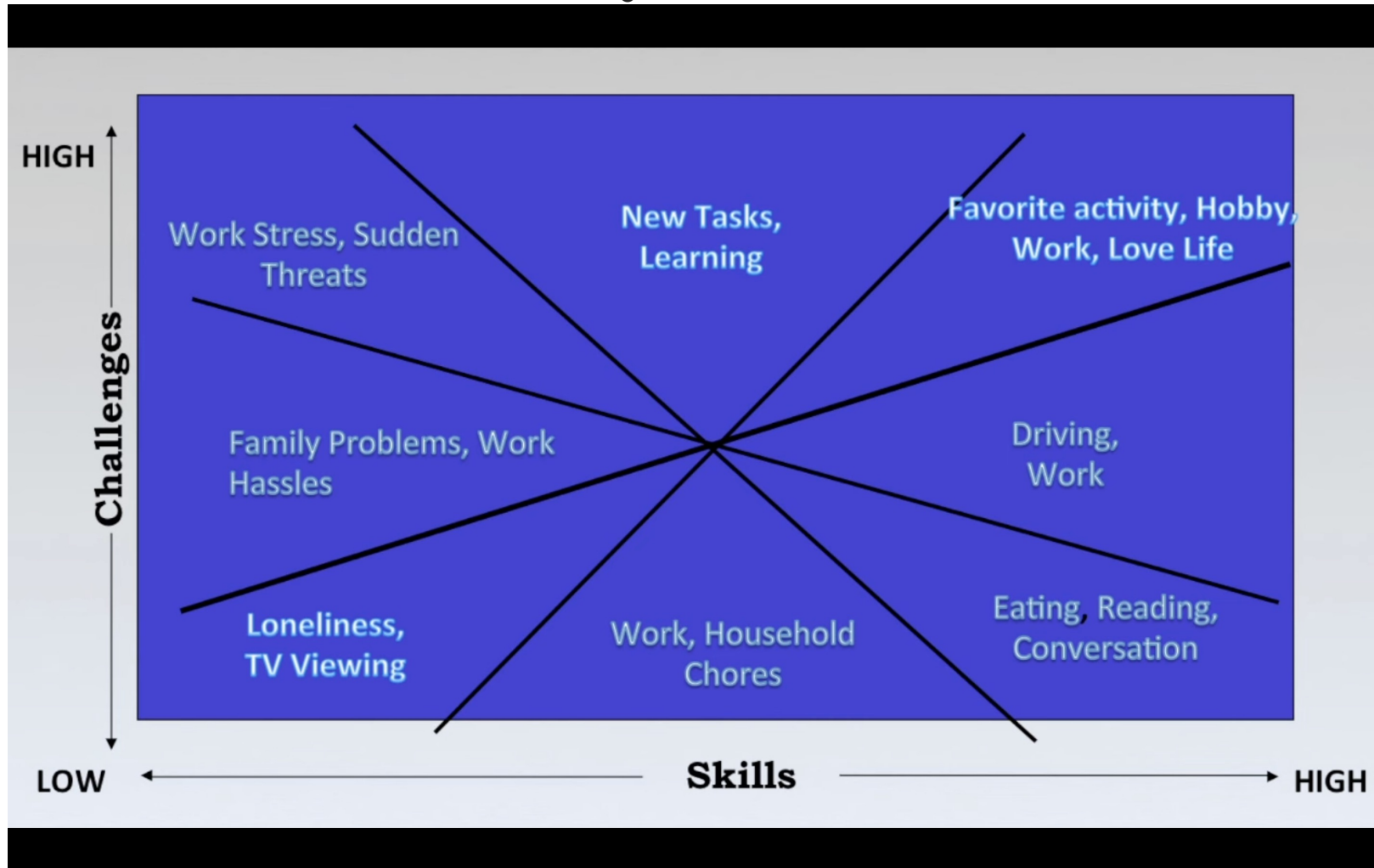
Challenge-Skills Balance



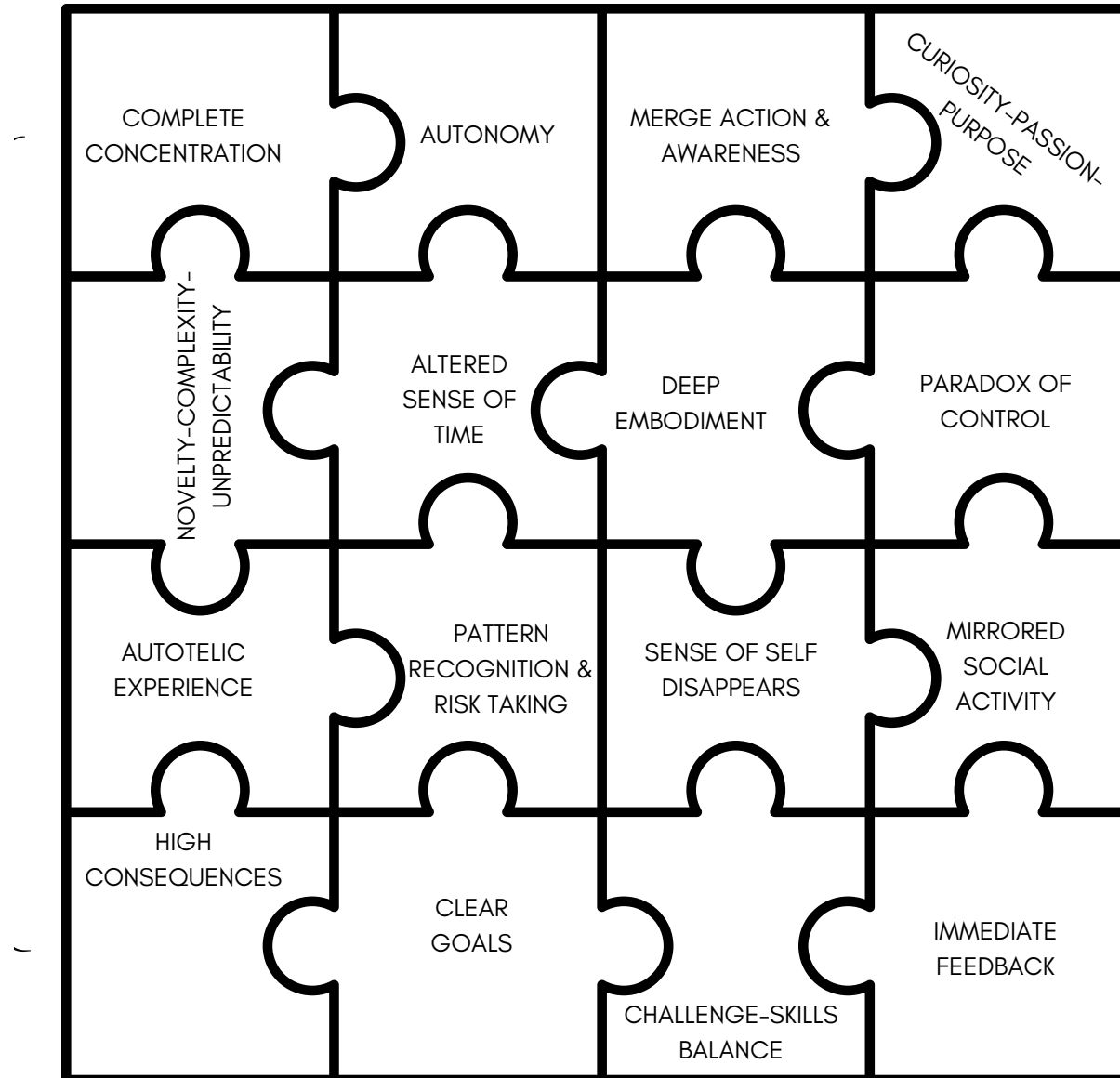


# Csikszentmihályi's Flow

Challenge-Skills Balance



# THE FLOW SPECTRUM



Adapted from: 1. Csikszentmihalyi, M., & Asakawa, K. (2016). Universal and cultural dimensions of optimal experiences. *Japanese Psychological Research*, 58(1), 4-13. 2. Papp, S. (2018). Designing the Conceptual Flow Model from Csikszentmihalyi to Gurdjieff: The Mystic Revelations. *PURUSHARTHA-A Journal of Management, Ethics and Spirituality*, 11(2), 25-39. 3. Bartholomewczyk, K., Kuciem, M. T., & Wozniak, C. (2022). Fostering flow experiences at work: A framework and research agenda for developing flow interventions. *Frontiers in Psychology*, 14, 114864.

# REFLECTION - FLOW STATES

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(5 min)

Reflection / Discussion

- Describe a time when you experienced flow or felt “in the zone”
- What qualities were present?
- What was the context?
  - At home?
  - Sport?
  - Music?
  - In school?
  - At work?
  - Other...



# Individual Coherence

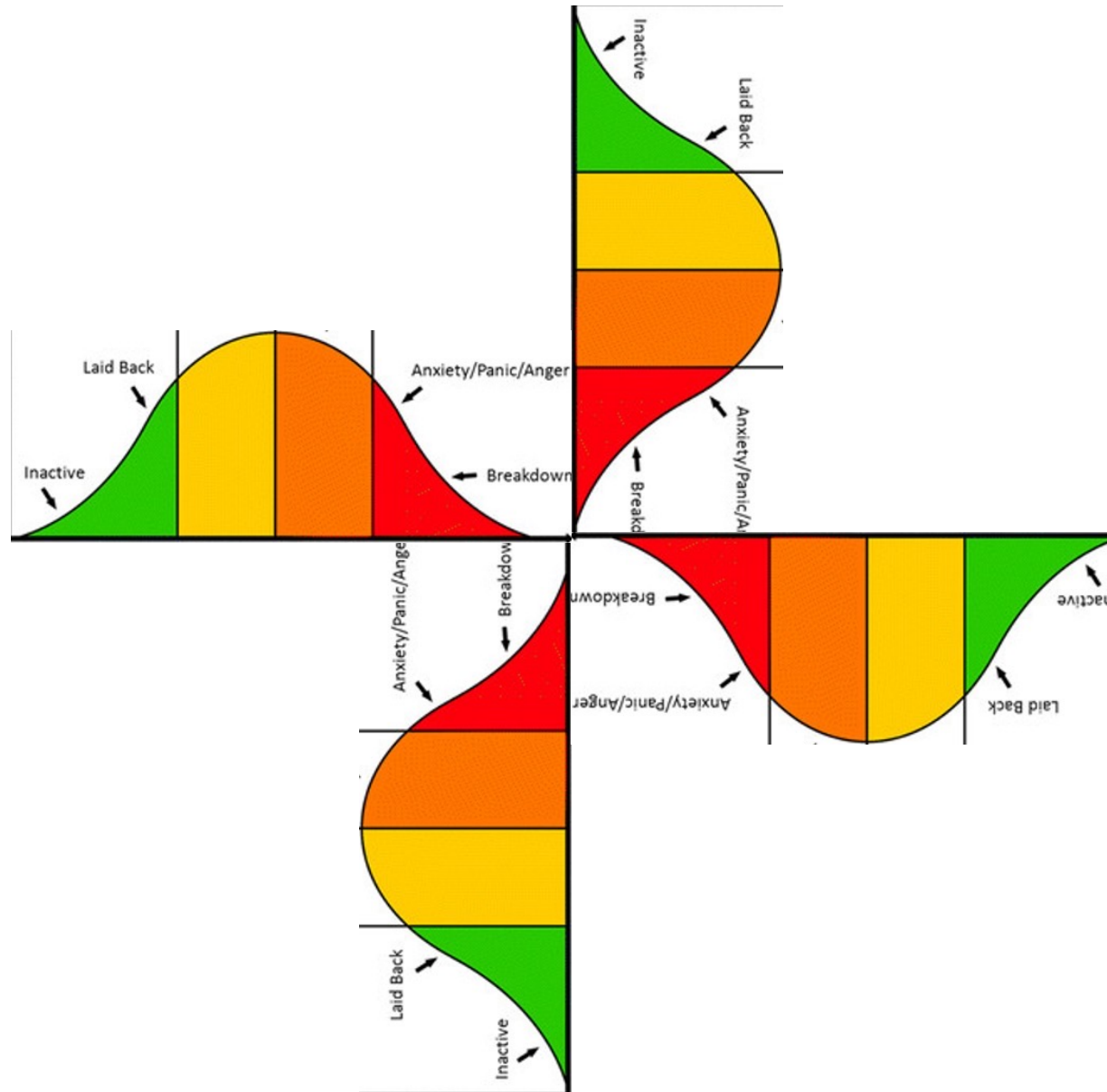
(Explores individual family members' perspectives)

Positive Life Engagement

Resilience

Self Regulation

Composure



# Family Coherence

(How the family functions as a whole)

Family Relations

Trust & Inclusion

Collaboration & Resilience

Family Harmony

# MOST IMPORTANT FAMILY CHEMISTRY TOPIC/ISSUES

---

(5 Minutes)

1) Is family chemistry important?

Yes --- Maybe --- No

2) If yes, identify the most important topic  
and/or issues you see  
related to family chemistry

Whatever you answer, prepare an explanation for  
why you picked what you picked...

3) If no, what is more important than  
family chemistry?

# The Playbook

Training Program

# Skills

(Reps)

# Targets

(Sets)

Parents

&

Children

- 1. Positive Life Engagement
- 2. Resilience
- 3. Self-Regulation
- 4. Composure

- 5. Family Relations
- 6. Trust & Inclusion
- 7. Collaboration & Resilience
- 8. Family Harmony

Individual Coherence

(Four Weeks)

Family Coherence

(Four Weeks)

# THE PLAYBOOK

## WEEKLY STRUCTURE

---

### Individual Coherence Skills

Positive Life Engagement

Resilience

Self-Regulation

Composure

### Family Coherence Skills

Family Relations

Trust & Inclusion

Collaboration & Resilience

Family Harmony

- Family Skill Building
  - Introduce Skill with...
    - Science, Examples, Quotes
- Social Flow Activity
- Establish Process Goals
- Shared Value Reflection



# FAMILY SKILL BUILDING

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(5 min)

Reflection / Discussion

- In this family, who embodies the skill ?
  - How do we know?
  - What do we see, hear, etc?
- How can we each improve and/or invest in the skill ?

# SOCIAL FLOW ACTIVITY

---

Social Flow Activity

(collaborative & parent-guided)

- Complete concentration (e.g., group technology fast)
- Shared, clear goals (e.g., big picture same direction)
- Shared risk (i.e., skin in the game)
- Close listening (i.e., active listening)
- Good communication (e.g., immediate feedback)
- Blending egos (e.g., collective identity)
- Equal participation (e.g., role ID)
- Familiarity (e.g., shared knowledge base)
- Sense of control (i.e., autonomy + competence)
- Always say yes (i.e., additive > argumentative)

# PROCESS GOALS

---

Reflection / Discussion

**Process**

Skill Development & Social Flow

**Progress**

Pattern Recognition (over time)

**Family Culture** = the **Habits** we embody  
that prioritize our **Values**.

What do we value?

How do we show each other?

# OUR FAMILY

## VALUES

---

### Virtue

Goodness in Action

### Discipline

Proper Conduct

### Humor

Absence of Self-Importance

### Friendship

An Open Heart

What do you value most about this family?

How are these family values challenging you &/or pushing you to become better?



# “Be a Well”





# REFERENCES

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Csikszentmihalyi, M. (2004). Flow: the secret to happiness.[https://www.ted.com/talks/mihaly\\_csikszentmihalyi\\_flow\\_the\\_secret\\_to\\_happiness?language=en](https://www.ted.com/talks/mihaly_csikszentmihalyi_flow_the_secret_to_happiness?language=en)

Deng, Q., Wu, C., Parker, E. et al. Mystery of gamma wave stimulation in brain disorders.*Mol Neurodegeneration* **19**, 96 (2024). <https://doi.org/10.1186/s13024-024-00785-x>

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