



The Heart-Focused Breathing (HFB) Technique is an easy-to-use, energy-saving self-regulation strategy designed to reduce the intensity of a stress reaction and to establish a calm, but alert state.

This technique allows you to take a “time-out” where you can step back and neutralize your depleting emotions.

We can gain benefit from conscious breathing if we use it to help us shift into and sustain a more balanced state, understanding that breathing is only the start of what we call the coherence-building process.

Step: Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Once you have become familiar with this step, all you need to remember is the quick step to neutralize stress.

• Heart-Focused Breathing

Use the Heart-Focused Breathing Technique anytime you want to:

- Stop the impact of stress on your body.
- Eliminate the energy drain.
- Remove the drama or significance of a situation.
- Helps neutralize emotional reactions in the moment.

List some everyday depleting situations and how you can benefit from applying the HFB Technique.

Situation	Depleting Response	How HFB Can Help

Specific applications:

Heart-Focused Breathing™ Technique Personal Practice Log



Consider any stress triggers or potentially depleting reactions you experienced.
Write down the situation and what happened.

Date	Situation	Response	Observations

Write down any successes you are having with your practice.

Write down any challenges you are having with your practice.
