



More information...

# Mental Health & EAP





# HEARTMATH INSTITUTE

“Recent studies conducted by the Institute of HeartMath provide a clue to explain the bidirectional “healing” that happens when we are near horses.

According to researchers, the heart has a larger electromagnetic field and higher level of intelligence than the brain: A magnetometer can measure the heart’s energy field radiating up to 8 to 10 feet around the human body.

While this is certainly significant it is perhaps more impressive that the electromagnetic field projected by the horse’s heart is five times larger than the human one (imagine a sphere-shaped field that completely surrounds you).

The horse’s electromagnetic field is also stronger than ours and can actually directly influence our own heart rhythm!

“Horses are also likely to have what science has identified as a “**coherent**” heart rhythm (heart rate pattern) which explains why we may “feel better” when we are around them.

Studies have found that a coherent heart pattern, or HRV, is a robust measure of well-being and consistent with emotional states of calm and joy – that is, we exhibit such patterns when we feel positive emotions.

**A coherent heart pattern is indicative of a system that can recover and adjust to stressful situations very efficiently.**

Often times, we only need to be in a horse’s presence to feel a sense of wellness and peace.

In fact, research shows that people experience many



physiological benefits while interacting with horses, including lowered blood pressure and heart rate, increased levels of beta-endorphins (neurotransmitters that serve as pain suppressors), decreased stress levels, reduced feelings of anger, hostility, tension and anxiety, improved social

functioning; and increased feelings of empowerment, trust, patience and self-efficacy.”



# Mental Health



Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or **18.1%** of the population every year. Additionally, according to the World Health Organization, **75%** of those suffering from mental, neurological or substance abuse issue do not receive treatment.

Now, as the COVID-19 pandemic enters its second year, the devastation of the pandemic — death toll, economic strife and unprecedented curbs on social interaction — has increased mental health needs dramatically across our entire population.

**More than 42% of people surveyed by the US Census Bureau in December reported symptoms of anxiety or depression in December, an increase from 11% the previous year.**

Studies and surveys conducted so far, during the pandemic, consistently show that young people, rather than older people, are most vulnerable to increased psychological distress (56%), are more likely to turn to substance use (25% vs 13%) and have suicidal thoughts (26% vs 11%).

Furthermore, data suggest that young women are more vulnerable than young men, and people with young children, or a previously diagnosed psychiatric disorder, are at particularly high risk for mental-health problems.





Those who cannot afford such services, out of pocket, are those we cherish in our community; front line workers (EMTs, Nurses, Teachers, and/or sales associates at our local grocery store).

**They are most at risk to suffer, not only at present, but long-term from mental health disorders.**

Major events that have shaken societies, such as the 9/11 terrorist attack in New York, have left some people with psychological distress for years. A study of more than 36,000 New York residents and rescue workers revealed that more than 14 years after the attack, 14% still had post-traumatic stress disorder and 15% experienced depression — much higher rates than in comparable populations (5% and 8%, respectively).

**We can only reach these individuals, and minimize their long-term affects, with your support of our scholarship fund. Any donations to this fund will be used 100% for participation in our programs.**