



HSE  
Occupational Health & Safety  
and Environmental Protection unit

# Cardiac coherence

*Managing stress quickly and effectively*

Sébastien Tubau  
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# Content

1. Quick overview on stress mechanisms

2. Stress management strategies

3. Cardiac Coherence



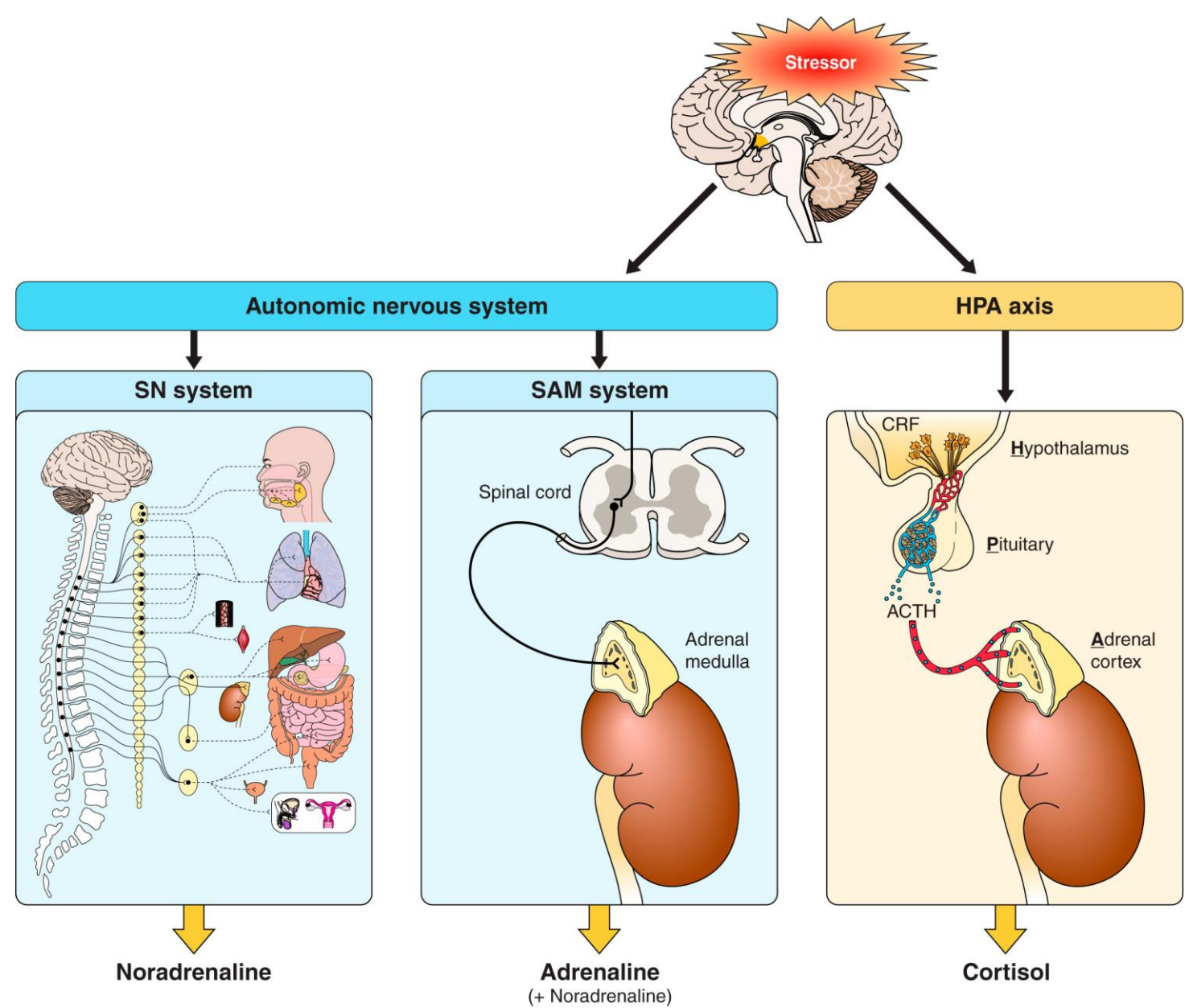
# Stress: definition



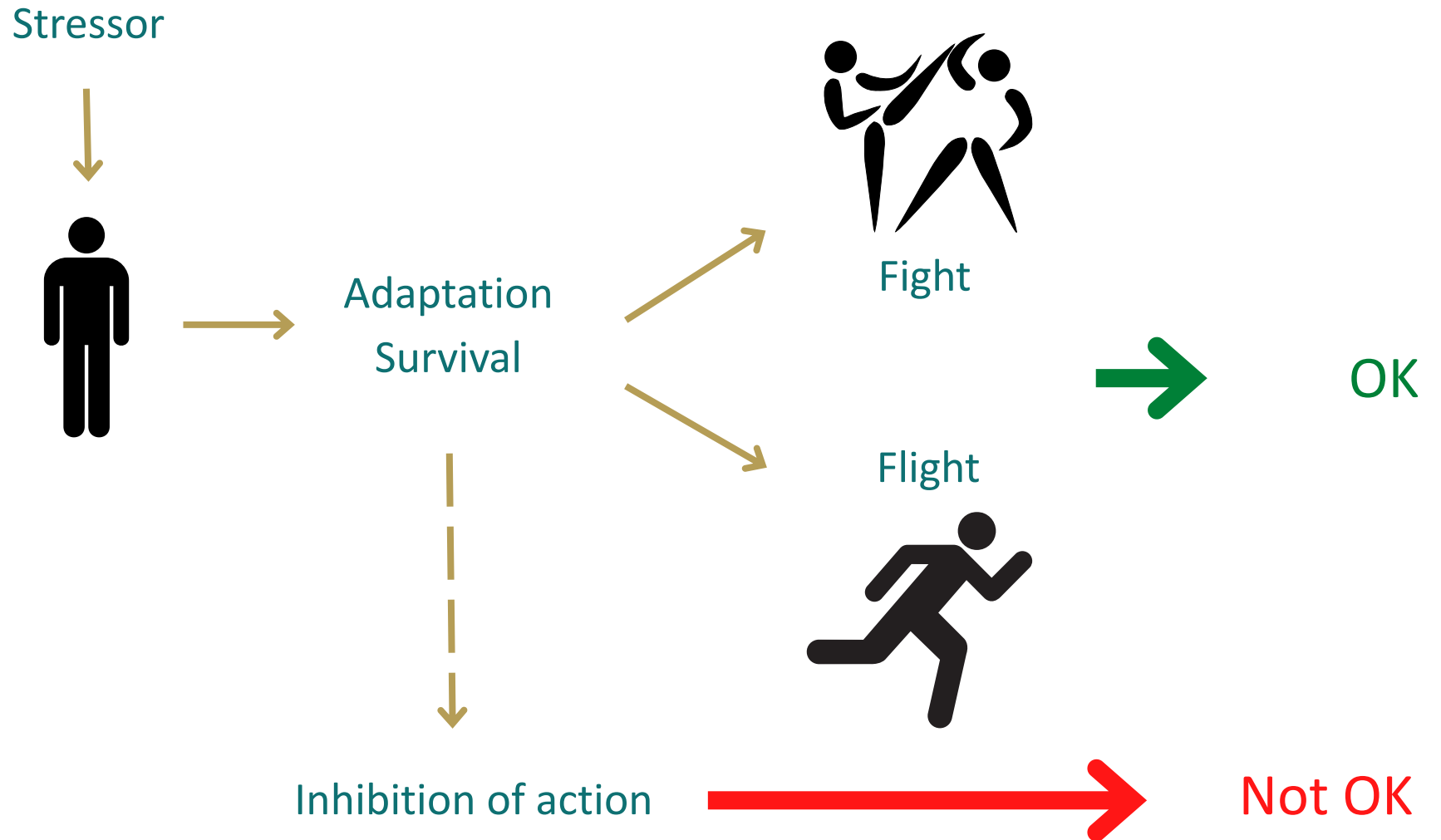
- Stress can be defined as the body's reaction to any demand for change or adaptation. It is a natural, instinctive response whose initial purpose is to help us react to potentially dangerous or difficult situations. It is a complex phenomenon involving both our body and our mind.
- In reality, stress is neither good nor bad in itself. It is our interpretation of stressful situations and our ability to cope with them that determine whether stress will be good or bad for us.



# A physiological response

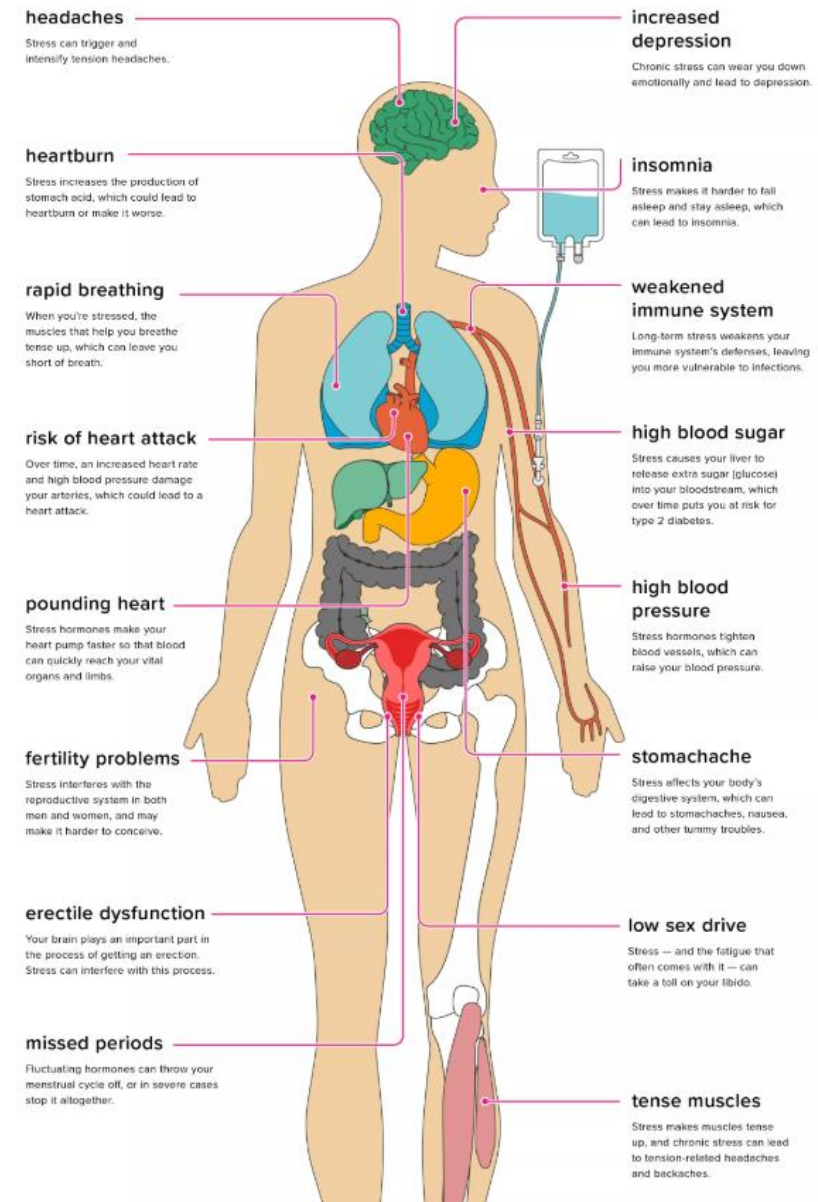


# We are designed for action



# The effects of stress on your body

When the stress response keeps firing, day after day, it could put your health at serious risk.



# Some of the most known effective stress management strategies

1. Mindfulness and Meditation.
  2. Deep Breathing
  3. Regular Exercise
  4. Progressive Muscle Relaxation
  5. Time Management
  6. Healthy Diet
  7. Adequate Sleep
  8. Social Support
  9. Cognitive Behavioral Therapy (CBT)
  10. Relaxation Techniques
  11. Hobbies and Creative Activities
  12. Set Realistic Goals
  13. Mindful Eating
  14. Seeking Professional Help
  15. Journaling.
- And more...*

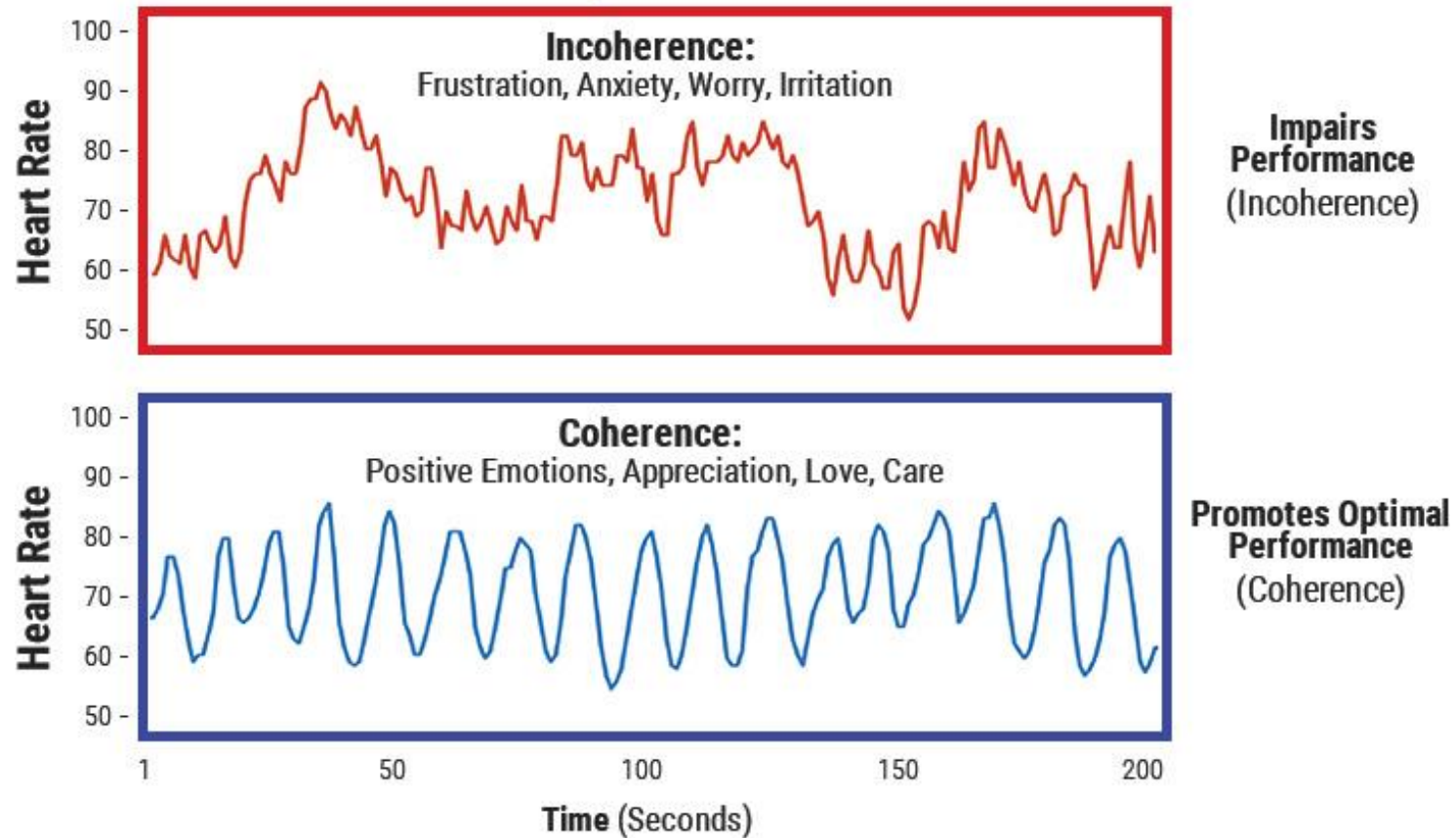
# One of the quickest and effective technique : cardiac coherence

- Different types of cardiac activity (which accompany different emotional states) have distinct effects on cognitive and emotional functions
- In the event of stress and negative emotions, when the heartbeat is irregular and disturbed, the corresponding pattern of neuronal signals travelling from the heart to the brain inhibits higher cognitive functions.
- On the other hand, a more orderly and stable pattern of the heart in the brain during positive emotional states has the opposite effect: it facilitates cognitive function and reinforces positive feelings and emotional stability.
- Learning to generate a more coherent heartbeat by nurturing positive emotions not only benefits the whole body, but also profoundly affects the way we perceive, think, feel and act.

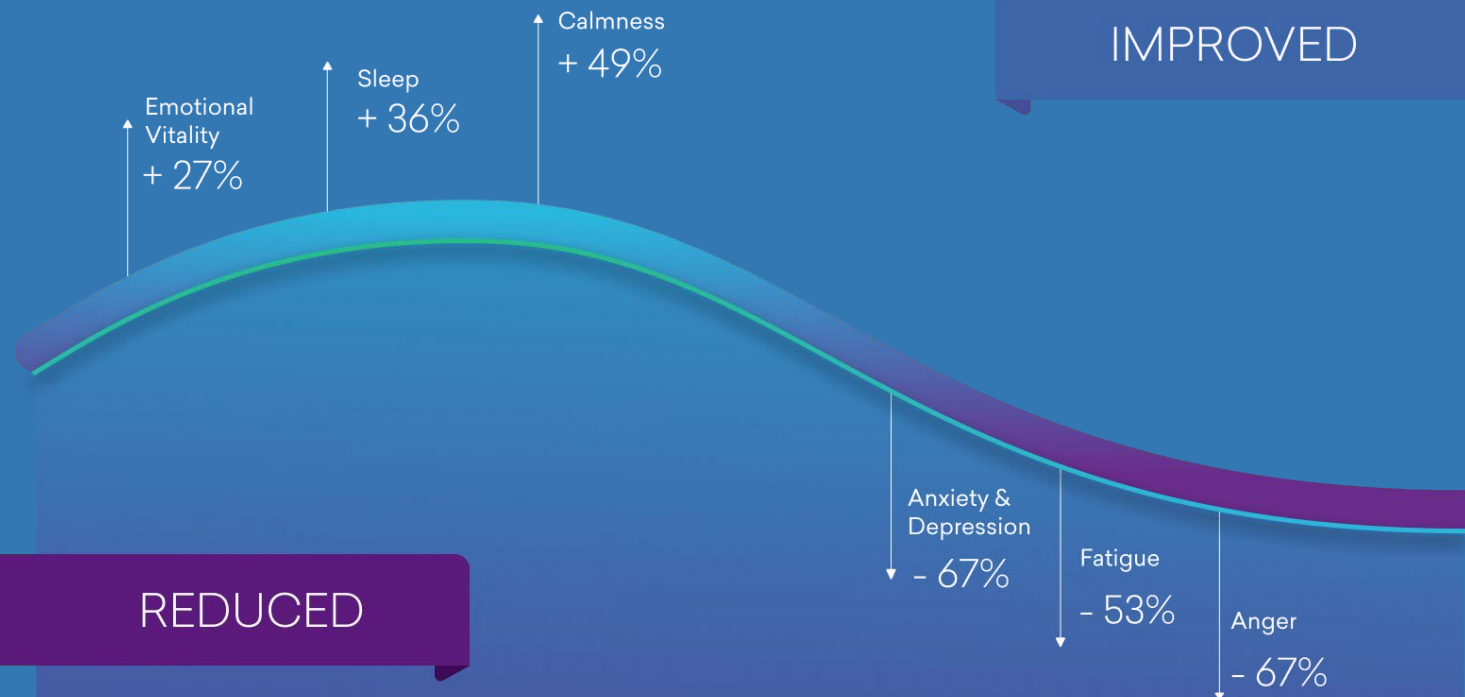


# Influencing the Heart Rate Variability (HRV)

## Heart-Rhythm Patterns



# What you can expect...



Studies conducted with over 14,000 people have shown improvements in mental & emotional well-being in just 6-9 weeks

# 5 minutes, 3 times a day

## Step 1

Slow down your breath (4-6 seconds inhaling and 4-6 seconds exhaling)

## Step 2

Focus your attention in the area of the heart

## Step 3

Activate a positive feeling



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