



**Be Peace. Choose Peace. Create Peace.**

## CHOOSE HEARTMATH

### What is HeartMath?

HeartMath is a system to help people bring their physical, mental, and emotional systems into balanced alignment with their heart's intuitive guidance. HeartMath tools help users bridge the connection between heart and mind and deepen people's connection with the hearts of others. The system empowers people to greatly reduce stress, increase resilience and unlock their natural intuitive guidance for making better choices.

The essential theory of the system is that when one is low on energy, our capacity to maintain self-control is weakened. This can lead to an increase in stress and inappropriate behaviors. By learning self-regulation techniques that allow our physiology to shift into a more coherent state and align our mental and emotional systems (that is to say HeartMath), we are able to increase our resiliency. A high level of resilience is important for preventing unnecessary stress reactions (frustration, impatience, anxiety).<sup>1</sup>

Doc Childre founded HeartMath Institute in 1991 with a vision to provide tools that connect us with "the heart of who we truly are." The HeartMath family includes the nonprofit HeartMath Institute and for-profit HeartMath Inc.<sup>2</sup>

### How do people learn HeartMath?

People can learn HeartMath through a variety of methods and resources (some are free, and others have a cost) including self-study, training, coaching or mentoring, online courses, web pages with diagrams and tools, videos/webinars, e-books and e-booklets (PDF's), audio recordings, and PowerPoint presentations.

### How do people implement HeartMath?

People typically implement HeartMath with the self and/or with others. There are tools and techniques to connect one's own heart and mind, in addition to connecting with others. The idea is that this peaceful practice can be implemented anytime, anywhere.

### For what types of circumstances is HeartMath suited?

HeartMath is a peaceful practice well suited for cultivating one's inner peace, which is a building block for developing and applying one's own positive social and emotional behaviors.

### Does HeartMath work for preventing or controlling aggression or violence?

For more than 30 years, the HeartMath Institute Research Center has explored the physiological mechanisms by which the heart and brain communicate and how the activity of the heart influences our perceptions, emotions, intuition and health. Much of this research has been published in academic journals.

### Where else might I go to learn more about HeartMath?

- [HeartMath Institute](#)

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<sup>1</sup> HeartMath Institute. (2021) Science of the Heart: Exploring the Role of the Heart in Human Performance, An Overview of Research Conducted by the HeartMath Institute. <https://www.heartmath.org/research/science-of-the-heart/resilience-stress-and-emotions/>

<sup>2</sup> HeartMath Institute. (2021) HeartMath Institute's Mission and Vision. <https://www.heartmath.org/about-us/hmi-mission/>



**Peace Through Action USA** activates and equips Americans to implement practical peaceful solutions to aggression and violence in their communities and our country. We are a national-scope, charitable, civic and social capital-building organization.

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