

Heart Coherence: Living from a Place of Wholeness and Resilience

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The Biology of the Human Condition: The issues are in the tissues. Moving from automatic Threat to Thrive.

The Neuroscience of the Human Conditions: The biology of belief. Our perception of our environment creates automatic Threat or Thrive

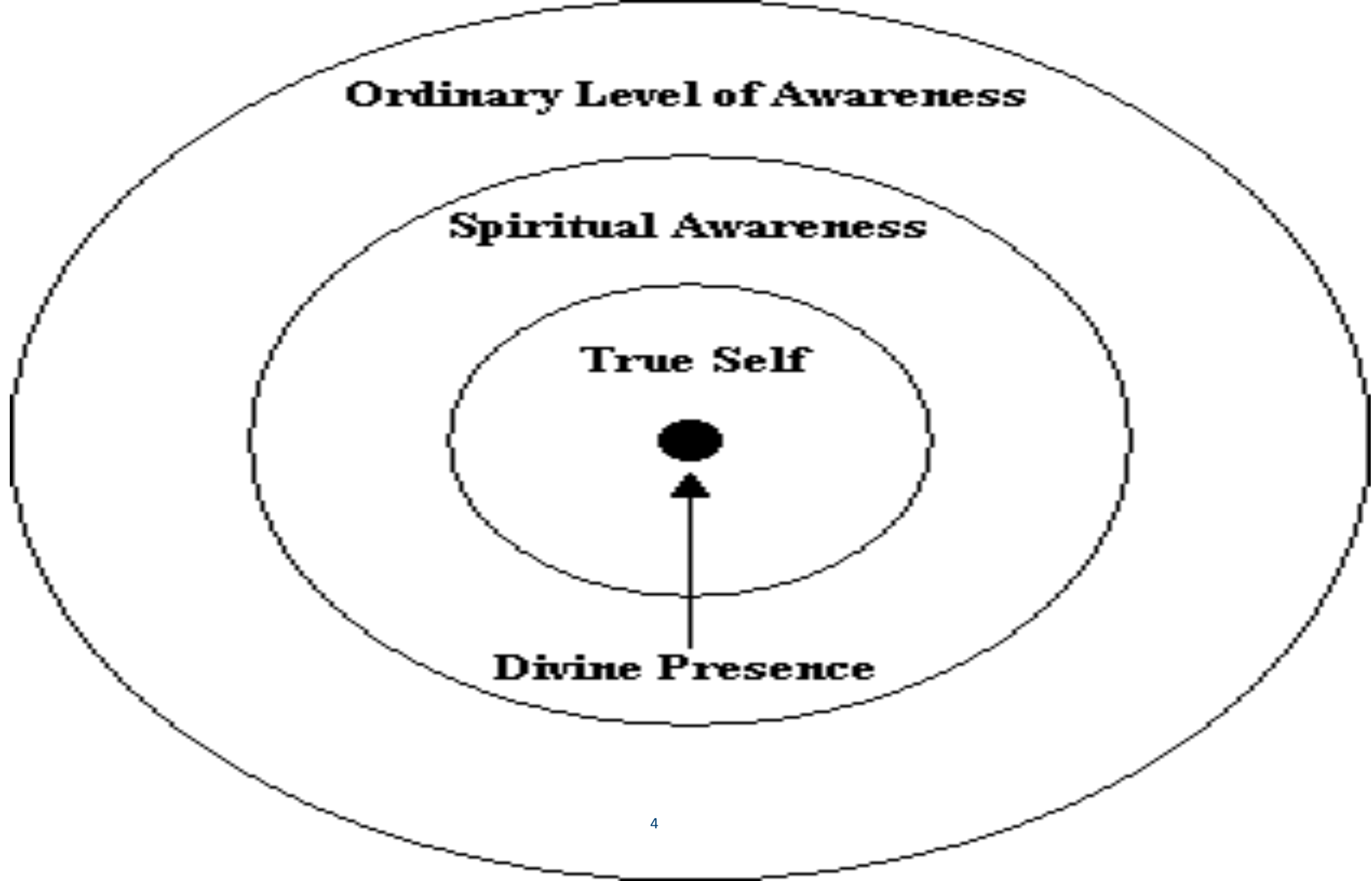
Awakening Consciousness: Rewiring to Insight and Intuition for love, compassion, and oneness

Internalization, Integration and Transformation to Wholeness: Living the gifts and fruits of the Spirit

Whole Person: 90% Under the Surface



by Jabi (2010)



The Healthy Minds Framework



AWARENESS



CONNECTION



INSIGHT



PURPOSE

Abuse



Physical abuse



Sexual abuse



Verbal abuse



Emotional neglect



Physical neglect

Neglect

Growing up in a household where:



There are adults with alcohol and drug problems



There are adults with mental health problems



There is domestic violence

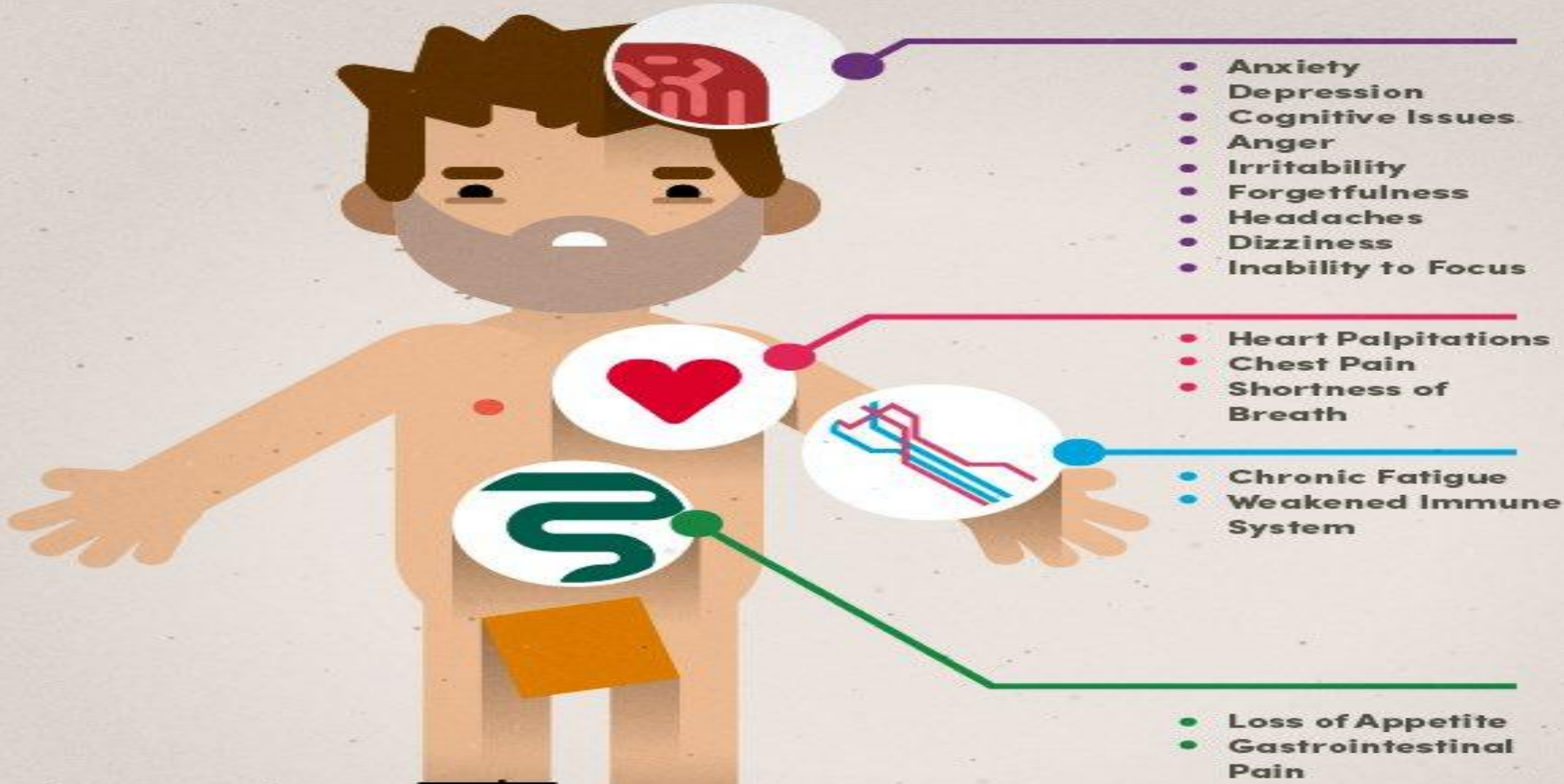


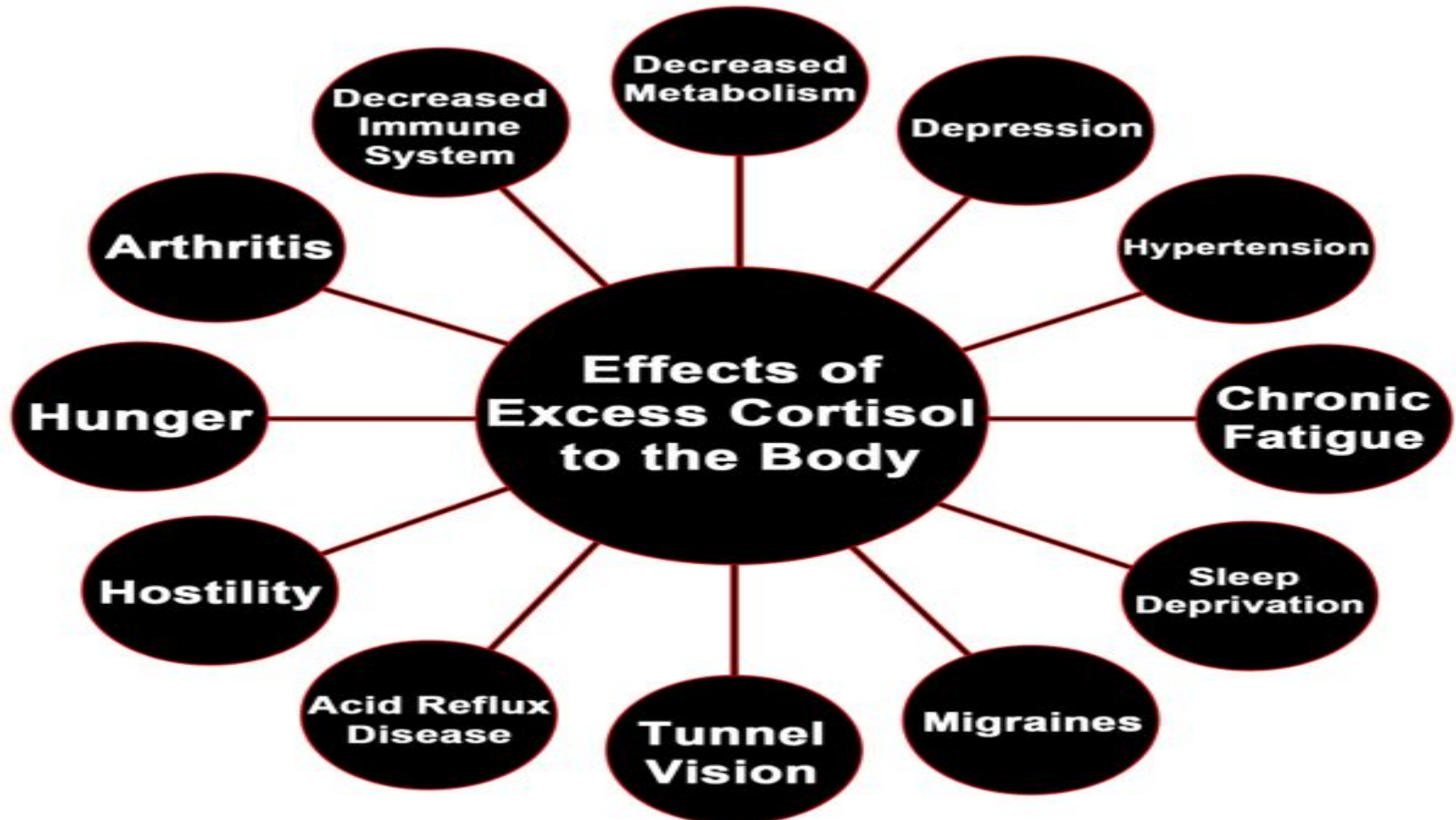
There are adults who have spent time in prison



Parents have separated

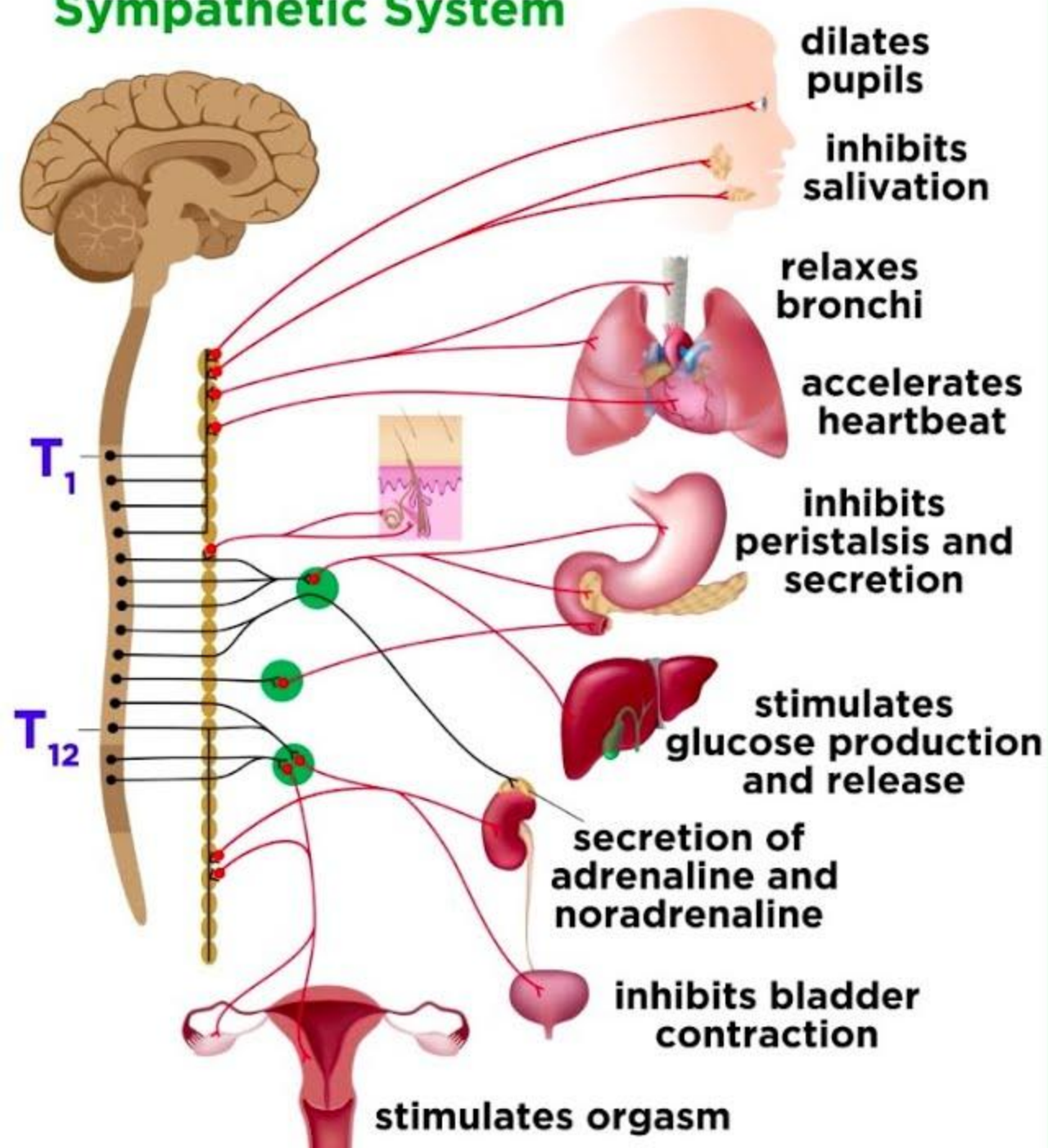
Symptoms of Sympathetic Fight, FLight, Freeze



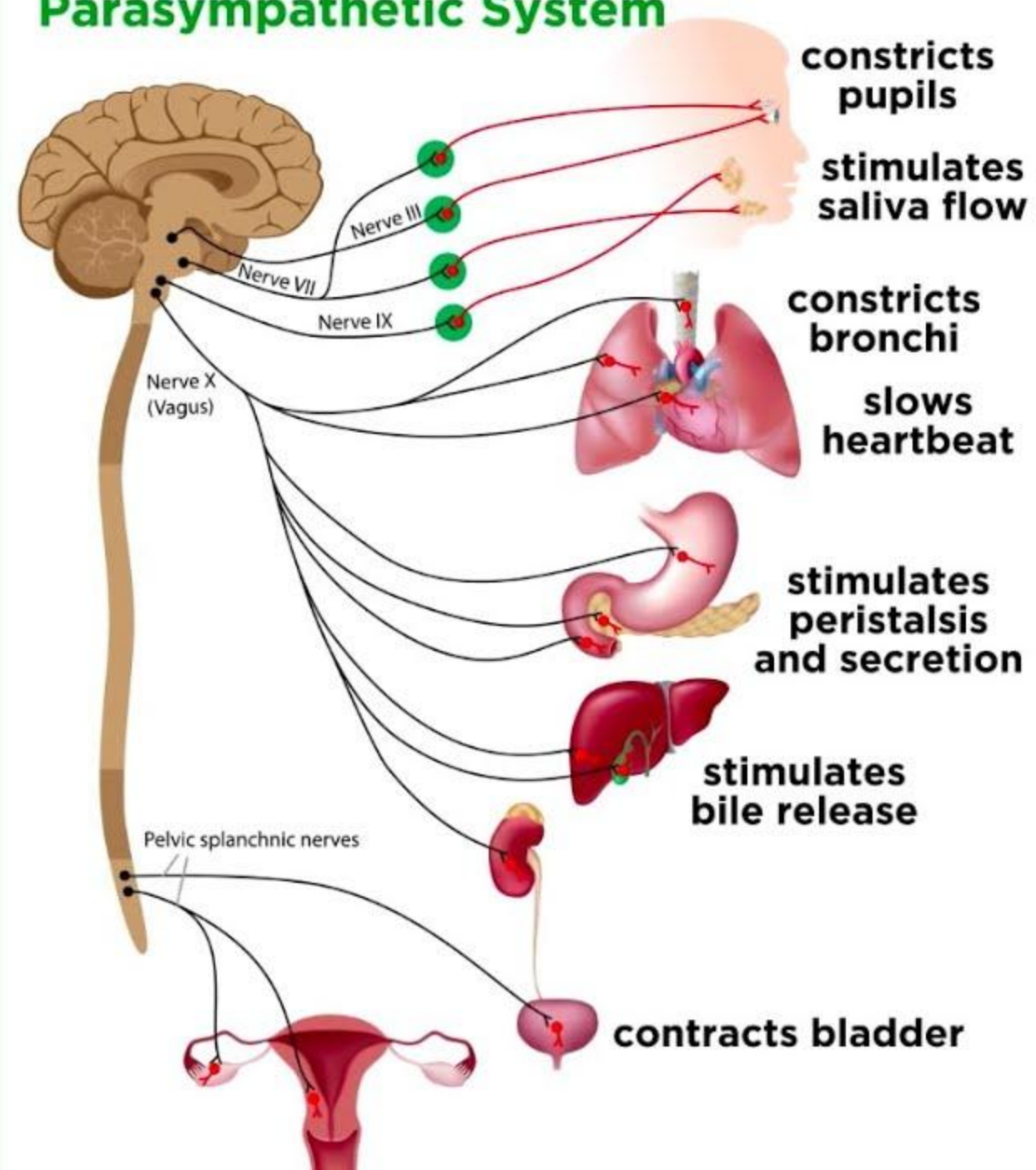


Cortisol - The Stress Hormone

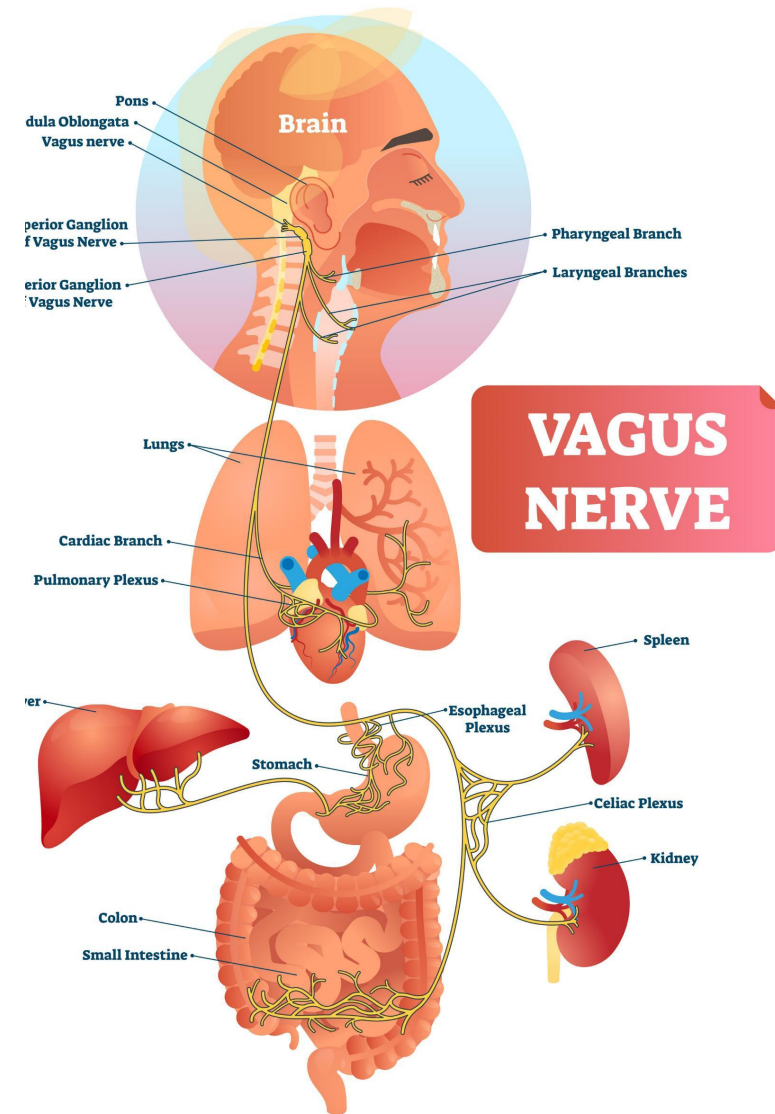
Sympathetic System



Parasympathetic System



-
- **SAFETY IN ME SIMS**
 - Nerve of Compassion and Connection
 - Wired for Innate Basis Goodness
 - Reset Parasympathetic to **Thrive** for Rest, Digest, Repair, Socially Engage
 - **DANGER IN ME DIMS**
 - Sympathetic to **Threat** for Fight Flight Freeze



How The Vagus Nerve Affects Organ Systems

Heart

Decreases heart rate, vascular tone.

Liver

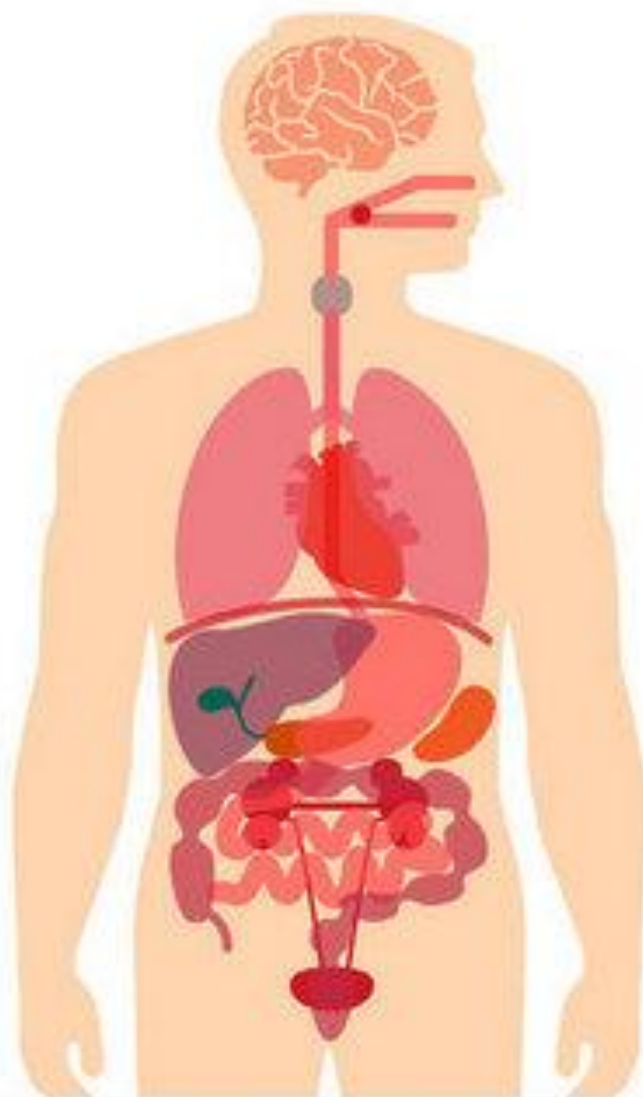
Regulates insulin secretion and glucos homeostasis in the liver.

Gut

Increases gastric juices, gut motility, stomach acidity.

Inflammation

Suppresses inflammation via the cholinergic anti-inflammatory pathway



Brain

Helps keep anxiety and depression at bay. Opposes the sympathetic response to stress.

Mouth

Taste information is sent via three cranial nerves, one of which is the vagus nerve. The vagus nerve is needed for the gag reflex, swallowing, and coughing.

Blood Vessels

Decreases vascular tone, lowering blood pressure.

Vagus Nerve:

Information Superhighway

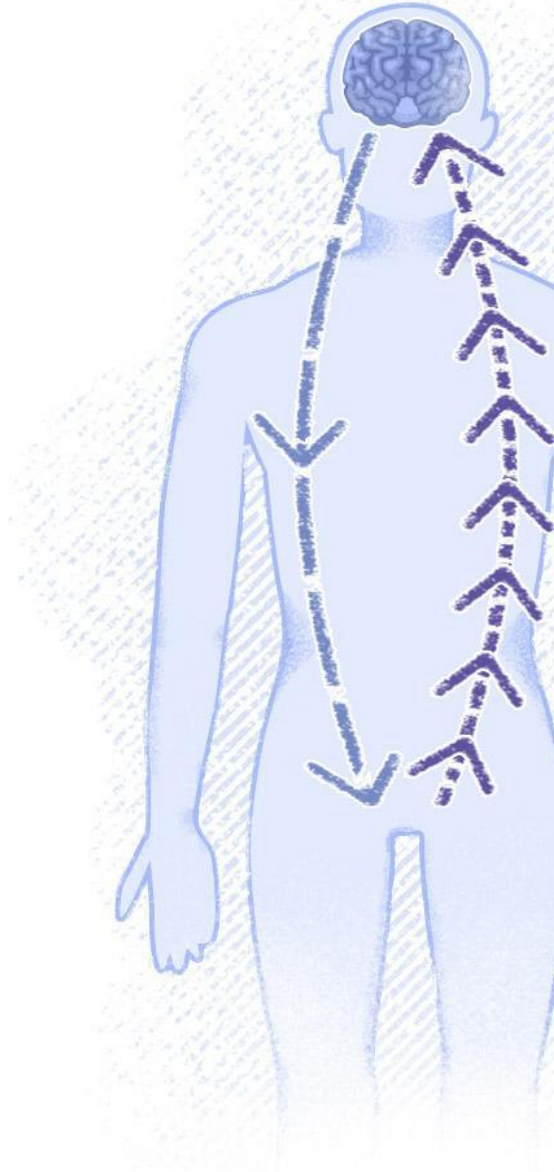
DID YOU KNOW?

80%

of the vagus nerve fibers
communicate from
the body to the brain

20%

communicate from
the brain to the body

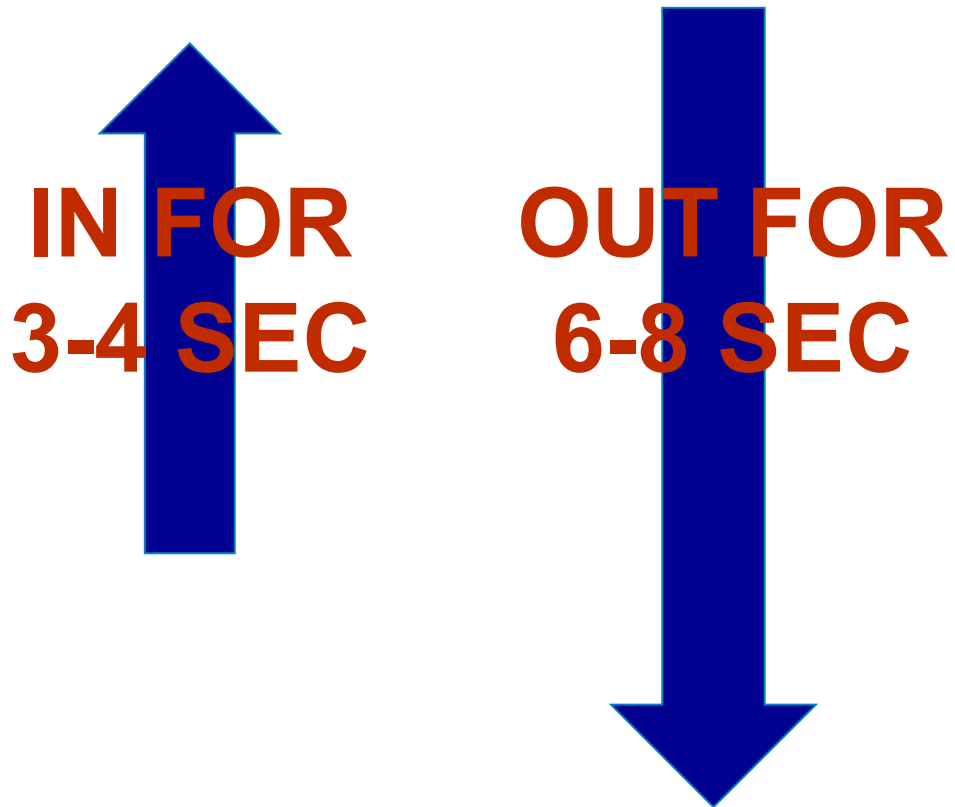


Bioplasticity

- Bidirectional Flow of Energy and Information from body to brain and brain to body

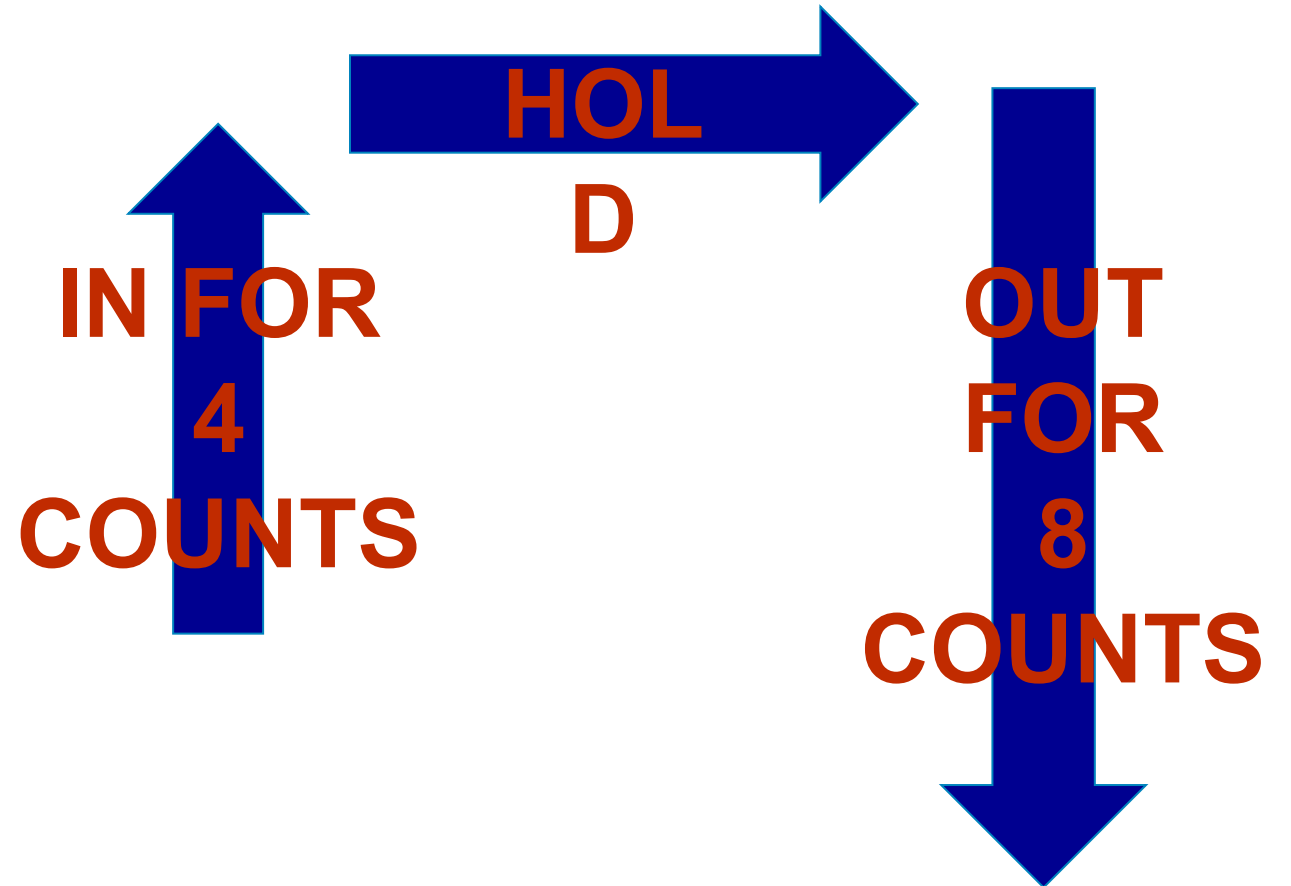
1:2 Ratio Breath

6 Breaths per Minute



4-7-8 Breath

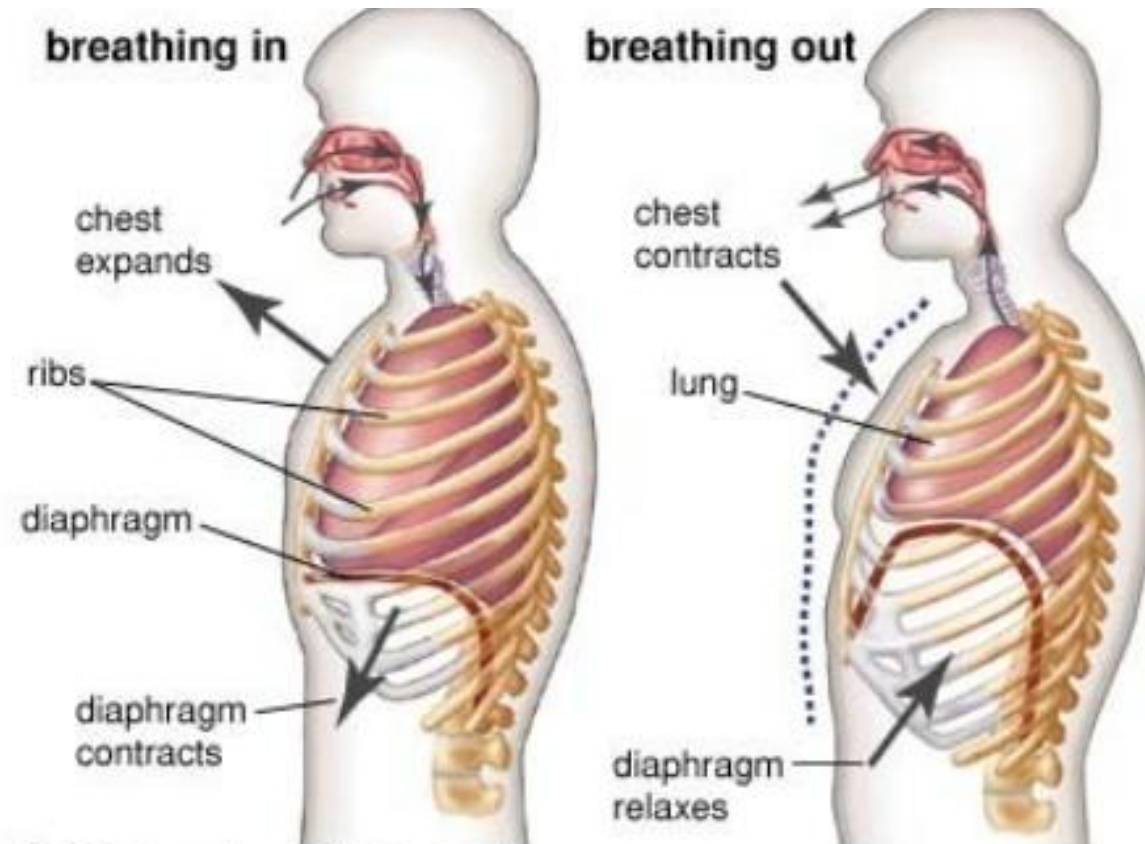
3 Breaths per Minute





Diaphragmatic Breathing: Breathing Slower and Lower

- Deep breathing from the abdomen
- Lowers SNS arousal
- Easily learned
- Effective during acute pain flares and stress
- Can add supportive touch



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Heart-Focused Breathing™

An Intelligent Energy Self-Regulation Technique

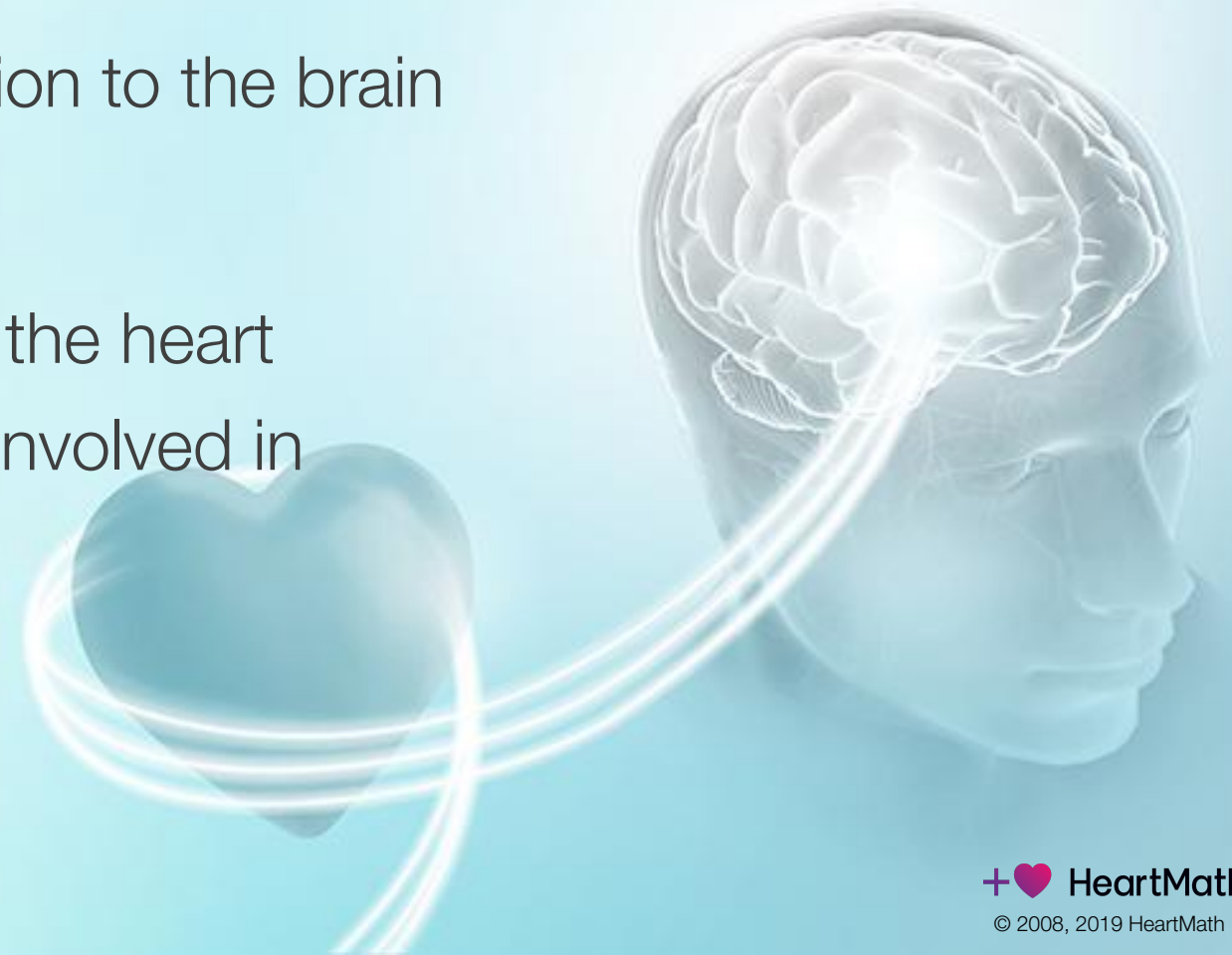
- Heart-Focused Breathing is a powerful and effective tool for self-regulation.
- It's the first step in shifting to a more coherent state – you are alert and calm at the same time.
- It can help you maintain your composure in challenging situations.



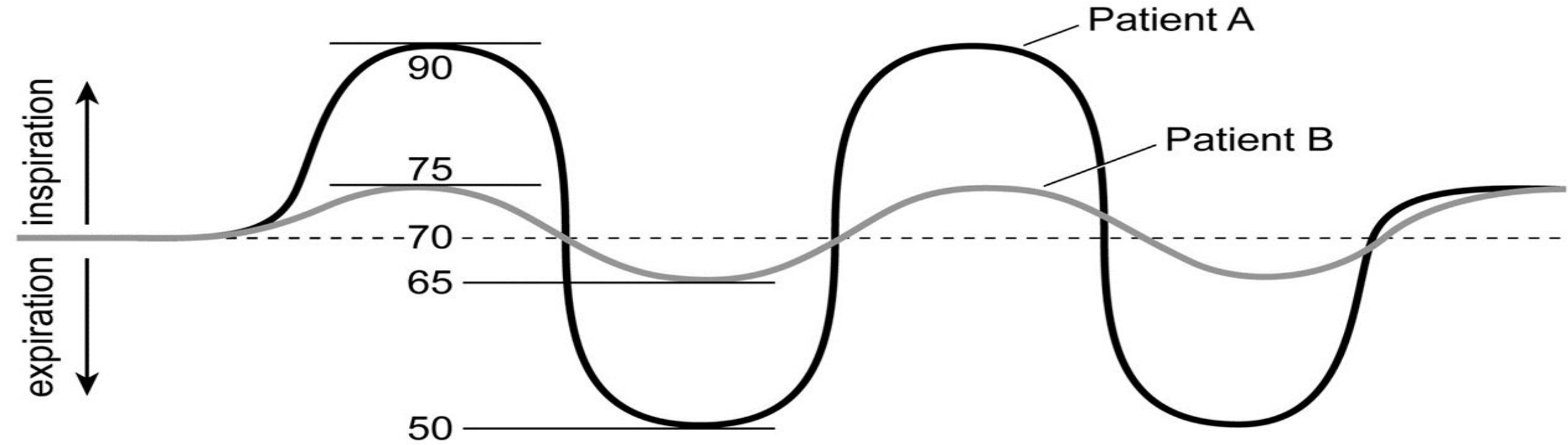


Heart-Brain Communication

- The heart has its own complex nervous system: the “heart brain.”
- The heart sends far more information to the brain than the brain sends to the heart.
- Patterns in the neural signals from the heart especially affect the brain centers involved in perception, emotional experience and self-regulation.



Heart Rate Variability



Heart-rate variability for Patient A = $90 - 50 = 40$

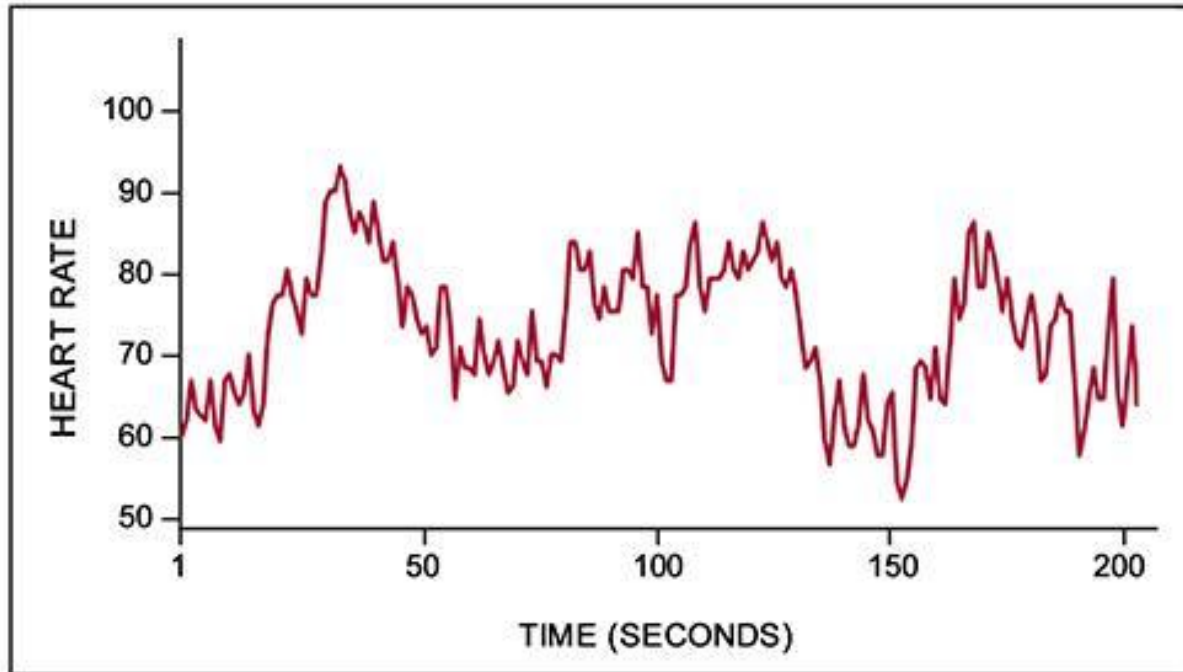
Heart-rate variability for Patient B = $75 - 65 = 10$

GOAL: To ↑ heart-rate variability
by slowing breathing rate to 6 breaths/min.

Emotions and Heart Rhythms

Incoherence

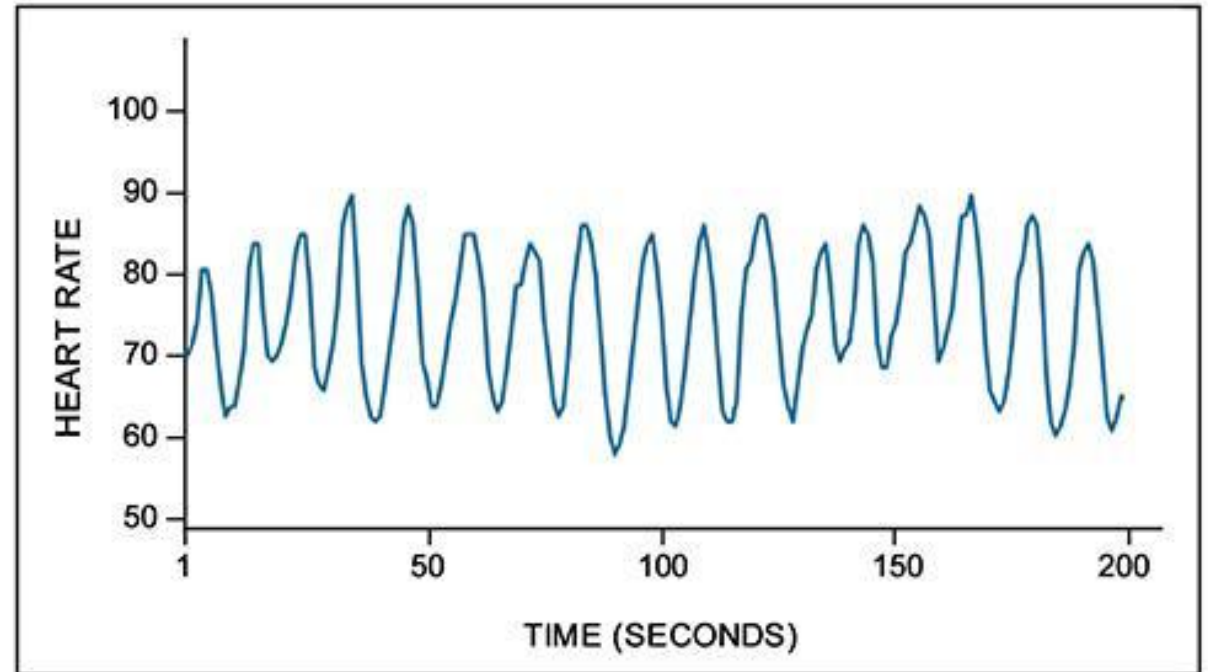
frustration, irritation, impatience, worry



Inhibits brain function – impairs performance

Coherence

appreciation, calm, patience, confidence

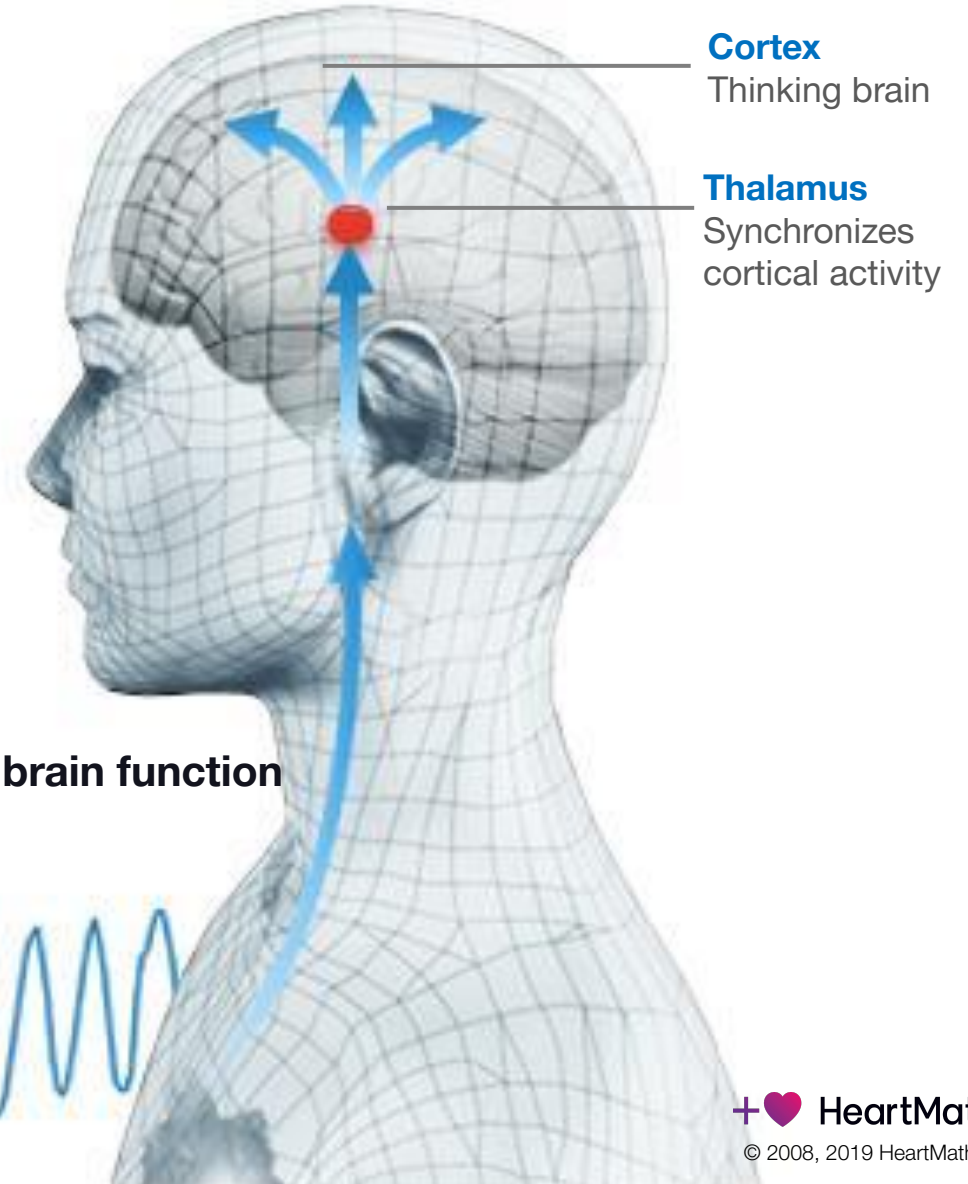


Facilitates brain function – promotes optimal performance

Heart Rhythms

Affect Physical and Mental Performance

Heart rhythms directly affect brain centers involved in foresight, decision-making, social awareness, and our ability to self-regulate.



Incoherence inhibits brain function

Coherence facilitates brain function



Depletion

Renewal



High

Anger
Anxiety

Happiness
Excitement

Cortisol



Negative

Frustration
Resentment

Hormonal
Response

Love
Appreciation

Positive

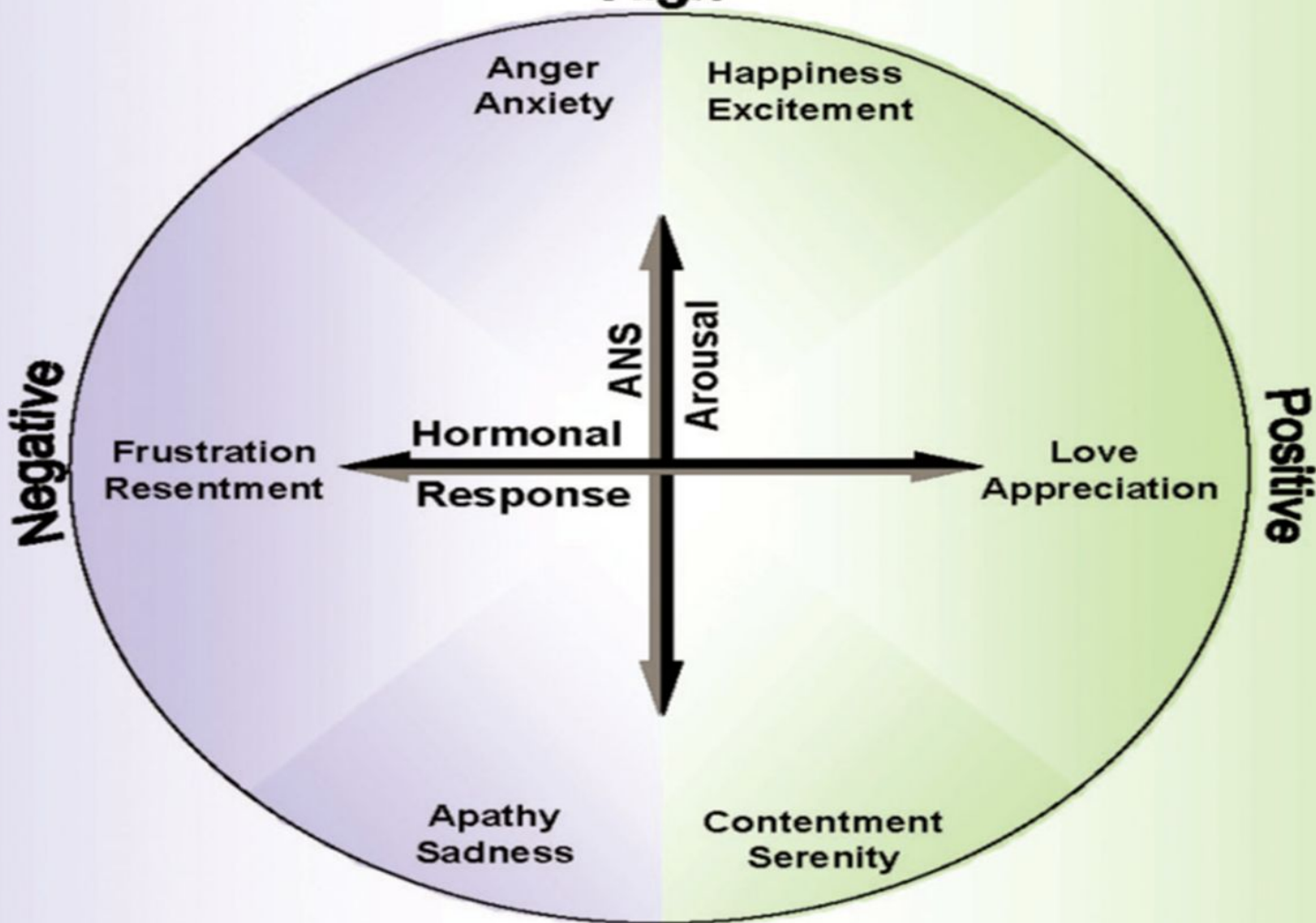
DHEA



Low

Apathy
Sadness

Contentment
Serenity



Why we 'flip our lid' or 'lose it'



- In the hand model of the brain, your fingers and thumb open and close in response to your internal body signals and your interpretation of the world around you.
- Bodily stress and distress, anxiety and fear make the fingers and thumb open up.
- Bodily safety, contentment and calm make the fingers and thumb close again.



THE WINDOW OF TOLERANCE

Zone of
Hyperarousal



- Fight/Flight (sympathetic nervous system activated)
- Anxiety, anger, impulsivity, reactivity, threatened
- Can't effectively connect with others

Window of
Tolerance

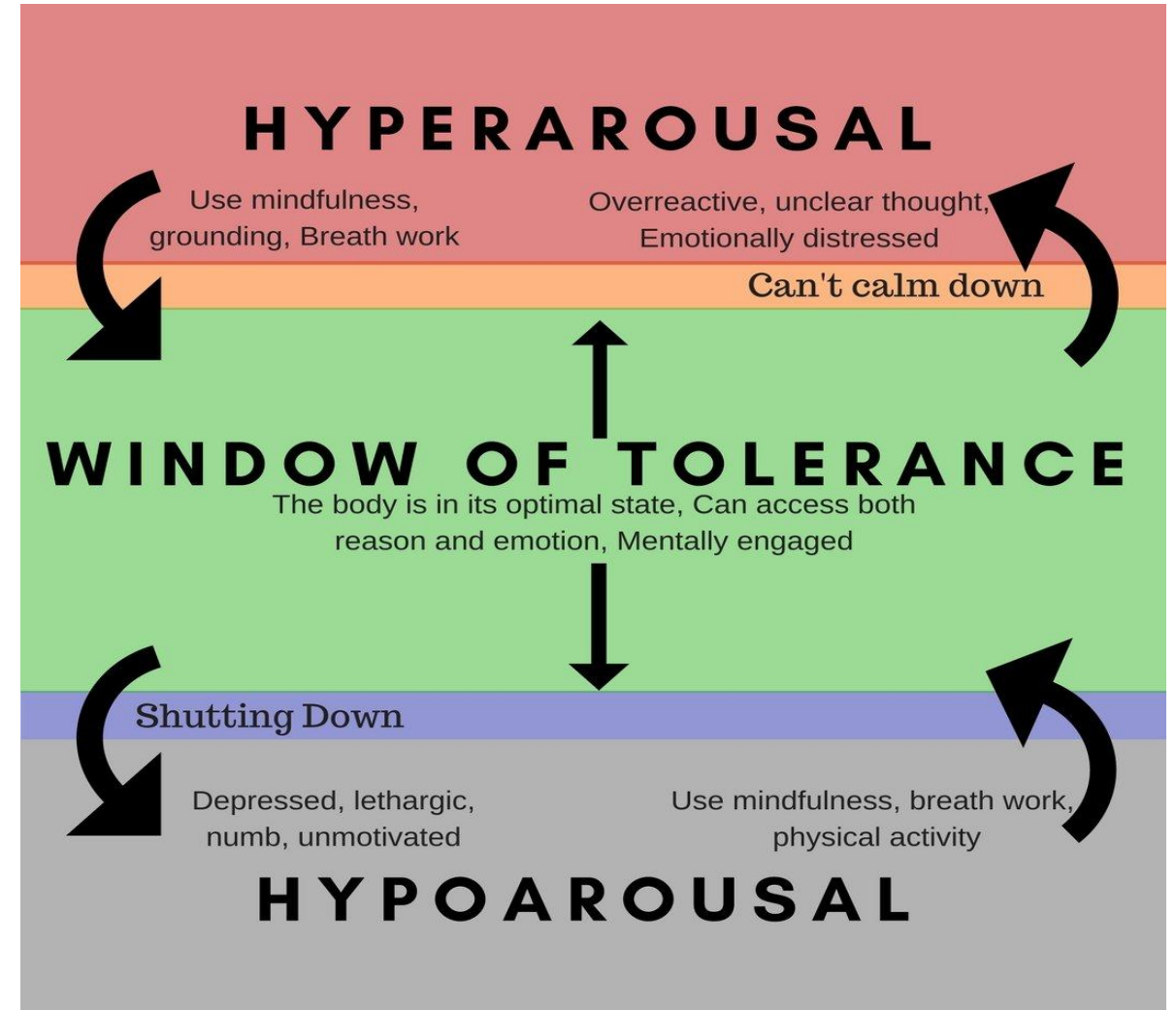


- Present, engaged, alert (ventral vagal)
- Access to creativity and problem solving
- Connected - Safe & Social

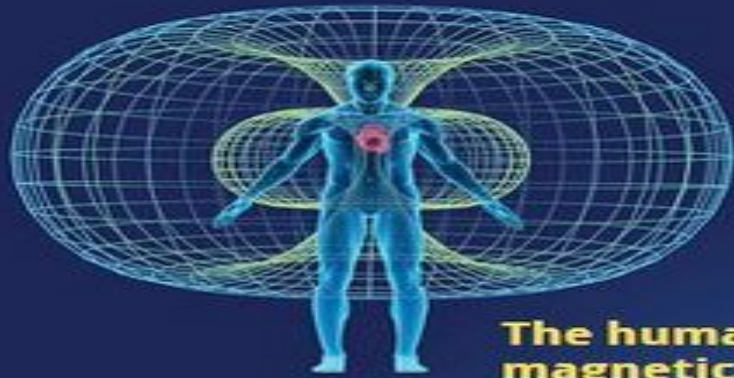
Zone of
Hypoarousal



- Freeze (dorsal vagal)
- Numb, shut down, protective path of last resort
- Disconnected from self and others, can't act



Did you know?



The human heart's magnetic field can be measured several feet away from the body.



Negative emotions can create nervous system chaos, but positive emotions do the opposite.



In fetal development, the heart forms and starts beating before the brain begins to develop.



Positive emotions can increase the brain's ability to make good decisions.



You can boost your immune system by focusing on positive emotions.

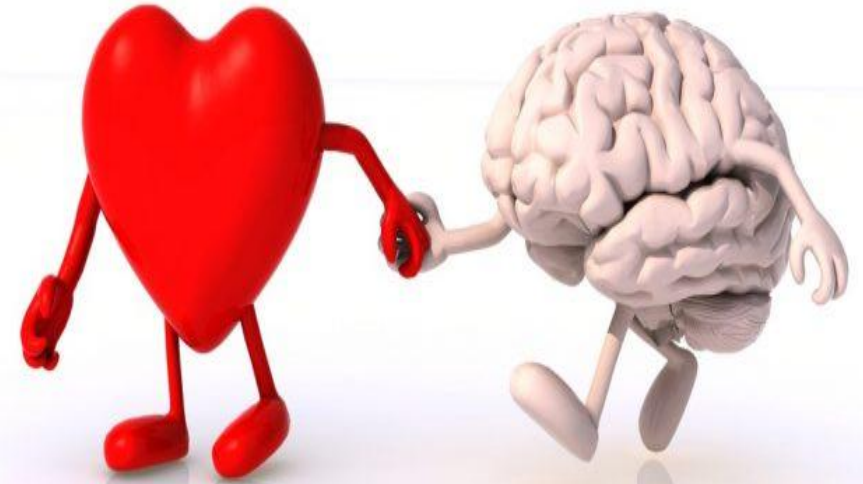
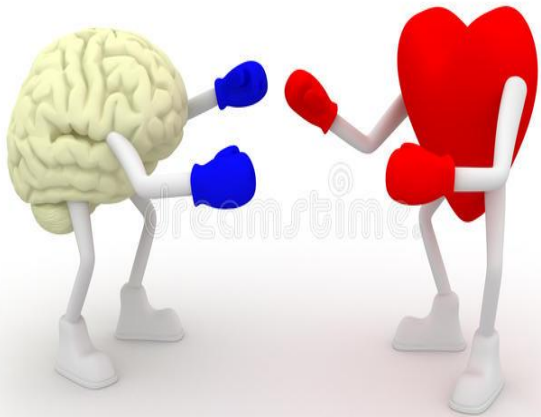


Positive emotions create physiological benefits in your body.





Heart Focused Breathing and Heart Coherence



Domains of Resilience

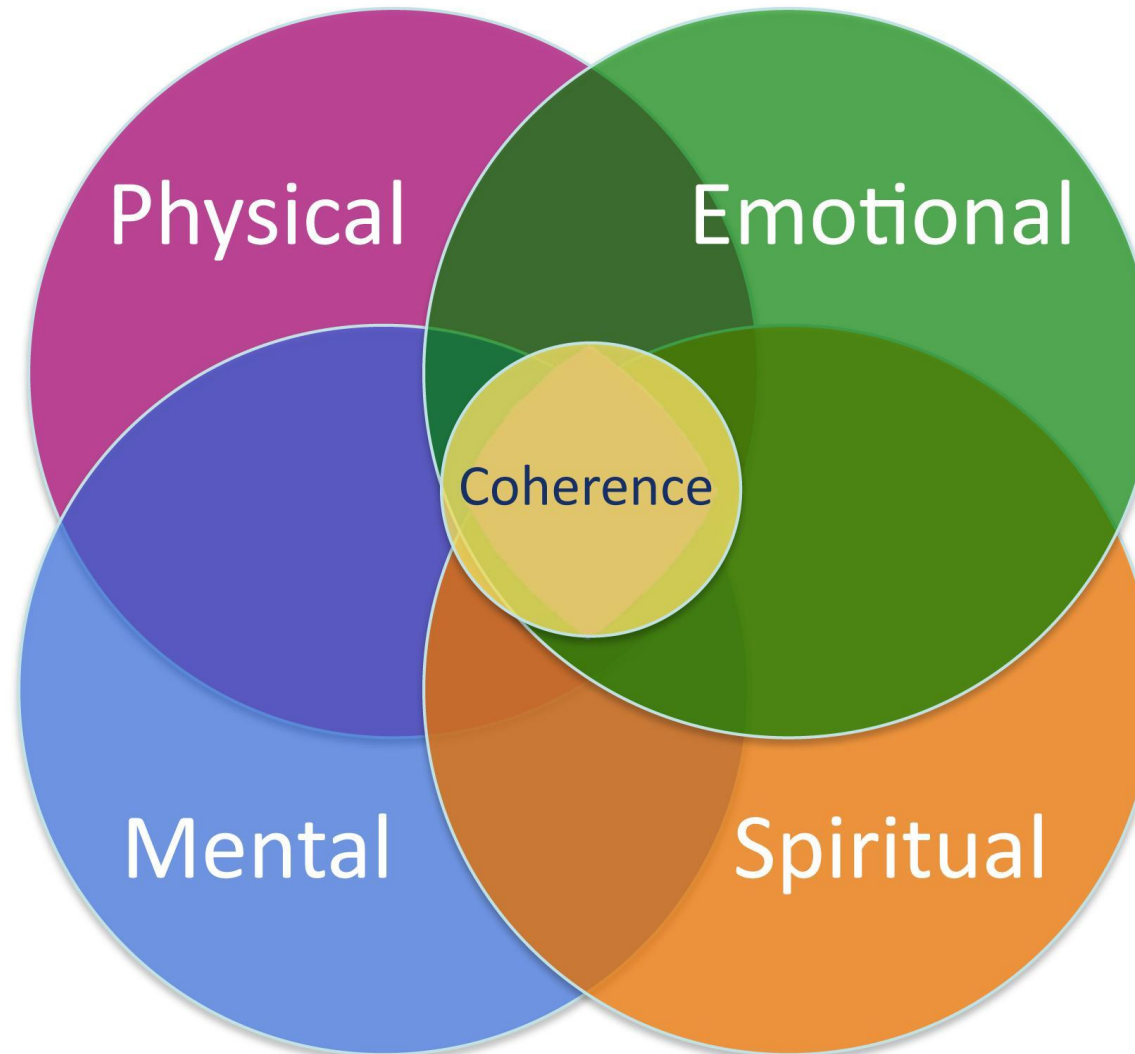
Resilience from *Resilience Advantage*®

Physical flexibility

- Endurance
- Strength

Mental flexibility

- Attention span
- Ability to focus
- Incorporate multiple points of view



Emotional flexibility

- Positive outlook
- Self-regulation

Spiritual flexibility

- Commitment to values
- Tolerance of others' values and beliefs