

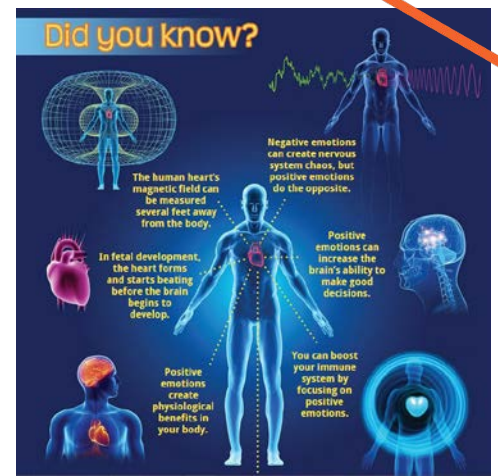
Being Thankful

Your Coherent Minute

Dr. David Parisian
In Cooperation with The HeartMath Institute
December 4, 2017

As I prepare these little support messages, I'll bring to you news, ideas, and information on themed topics. The intent is to increase your knowledge about being more resilient in your life. Some materials will come from the Institute of HeartMath and other materials will be used that fit the particular theme. I look forward to your ideas and feedback as we start this journey together.

season. However, the emotions of appreciation and gratitude can be experienced every day. By doing so, these feelings can enrich and bring regenerative energies to ourselves and to those around us that share our space each and every day of the year. Being a Resilient Leader is to have the energy, right mental attitude and emotional self-regulation to take care of those around you and yourself.



"Finding a state of coherence before dealing with a tense or stressful situation has helped me find appropriate and manageable solutions."

"I feel it has given me more energy. It helps me handle a bigger load at work and I obtain better results."

"Focused breathing has helped me remain calm in stressful situations."

So, let's begin. I hope you had a restful Thanksgiving. Thanksgiving is a perfect time to reflect on the year for all that we are 'thankful' for and what we appreciate and are grateful for in our lives. These holiday messages- gratitude, appreciation, compassion, a general spirit of goodwill and a desire to feel connected- are often fleeting and only truly embraced during the holiday

Survey Reflection: When asked, "Has working with any of the skill sets since you have been back in your educational or work environment been helpful for you?" Some responses are listed in the highlighted area above.



Share with others...

In 2012 HeartMath® produced a short 2:34 video that shares their research finding in a scrolling PowerPoint presentation set to music. The Presentation was named "Did You Know?" I hope you enjoy it and feel free to share or use it in an upcoming event or meeting. The Link for it is here: <https://www.heartmath.org/about-us/videos/mysteries-of-the-heart/>.

Remembering to do *Heart-Focused Breathing*, at times, is not easy. At first, it does not seem necessary to establish a set pattern. We will be looking at ways for you to adapt and provide cues to help remind you when to take a few moments to breathe a little more slowly and deeply while focusing on your heart area. To start with, if you need more hearts to help you get through the holiday season, look below. Link to Heart Focused Breathing explanation. <https://www.heartmath.org/articles-of-the-heart/the-math-of-heartmath/heart-focused-breathing/>

Little Hearts

Some of you asked about the little hearts I gave you during the symposium. If you only need 10 for yourself to help you remember to 'breathe' or do the

Quick Coherence® Technique, then send me a Stamped Self Addressed Envelope to: Dr. David Parisian, PO Box 2642, Liverpool, NY 13089. If you're interested in obtaining the roll, the URL below is the Amazon link. https://www.amazon.com/gp/product/B00KYA5IF8/ref=abs_brd_tag_dp

Quick Coherence® Technique (Refresher). Several of you requested a quick review of the Quick Coherence® Technique. Follow along with Deborah Rozman, Ph.D, co-author of Heart Intelligence, as she guides you through a 2-step process called the Quick Coherence Technique. This simple technique was developed by HeartMath. The HeartMath research team has demonstrated that our intuition is more accessible when we bring

our heart, mind and emotions into a cooperative, balanced alignment. Science refers to this as heart coherence. Practice this HeartMath® technique to increase the communication with your heart's intuitive intelligence and increase your inner-coherence. Learn more ways you can increase coherence in the new book, Heart Intelligence. The book provides numerous tools and techniques for accessing your intuitive inner guidance. Quick Coherence can be used to calm reactive emotions, reduce feelings of worry and fear, lessen feelings of overwhelm and stress, prepare for sleep and quiet an overactive mind. The video can be accessed by following the link: <https://www.youtube.com/watch?v=sKmKKCdnJ4U>

In closing, I wish you the best on your continued journey, and remember, taking time to breathe a little slower and deeper is a gift you can give yourself every day. After all, you have to breathe anyway.

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