

# Take a Heart Break!



*Simple easy-to-use technique can help your clients relieve anxiety*

## **Do you know any kids like this?**

Jennifer is a cute, friendly 10-year-old who is so stressed about school that she can't sleep. Her nails are bitten down to the point of bleeding, and now she has stomach aches and headaches every day.

Stress is a very real part of nearly every person's life. Even school children are experiencing more stress than ever with increased homework, tight schedules, and little down time. In particular, children who have learning or attention problems often experience a high degree of anxiety.

We have found a **simple easy-to-use technique that helps patients/clients quickly shift feelings of stress or anxiety to feelings of well-being**. Here are the steps, provided by the HeartMath organization, which has done extensive research in the role of the heart in stress relief.

### **Step 1: Heart Focus**

Focus your attention around the area of your heart.

### **Step 2: Heart Breathing**

As you focus on the area of your heart, pretend that you are breathing in and out through your heart.

### **Step 3: Heart Feeling**

As you "breathe" in and out through your heart, remember a time when you felt really good inside – a time you felt appreciated, the feeling of care that you have for someone or a pet, a place where you love to be, or something that was fun.

## **Taking a "heart break" can help children and adults be more available for learning and relationships.**

The HeartMath organization has done extensive research in this area and has developed a wonderful tool – the em-Wave Personal Stress Reliever – to help people get in the habit of taking healthy heart breaks.

These were instrumental in bringing 8<sup>th</sup> grade Clay **out of his prison of fear and school-anxiety**. Clay now actually attends school everyday and for the first time ever, is enjoying school. But it wasn't always this way.

When we first met Clay, he kept his head down, hiding behind his long hair. He rarely responded when spoken to, for fear of being wrong. We could not teach him because he was simply "not available."

Using the HeartMath techniques and technology, Clay began to come out of his shell. This opened the door for us to treat the learning problem that had triggered the school anxiety and Jason was on his way.

Do something wonderful for yourself and your clients...Take a Heart Break!

*Reference for HeartMath and em-wave: [www.heartmath.com](http://www.heartmath.com)*