

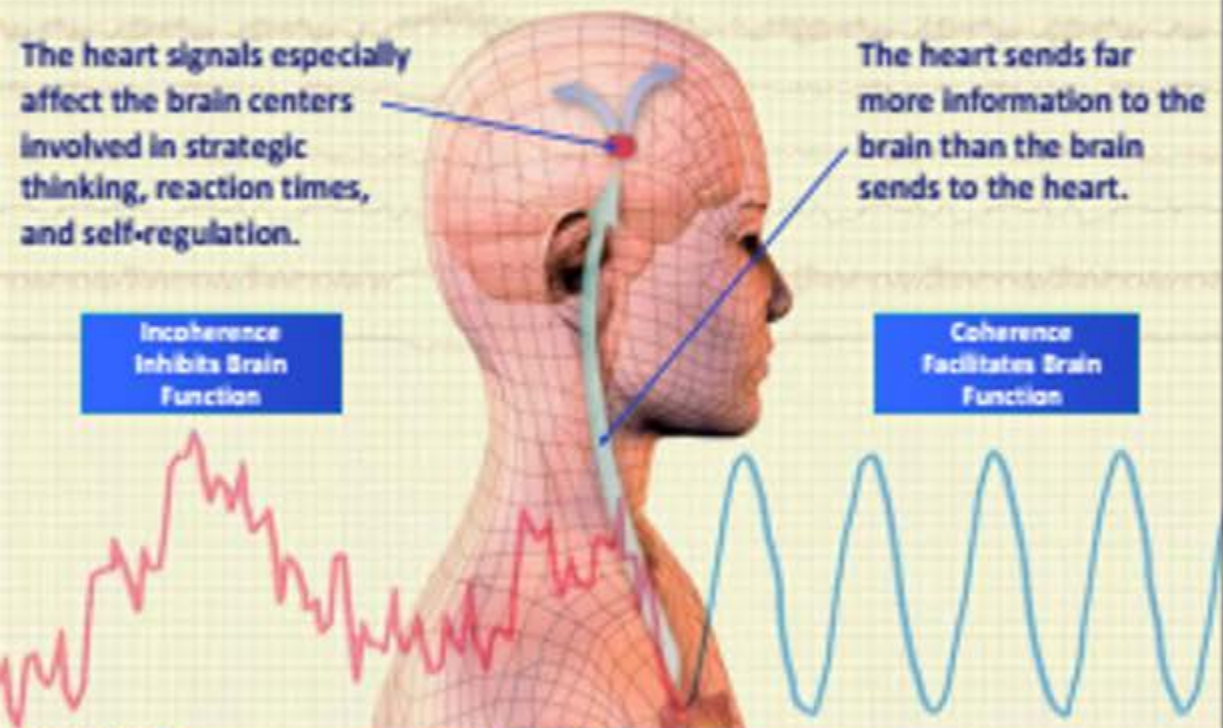
## Heart Rhythms Directly Impact Physical and Mental Performance

The heart signals especially affect the brain centers involved in strategic thinking, reaction times, and self-regulation.

The heart sends far more information to the brain than the brain sends to the heart.

Incoherence  
Inhibits Brain  
Function

Coherence  
Facilitates Brain  
Function



1) What does your body feel like during with a positive versus negative emotion?

MUSCLE TENSION?

FACIAL EXPRESSION?

POSTURE?

PAIN LEVEL?

ENERGY