



Exercise

Toolkit 1 - Learning Unit 1 Pre- intervention

Activity 2 Cardiac Coherence

You plan to be part of a first aid intervention. You may feel **some sign of distress or you may not**. But we strongly recommend that **you take care of yourself before trying to help others**.

You should also be willing to help out some people, victims or coworkers. Either way, we suggest you to do or share this activity based on breathing, and called Cardiac Coherence. **It would help you or others to stabilise**.

This relaxation procedure seduces as much by its simplicity as by its instant effectiveness. Cardiac coherence, which facilitates better stress and anxiety management, is based on a **physiological breathing mechanism**. Indeed, breathing has a direct impact on the heart rate and the body's hormones. Through this breathing procedure, the heart synchronizes itself with the breathing frequency. Therefore Cardiac coherence leads to Physical and emotional harmonization: it helps to restore a physiological balance between the heart, the brain and the body.



If you want to know more about Cardiac Coherence and its scientific validation, please go to the POST intervention document (T1U1_step2)



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Putting Cardiac Coherence Into Practice

To practice cardiac coherence effectively, we advise to sit comfortably in a quiet place, in a sitting or standing position, with the back straight and the feet flat on the floor.

This process should be repeated :

- **breathe in deeply** and then
- **breathe out**, continuously and without blocking the breathing.

To help practice cardiac coherence on a daily basis, there are many tutorials, videos and applications of cardiac coherence.

For example, the user has to synchronise his breathing on a little ball, which increases and decreases intermittently.

In addition, cardiac coherence is combined with relaxing pictures, and zen music.

Some therapists, such as sophrologists, can also accompany in your process



It is also possible to breath abdominal, (imagine a balloon in the stomach. When inhale, the balloon inflates; on the contrary, when exhale, the balloon deflates.)