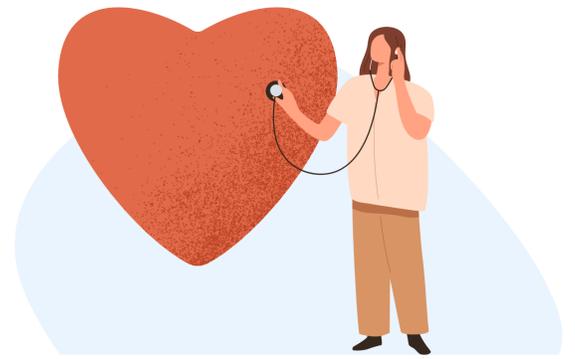


Exercise sheet

CARDIAC COHERENCE

i You will learn this practice in three phases (which may overlap!).



1 Integration phase: 365

This phase involves the initial formal learning of the technique. You will practise three times a day for five minutes, outside of stressful, anxious or difficult moments. It is useful to record your training in writing. The exercise is called: 365.

3 times a day

6 breaths* a minute

5 minutes

*Inhale normally, counting to four.
Exhale slowly to the count of six (or four to begin with).

2 Generalisation phase

Then introduce mini-sessions of a few seconds each day, whenever you think of it and when on the toilet, in the lift, at work, during a meal, on transport, at the cinema, when listening to someone, etc. You can start this phase at the same time as the **integration** phase. (It may be helpful to draw a cross on your hand and practise each time you see it).

3 Therapeutic phase

Start this phase as early as possible. Use the procedure when stress, anxiety or panic strike, no matter where you are.

If you practise in this way, you will start to feel noticeable relief from stress in four to six weeks. In four to six months, you will see the effects.