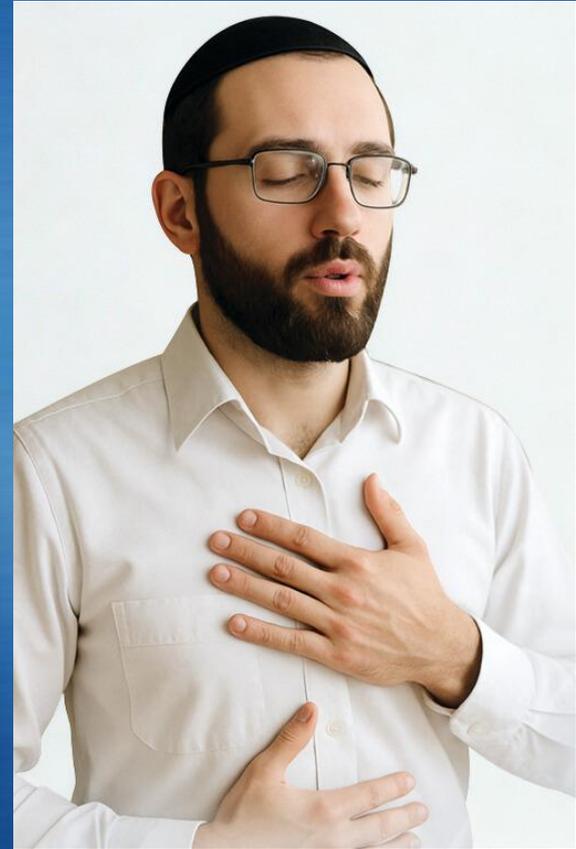




Viktor Frankl  
Breathwork  
Life-Coaching Program  
Week 3





# HRV

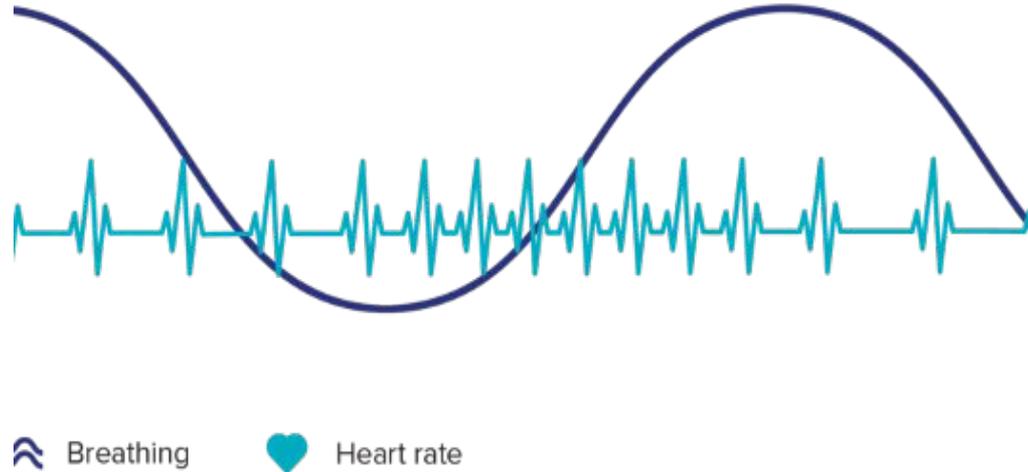
## Heart Rate Variability



- **Heart Rate Variability (HRV)** is the natural variation in time between heartbeats, not how fast the heart beats.
- **Higher HRV = better adaptability**, showing the nervous system can shift smoothly between stress and recovery.
- **Lower HRV** often reflects chronic stress, fatigue, trauma, or poor recovery.
- **HRV reflects autonomic balance**, especially the flexibility of the vagus nerve and parasympathetic system.
- **HRV improves with regulation**, such as slow breathing, emotional regulation, sleep, and physical fitness.

## COHERENT BREATHING

- At approximately 6 BPM
- Breath, Heart, and Autonomic Nervous system oscillations synchronize
- Increases your HRV and RSA

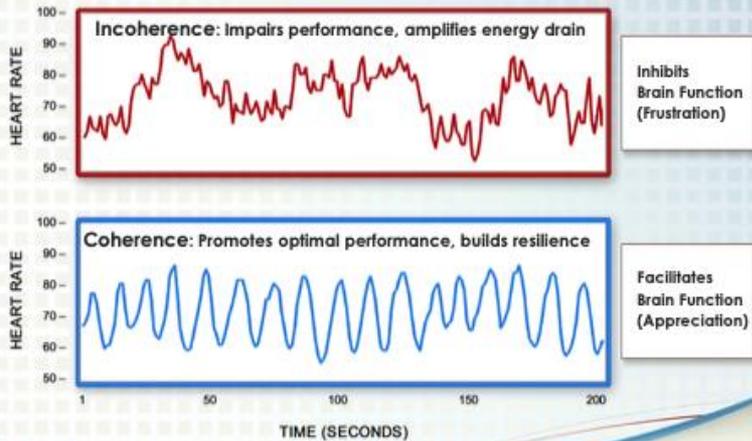


**6 bpm**

**5/5**

Breathe In

## Emotions and Heart Rhythm Patterns



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## Renewing Emotions

Experiencing regenerative (positive) emotions and attitudes facilitates the maintenance of coherence and resilience. They create neurochemicals that regenerate your system and offset the energy drain.

- Appreciation,
- Kindness
- Care, Love
- Compassion
- Tolerance, Patience
- Courage, Honor, Dignity
- Confidence
- Enthusiasm, Joy

## **The Quick Coherence® Technique** **Transform Stress into Resilience**

### **Step 1**

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

*Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).*

### **Step 2**

Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

*Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.*

### **Quick Coherence Quick Steps:**

- 1. Heart-Focused Breathing**
- 2. Activate a positive or renewing feeling**

**6 bpm**

**5/5**

Breathe In

# RESEARCH SUPPORTED BENEFITS THAT ARE COMMONLY REPORTED

## Stress and autonomic regulation

- Activation of the parasympathetic nervous system (“rest and digest”) and reduction of sympathetic arousal (“fight or flight”).
- Increases in heart rate variability (HRV), a marker associated with better stress resilience and cardiovascular fitness, in some breathwork protocols

## Cardiovascular and respiratory health

- Reduced blood pressure and heart rate after consistent slow-breathing training in some clinical studies
- Strengthening of respiratory muscles and improved respiratory efficiency, which can support management of conditions like asthma and COPD.
- Improved circulation and oxygen delivery to tissues with diaphragmatic and slow breathing practices.

## Mental and emotional health

- Improved emotional regulation and sense of control over one’s physiological and emotional. Decreases in depressive symptoms in some populations using slow or structured breathing protocols.
- Better mental focus, attention, and cognitive clarity, likely via improved oxygenation and autonomic regulation. Improved sleep quality and reduced insomnia symptoms when using slow, exhale-focused techniques before bed

## Pain and physical symptoms

- Reduced perception of physical pain and improved pain coping, including in chronic pain contexts.
- Decreased muscle tension and bodily tightness associated with stress or anxiety
- Improvements in certain gastrointestinal symptoms (e.g., GERD-related reflux and belching) with diaphragmatic breathing training

## Quality of life and functioning

- Improved overall quality of life scores in people with chronic conditions when breathwork is added to usual care. Better sleep, energy, and day-to-day functioning reported in clinical and integrative care settings
- Enhanced sense of relaxation, calm, and general well-being, even with brief daily practices (around 5 minutes)

## Important caveats

- Benefits depend on **how** breathwork is done (e.g., slow, controlled versus rapid hyperventilation), session length, and consistency of practice.
- Most robust evidence is for slow, diaphragmatic, or exhale-emphasized breathing for stress, anxiety, and sleep—not for all branded or intensive styles.
- People with cardiovascular, respiratory, or psychiatric conditions should check with a clinician before intensive or rapid breathing methods.