



Building Personal Resilience HANDOUT



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Life Esteem™ with Dr. Cathy Chargualaf

Link to replay Episode.1 [Building Personal Resilience](#)
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What Is Personal Resilience?

“By using your heart as your compass, you can see more clearly which direction to go to stop self-defeating behavior. If you take just one mental or emotional habit that really bothers or drains you and apply heart intelligence to it, you’ll see a noticeable difference in your life. ”

—Doc Childre, Founder of HeartMath



NOTES:

What Is Personal Resilience?

Resilience is **preparing** for, **recovering** from, and **adapting** to stress, challenges, and adversities.

When you are resilient, you have the **capacity to bounce back and recoup**, during and after stressful, challenging, and adverse situations.



NOTES:

What Is Personal Resilience?

How are you managing changes in your life?

DEPLETING EMOTIONS

- Challenges
- Adversities
- Physical Stress
- Work Stress
- Relationship Stress
- Financial Stress
- Social Stress
- Emotional Stress

Resilience
Adaptability
Emotional Vitality
Stress Management



RENEWING EMOTIONS

- Calm
- Joy
- Happy
- Focused
- Productive
- Present
- Appreciation
- Coherent



NOTES:

Knowing the Science

HeartMath™ was founded in 1991 by Doc Childre. It is a mindbody approach that harnesses people's ability to improve their well-being.

HeartMath Studies conducted with over 11,500 people show improvements in mental & emotional wellbeing, using HeartMath training and technology.



+♥ HeartMath.

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NOTES:

Knowing the Science



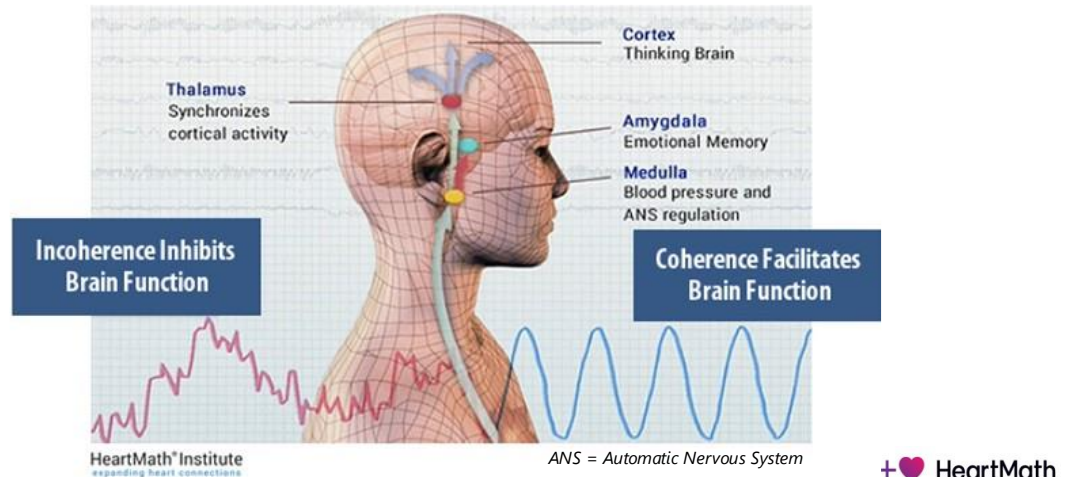
+♥ HeartMath.

NOTES:

Knowing the Science

The Heart–Brain Connection

explores the relationship between your heart& brain.



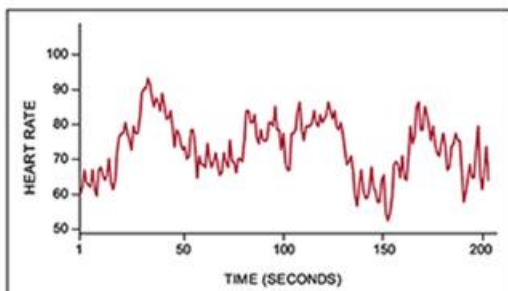
NOTES:

Knowing the Science

Heart-Rhythm Patterns

HRV Incoherence

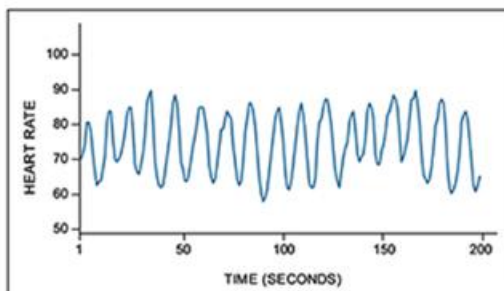
frustration, anxiety, worry, irritation



**Depleting Emotions
Impairs Performance**

HRV Coherence

positive emotions, appreciation, love, courage



**Renewing Emotions
Promotes Optimal Performance**

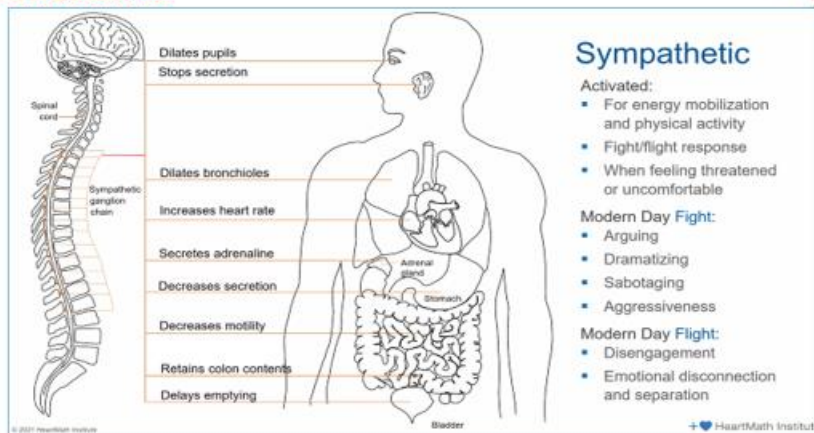
Heart rate variability (HRV) is literally the variance in time between the beats of your heart.

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NOTES:

Knowing the Science

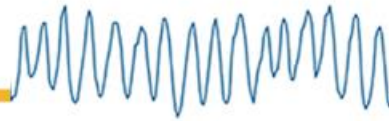
Incoherence State



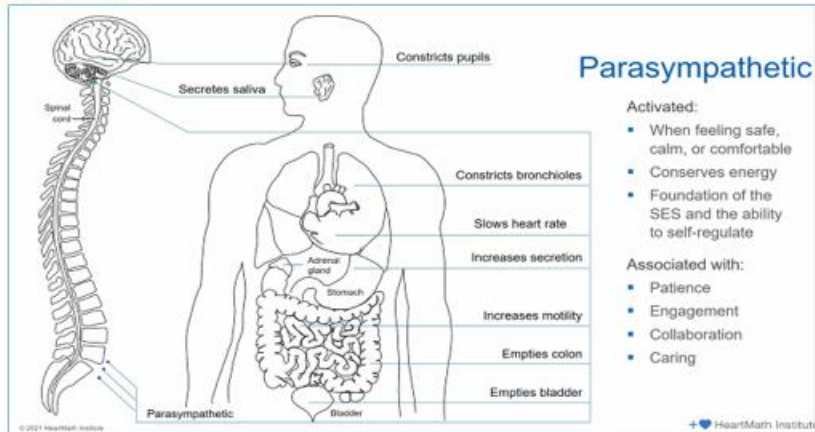
+♥ HeartMath

NOTES:

Knowing the Science



Coherence State



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NOTES:

Knowing the Science

Energetic Communication

Research conducted has confirmed that when an individual is heart coherent, the heart radiates a coherent electromagnetic signal into the environment that can be detected by the nervous system of other people and animals.



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NOTES:



“Our thoughts, emotions, and attitudes affect the vibrations in the heart’s magnetic field, which energetically affects others positively or negatively, whether or not we are aware of it.”

—Doc Childre, Founder of HeartMath

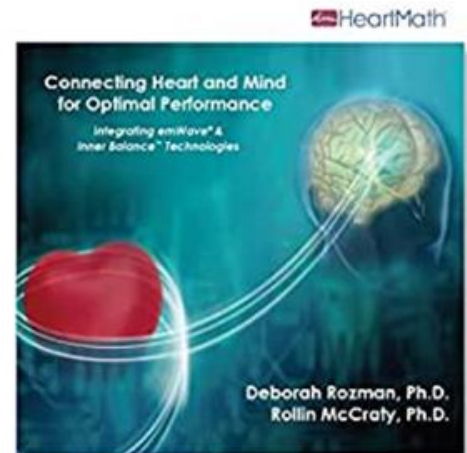


NOTES:

HeartMath® Brain Fitness Program

The Key to Building Resilience

- +♥ Quick Coherence Technique
- +♥ Strategies for Building & Sustaining Resilience



NOTES:

Quick Coherence Technique



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.
(Heart-Focused Breathing)

Step 2:

Think of an **experience** that recreates a **renewing positive feeling**, such as gratitude, appreciation, love, or care for someone or something in your life.



+♥ HeartMath.

NOTES:

Strategies for Building & Sustaining Resilience



Strategy 1:

Prep - Set the tone for the day to be composed before upcoming stressful events, or a discussion with someone whom you perceive to be difficult.



+♥ HeartMath.

NOTES:

Strategies for Building & Sustaining Resilience



Strategy 2:

Shift, as soon as possible, after a stressful, adversity, or challenging situation. **Reset** into a coherent state to minimize energy drains.



+♥ HeartMath

NOTES:

Strategies for Building & Sustaining Resilience



Strategy 3:

Sustain your resilience throughout the day by **establishing regular practices** that refresh your composure between activities.



+♥ HeartMath.

NOTES:

Enhance Performance with HeartMath

Practice HeartMath Techniques to...



- Sharpen Mental Clarity
- Enrich Creative Thinking and Innovation
- Listen to Intuition and Improve Decision Making
- Enhance Leadership Skills and Work Performance
- Boost Memory
- Build Resilience to Bounce Back

+♥ HeartMath.

NOTES:

Make A Commitment to Your Self-Care and Well-being

**When you change your Heart Rhythm,
you change your Brain Function.**



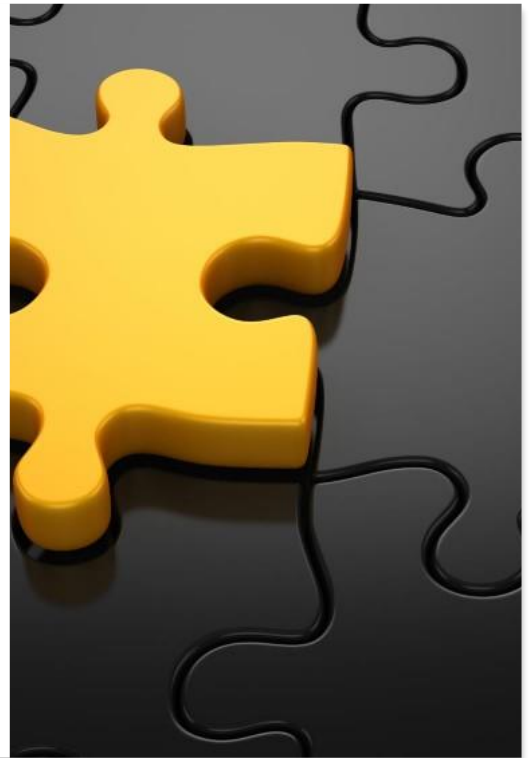
+♥ HeartMath

NOTES:



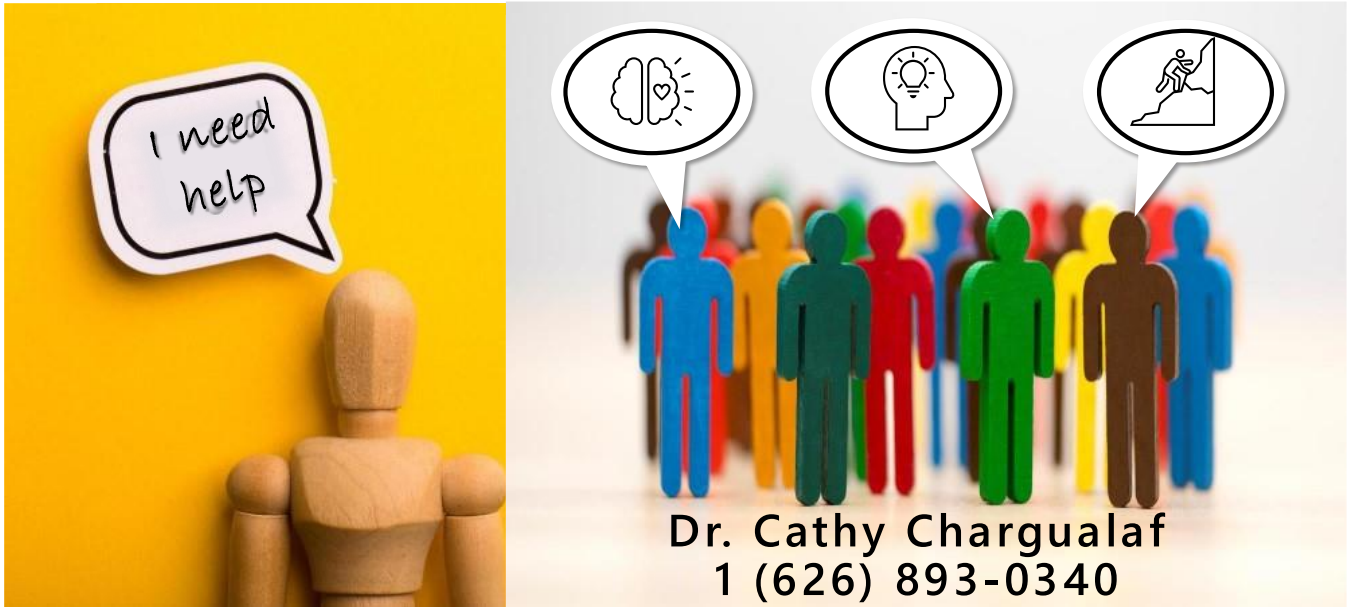
It starts with each one of us

As you bring your physical, mental, and emotional systems into coherent alignment, you begin to experience increased access to your heart's intuitive guidance.



NOTES:

Need Additional Help? Call to Schedule an Appointment



Dr. Cathy Chargualaf
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**NEED HELP? WANT ONE-ON-ONE TRAINING?
I AM HERE TO HELP YOU AND YOUR FAMILY BUILD
PERSONAL RESILIENCE!!**

Additional Support:

☐ Link to replay Episode.1 [Building Personal Resilience](#)

☐ Check out Life Esteem Programs at:

<https://www.lifeesteem.com/life-esteem-programs>

- Building Personal Resilience
- Heart-Coherent Parenting Programs
- Family HeartSpace Resources
- Personal Transformation and Coaching
- and more...

NOTES:



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