

+♥ HeartMath® Institute

# Education

Heart-Based Programs, Tools and Technology  
for Educators and Students



Self-Regulation, Social and Emotional Learning,  
Mental Health, Resilience Skill-Building and Trauma Recovery

2024 Education Product Catalog

HeartMath® Institute has been supporting educators, students, and families for over 33 years.

Our programs and resources help reduce stress and promote greater mental health.

Explore our new interactive catalog to learn more.

The research at the HeartMath Research Center focuses on emotional physiology and stress management. We study how the heart and brain interact to influence our emotions and well-being.

Many independent research studies show that HeartMath can help students self-regulate, improve learning, and achieve greater academic success. We collaborate with leading institutions to advance this field.

**Click to review the information links below.**



**One Page  
Overview**



**Research  
Studies**



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Programs**



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**Training  
Options**

*"The feedback from the health teacher and building principal was positive and they saw great value in teaching this material to more students. The students in the four classes also had a positive response. 87.5% of students who responded shared that after receiving the lesson they would consider practicing stress management activities, and 93.8% reported that they found the demonstration of the emWave Pro interesting."*

**Michael Hursh, School Adjustment Counselor,  
North Reading Middle School, Lynnfield, Massachusetts**

Email or call our staff to receive more information: [info@heartmath.org](mailto:info@heartmath.org) or 800-711-6221

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*“I use HeartMath tools and technologies to help both staff and students gain greater self-control and reduce their stress levels, as well as pass high-stakes tests. It really helps them, which makes my job so much more satisfying.”*

– Karl Schlotterbeck, MA, CAS, LP, Lead Psychologist, NE Metro District 916, St. Paul, MN

***“At OMNI, we are a comprehensive community-based mental health organization. I wanted to let you know that we are building a therapeutic skills group around HeartMath. It will focus on building resilience and will teach the HeartMath tools and technology.”***

**– Jason Wynkoop, LCSW, Executive Director,  
OMNI Youth Services, Illinois**



## EMWAVE PRO FEATURES

Real-Time heart rate variability monitor.

Four challenge levels to help raise base-line coherence levels.

Multiple user data storage showing coherence levels for each session and history review.

Interactive games that help transform stress into creative energy.

Earn award badges for progress and achievements.

## PACKAGE CONTENTS

USB module and Ear Sensor

Owner's Manual and Practice plan

## SYSTEM REQUIREMENTS – PC

Windows 8 or newer Operating System

**\* emWave Pro is not compatible with most Chromebooks**

2.0 GHz or faster processor

2 GB RAM –recommended 4GB or more

One available USB port

Internet connectivity required for Heart-Cloud access

## SYSTEM REQUIREMENTS – MAC

OSX v 10.13 High Sierra or newer

Recommend Core™2 Duo at 1.8GHz or faster processor

One available USB port

Internet connectivity required for Heart-Cloud access

## PACKAGE SPECIFICATIONS

Box Size 5.5 x 7 x 1.5 inches

Weight 5 oz

## ONLINE AND PERSONAL CUSTOMER CARE

Free Zoom call for how to use the emWave Pro

Lifetime customer support.

One-year limited warranty.



### DATA PRIVACY POLICY

Click the icon to open PDF

## emWave® Pro – Available for PC and Mac

The emWave® Pro is an award-winning, evidence-based computer technology that has been used by hundreds of thousands of students to improve learning, performance and behavior. For many educators, it has become an important and fun part of classroom mental health training, behavioral management and high-stakes test preparation. Using an ear sensor or an optional finger sensor, the emWave Pro allows students to see how emotions and attitudes affect their heart-rhythm patterns in real time and confirms when they are in sync or what is called a state of coherence. This non-invasive graphical interface enables users to more effectively manage their stressful feelings and negative emotions, leading to improved cognitive performance, learning ability and composure.



Ideally, students should use the emWave technology a minimum of 6-10 times over a school year. Short sessions of 3-5 minutes per student can be beneficial. The goal is to have students gain proficiency in this technology and then be able to transfer what they have learned to specific goals or real-life situations. The emWave Pro tracks, records and saves session activities of multiple users.

**Three interactive games** help users transform stress into creative energy.

**The Emotion Visualizer®** provides colorful images which vary according to an individual's emotional state and coherence level.

**Coherence Coach®** leads a user through breathing exercises and a simple technique to rebalance his or her system.

**My Inspiration** enables individuals to create their own images for coherence building.



### emWave Pro for PC and Mac

Item#	Product Name	Price
6030	emWave Pro (single unit boxed)	299.00
6030-L5	emWave Lab 5 (single unit + 4 sensors)	825.00
6030-L10	emWave Lab 10 (single unit + 9 sensors)	1500.00
6030-S25	emWave site license 25 (single unit + 24 sensors)	3325.00
6010-E	emWave ear sensor (additional unit)	50.00
6010-F	optional Finger Sensor (not included in package)	50.00
6010-M	emWave sensor module (additional unit)	125.00

***"Utilizing HeartMath techniques and technology, I have trained tens of thousands of individuals including orphans in South Korea and Mexico. My husband and I currently head up two nonprofit organizations: The HD Institute of Resilience and Positivity and the Association of Emotion Coaching. The organizations' mission is 'to spread the seeds of happiness.'"***

**— Dr. Christina Sung Aie Choi, South Korea**



## emWave® Pro Applications in Education

### REGULAR CLASSROOMS

Instructors have incorporated the emWave Pro into their homerooms, biology, life-science, health, life-skills, math and psychology classes. Typically, teachers demonstrate the technology on a Smart Board or a single computer to a small group of students. Afterward, they rotate students throughout the year at select times. Many schools have acquired multi-user site licenses for emWave Pro technology in computer labs or in portable labs where up to 25 students can use the emWave Pro simultaneously.

### COUNSELING PROGRAMS

Counselors use the emWave Pro to help improve students' emotional health. In classroom presentations, counselors connect the emWave Pro to a Smart Board or LCD projector to demonstrate how emotions affect physiology and how HeartMath skills can improve self-regulation. They also incorporate this versatile technology into larger programs that address bullying, conflict resolution, test preparation, drug and alcohol prevention and more.

### AFTER-SCHOOL PROGRAMS

Students supplement academic work with regular practice on the emWave Pro to help with test preparation and decrease frustration from learning and behavioral challenges.

### CHILD MENTAL AND EMOTIONAL HEALTH

Early intervention strategies using HeartMath's self-regulation techniques, methods and emWave technologies have helped thousands of children neutralize some of the symptoms of ADHD, anxiety, anger, mood swings, loss of focus and motivation, social phobia, trauma, substance abuse and more. These applications have been especially helpful for those students who require one or more of the following:

- ➔ Response to Intervention plans (RTI's)
- ➔ Academic modifications and accommodations
- ➔ Academically At-Risk students
- ➔ Behavior management plans
- ➔ 504 plans
- ➔ Individual Education Plans (IEP's)

### SPECIAL EDUCATION CLASSROOMS

Many special education classrooms employ the emWave Pro to help their students gain greater impulse control, academic focus and confidence and to learn better emotional management when actively engaged in the learning process. Frequently, they write the emWave Pro into a student's IEP.

### LEARNING AND TUTORING CENTERS

Hundreds of learning and tutoring centers use the emWave Pro as a support tool for students with learning disabilities or those performing below their academic capability.

### THERAPY OFFICES

Therapists and psychologists use the emWave Pro to help children deal with symptoms of ADHD, autism, anger management, anxiety and depression.

### RESEARCH / STUDIES

Many universities use the emWave Pro or the newer emWave Pro Plus as both a training and data collection technology to improve and measure outcomes in a variety of contexts.

### TO LEARN MORE, VISIT THESE SITES



**How to Run a Session:**  
[Click on icon](#)



**Best Practices Video:**  
[Click on icon](#)



**Best Practices Instructional Sheet:**  
[Click on icon](#)



*"About 500 students are introduced to the emWave Pro as part of my cooperative learning and leadership program each year. We explore what emotion is and how emotions can help or hinder what we do. We get into what is coherence and how that helps the mind and body perform better, like with test-taking. They all get it. They even tell me to use it when I get upset."*

**—Linda Gancitano, Health Teacher,  
Driftwood Middle Academy of  
Health and Wellness, Hollywood, Fla**

*"I use it a lot! When my kids are out of sorts, they go to the emWave Pro center. All of them are able to quiet themselves and get focused."*

**—Kim Wise, Third Grade Teacher,  
Justina Road Elementary,  
Jacksonville, Fla**

*"Through the emWave Pro, my students were able to identify what emotions interfered with their performance and then, using some of the HeartMath skills, neutralize those emotions so their brains could function better. Even the best students found it helpful."*

**—Gail Haase, Director of  
Development and Research, Trinity  
Christian Schools, Las Vegas, NV**

***"I teach a special day class for 15 upper elementary students, all profiled with autism. We worked with the emWave2's for a total of 8 weeks. I introduced the idea of being calm and peaceful. They were very receptive to using breathing techniques to calm themselves."***

**– Debbie Rice, Teacher, Cambrian School District,  
San Jose, CA**





## EMWAVE® 2 FEATURES:

Use emWave2 on the go as a portable training device and for session storage.

Run sessions on your computer and watch your coherence in real-time charts.

Download your stored sessions for graphical review and comparison.

Interactive Coherence Coach® teaches you a key HeartMath self-regulation technique.

Four challenge levels include an Advanced User mode.

Adjustable LED display brightness and audio feedback.

A variety of coherence-building tools make sessions more entertaining.

Charge unit via USB computer connection.

## PACKAGE CONTENTS:

emWave2 in Charcoal Gray

Ear Sensor

emWave2 Practice Plan

Quick Start Guide and Software Download Link

USB Charging/Connector Cable (Optional USB wall charger sold separately)

## EMWAVE2 UNIT SPECIFICATIONS:

Size: 85mm x 55mm x 14mm or 3 3/8" wide, 2 1/8" high, 9/16" deep

Weight: 2.2 ounces

Internal rechargeable Lithium Ion battery

Super bright LED light bar and display indicators

Ear Sensor and two-way finger-operated control button

## PACKAGE SPECIFICATIONS:

Box Size: 5 5/8" w X 9" h X 2" d

Weight: 1 pound

## SYSTEM REQUIREMENTS – PC

Windows 8 or newer operating system

2.0 GHz or faster processor – recommended Intel® Core™2

1GB RAM Minimum – recommended 2 GB or more

1 USB Port available

Internet Connection (Required for updates)

## SYSTEM REQUIREMENTS – MAC

OSX v 10.13 High Sierra or newer

Recommended Core™2 Duo at 1.8 GHz or faster

USB 2.0 Compatible Port

Internet Connection (Required for updates)

## emWave® 2

The emWave2 combines the portability of the original handheld emWave with a rich graphical interface that displays on a computer. It can be used on the go, at school or at home. It can be plugged into a computer to download and review previous sessions, run a new session with the real-time heart rhythm display, or play one of the interactive coherence-building games.

Using colorful LED displays and audio feedback, the emWave2 helps students improve coherence levels, sharpening their ability to reduce stress and increase vitality, mental clarity and emotional balance. The emWave2 also comes with the Coherence Coach® software. Using narration, animations, and music, this entertaining software application teaches HeartMath's Quick Coherence® Technique for self-regulating stressful feelings and increasing performance.

## Charcoal Gray Item #6320-CH \$229

*"Stress in education seems to be increasing and in my role as a school site administrator, I used to feel like a sponge, soaking up the stress of everyone around me. Incorporating the Quick Coherence Technique and the emWave2 into my daily routine has recaptured the positive energy and idealism I had at the beginning of my career."*

– Jeff Lagozzino, Principal, Miramonte Elementary School, South El Monte, CA



emWave® 2  
shown with emWave® Pro

***“The most encouraging signs came from students who recognized the benefits of the techniques beyond the use of the technology devices. In other words, they used the techniques in regular life within and outside the classroom. That is a good sign. That means they are consciously choosing to be more resilient and recognize the need.”***

**– John Elliott, Math Teacher, Euclid Middle School, Euclid, Ohio**



## INNER BALANCE APP/SENSOR FEATURES:

Plug-and-play Bluetooth sensor compatible with most Chromebooks.

Best-in-class HRV accuracy with 500 Hz precision detects even the smallest changes in your HRV.

Intuitive lights display session, battery, and app connection status.

Multiple session screens to watch your coherence in real time or review your progress.

Multiple breathing pacers to help you create more inner balance.

Guided techniques and exercises.

Real-time coaching.

Add your own music and positive image.

Automatic notification when you wish to run a session.

## PACKAGE CONTENTS:

Inner Balance Coherence Plus hardware and sensor

Detachable ear clip

Thermoplastic, all-metal clothing clip, and durable braided cable USB-C charging cable that also connects to some smart phones and the emWave Pro, usually with an adapter.

## INNER BALANCE SENSOR SPECIFICATIONS:

Clip Size without cable: 1.25 inch

Ear Clip Size with cable: 19.5 inch

Pod Size: 2.75 x .75 x 1.125 inch

USB-C Cable Length: 4 feet

## PACKAGE SPECIFICATIONS:

Box Size: 6.5" x 3.6" x 2.03"

Weight: 6.9 ounces

## SYSTEM REQUIREMENTS:

Requires Bluetooth 4.0 or higher

iOS: Requires iOS 16.0 or above; works with iPhone 8 and iPad OS 15 generation and newer.

Android v8.0 and above.

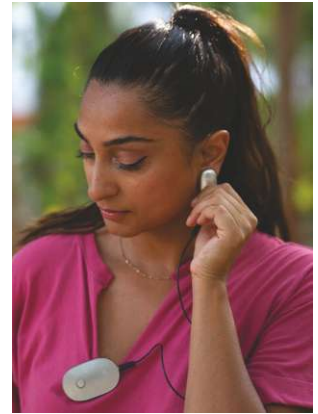
## Inner Balance™ Coherence Plus with HeartMath® App

Introducing our most advanced sensor and app yet!

Access a healthy and high-performance state called heart coherence, where your heart and brain are in sync – this helps you prevent or reduce stress, anxiety, and overwhelm, improve health and performance, and clear your thinking for more effective choices. Use real-time heart rhythm coherence biofeedback and evidence-based techniques to live a healthier, happier life.

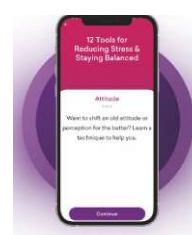
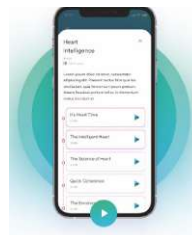
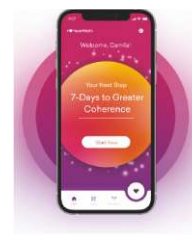
### Elevate your mental and emotional wellness

With just a few minutes of daily practice, heartcoherence becomes easily accessible for more balanced, effective, and healthy living. Over time, you'll be equipped with a skill set that you can apply, even without the app, in all aspects of your life.



[▶ Watch Video](#)

**Item #6500 \$249.00 (Free Lifetime Use of App)**



**New HeartMath® App Screens, the Pod and Ear Sensor**

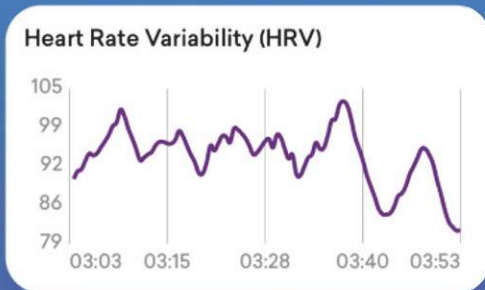
*"We initially used the the emWave® Pro as I thought the games would be more appealing. Then in the last six weeks kids started using Inner Balance on our iPads. I am finding that my students are more self-regulated – more able to pair relaxation with their learning causing deeper, truer learning. Students are now requesting HeartMath sessions to shift out of stress or when they aren't focusing on the curriculum." – Ethel Tedsen, Second GradeTeacher, Sonoma, CA*

# The Science Behind the Inner Balance Coherence Plus

Our heart rate is always changing, creating a pattern. Heart rhythm patterns, also called heart rate variability (HRV), are a powerful window into our health and emotional wellness.

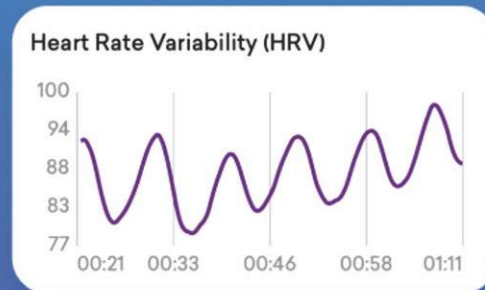


## Feeling Stressed



When we are out of sync (stressed, frustrated, anxious, etc.), our heart rhythm patterns are jagged and chaotic.

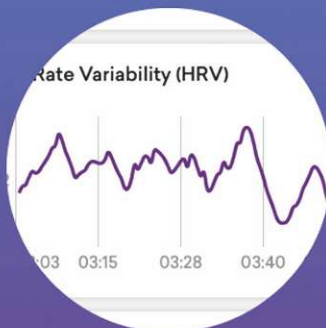
## Feeling Appreciative



When we are in sync (composed, easeful, grateful, etc.), our heart rhythm patterns look like smooth sine waves.

We can learn to change our heart rhythm patterns to change how we feel and perform. Inner Balance Coherence Plus translates your heart rhythm patterns into a real-time coherence score that you can use to build your heart coherence.

## Jagged HRV

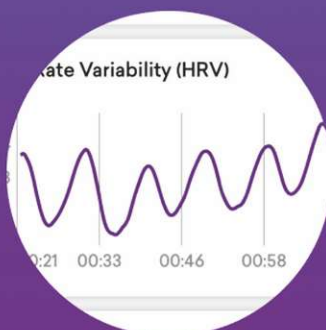


Out of Sync

## Lower Score



## Smooth HRV



In Sync

## Higher Score



### What is the NEW Inner Balance HeartMath® App?

What's inside the app? When you purchase the Inner Balance Coherence Plus sensor, you gain access to a lifetime of free guidance and support to the new HeartMath App. The new app offers a fun way to measure and improve heart-brain coherence. Using a phone's camera sensor, it can accurately track heart rate variability and provide real-time feedback on coherence levels. Included are personalized coaching and educational resources to help individuals deepen their coherence practices and experience greater emotional balance and well-being.



*"The Inner Balance Coherence Plus technology trains us to self-generate a highly efficient physiological state called HRV coherence. A few minutes of daily coherence practice has been shown to reduce and prevent the negative effects of stress, such as overwhelm, fatigue and exhaustion, sleep disruption, anxiety and burnout."*

– Rollin McCraty, Ph.D. HeartMath Institute Research Director

### Inner Balance™ Coherence Plus (iPhones, Androids and Chromebooks)

The Inner Balance Coherence Plus sensor connects through Bluetooth to your mobile device (Android or iOS). Simply clip the ear sensor to the earlobe, press the Pod "on button" to begin your session and get an instant heart rhythm reading.

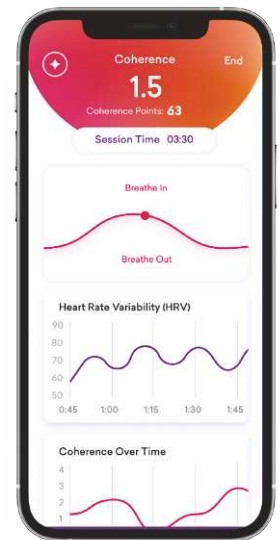
### How the Inner Balance Coherence Plus Sensor Works

HRV biofeedback to decode the language of your heart.




The Inner Balance Coherence Plus uses a professional-grade photodetector to measure your pulse wave 500 times a second.

This data is then translated into highly accurate HRV, which reflects how your heart rate changes over time. HRV offers a powerful window into the quality of communication between the heart and brain, which directly impacts how we feel and perform.



Our proprietary algorithm then translates your heart rate data and HRV patterns into a real-time score that updates every 5 seconds.

This measurement helps you understand which thoughts, emotions, attitudes, or techniques increase or decrease your heart coherence – so you can train yourself to access this highly beneficial state.



***“Using the Inner Balance in our classroom has been a game changer. It gave the students feedback in real time regarding their level of regulation and being “in sync.” This seemed to increase their motivation to engage in the practice of “Heart Focused Breathing” and increased, not only their enthusiasm for this practice, but their ability to do it effectively.”***

**– Heather Nitz, School Social Worker  
Riverside Middle School, Billings MT.**

## INNER BALANCE SENSOR FEATURES:

Plug-and-play iOS Lightning Sensor.

Inner Balance App – Free on App Store or Google Play.

Multiple session screens to watch your coherence in real time or review your progress.

Multiple breathing pacers to help you create more inner balance.

Guided techniques and exercises.

Real-time coaching.

Add your own music and positive image.

Automatic notification when you wish to run a session.

## iOS INNER BALANCE SENSOR SPECIFICATIONS:

Size: 30 x 10 x 20 (mm)

Weight: 0.2 ounce

Lightning connector

## iOS PACKAGE CONTENTS:

iOS Inner Balance Lightning Sensor

Quick Start Guide

## PACKAGE SPECIFICATIONS:

Box Size: 5.5" x 1.5" x 7"

Weight: 5.1 ounces

## iOS SYSTEM REQUIREMENTS:

5th Generation or newer iPad, iPad Air and iPad Mini

**Lightning sensor will not work with iPhone 15 & 16 without the Apple USB-C to Lightning adaptor**

iPod Touch (5th Generation or newer)

iOS 13.0 or higher

## ANDROID PACKAGE CONTENTS:

USB-C Ear Sensor

Quick Start Guide

## ANDROID COMPATIBILITY:

This product is designed for use with Android v7 and newer. **It will not work on Chromebooks.**

**Email: [jgoelitz@heartmath.org](mailto:jgoelitz@heartmath.org)**  
to discuss any technology  
compatibility questions.

## Inner Balance™ Lightning Sensor for iPhones or iPads or USB-C Wired Sensor for Android Phones

It is easy for students and educators to feel overwhelmed, anxious or scattered. The Inner Balance™ Lightning wired sensor or the USB-C wired sensor for Android phones train students and educators to shift and replace emotional stress with greater balance and coherence.

It analyzes and displays heart-rhythm patterns, measured by Heart Rate Variability (HRV), which indicates how emotional states are affecting the nervous system. The technology instructs users to gain greater resilience through the practice of simple self-regulation techniques during the day.

Once completed, the session review screen will display your results. When your heart-rhythm patterns (HRV) are more ordered, you receive a higher score in the **medium** or **high** coherence scores. "Achievement" reflects how you were doing over the whole session. The more time in medium or high coherence, the higher the achievement score.

**Lightning Sensor:**  
**Item #6415 \$179.00**

**USB-C wired sensor for Android:**  
**Item # 6420 \$179.00**



**1 YEAR TECHNOLOGY WARRANTY**

*"Our students received the HeartMath instruction and practiced enthusiastically. Various students of different cognitive and social-emotional profiles ran the program successfully and experienced increased coherency scores over time, and reported an augmented sense of well-being and emotional resilience in the face of conflict. Overall, the rollout was quite successful and inspired optimism in furthering our involvement in the practice amongst students and staff."*

**– Greg Sewalt, Teacher, International School for Science and Culture, Costa Mesa, California**



Approximately 60 fifth and sixth grade students from Pinewood Primary School near Melbourne, Australia successfully completed a Smart Brain Wise Heart pilot program, led by the school principal and HeartMath Certified Trainer, Karen Jenkin (*pictured in the center*). The number of students will expand to one hundred next year.

*"I have been delivering the Smart Brain Wise Heart program one hour per week over the last eight weeks to a group of sixty 5th and 6th graders. It is amazing how well it is going. The kids are really absorbed and active. Kids at this age are very anxious about the transition to middle school, nervous about tests and social relationships. The program is speaking to their needs. ... Lots of people are watching this unfold, not just the two teachers whose kids I am teaching, but also parents and the regional director of education who is coming by next week. Before we went on break, two twin girls from the class came up to me and said, please, do not go ahead to Unit 7 without us. We don't want to miss anything."*

– Karen Jenkins, Principal, Pinewood Primary School, Melbourne, Australia



## Program Features

- Online school or home access for students.
- Compatible with SmartBoards, laptops, desktop computers and tablets.
- 8 units of instruction.
- 7 whiteboard animation videos, 7 learning-based scenario videos, student introductory video and a teacher instruction video.
- 50 printable PDFs along with parallel online activities.
- Pre- and post-survey: 24 questions.
- 12 video-enhanced breathing pacers.

*“As a 30-year veteran employee in a large school district, I believe Smart Brain Wise Heart is one of the best classroom offerings I have ever given. My middle school students are loving this program. They are engaged and enthusiastic about what they are learning.”*

– Maria I. Arisso, School Social Worker, Miami Dade Public Schools, FLA

## Learning Standards

Many of SBWH's activities meet the criteria of key standards found in several categories of learning: National Health Education Standards, Next Generation Science Standards, Social and Emotional Learning Standards and Common Core State Standards. SBWH also draws on the Collaborative for Academic, Social and Emotional Learning's five defined core competencies.



## Smart Brain Wise Heart™ Ages 9-16

### A Teacher-led Social and Emotional Learning Program

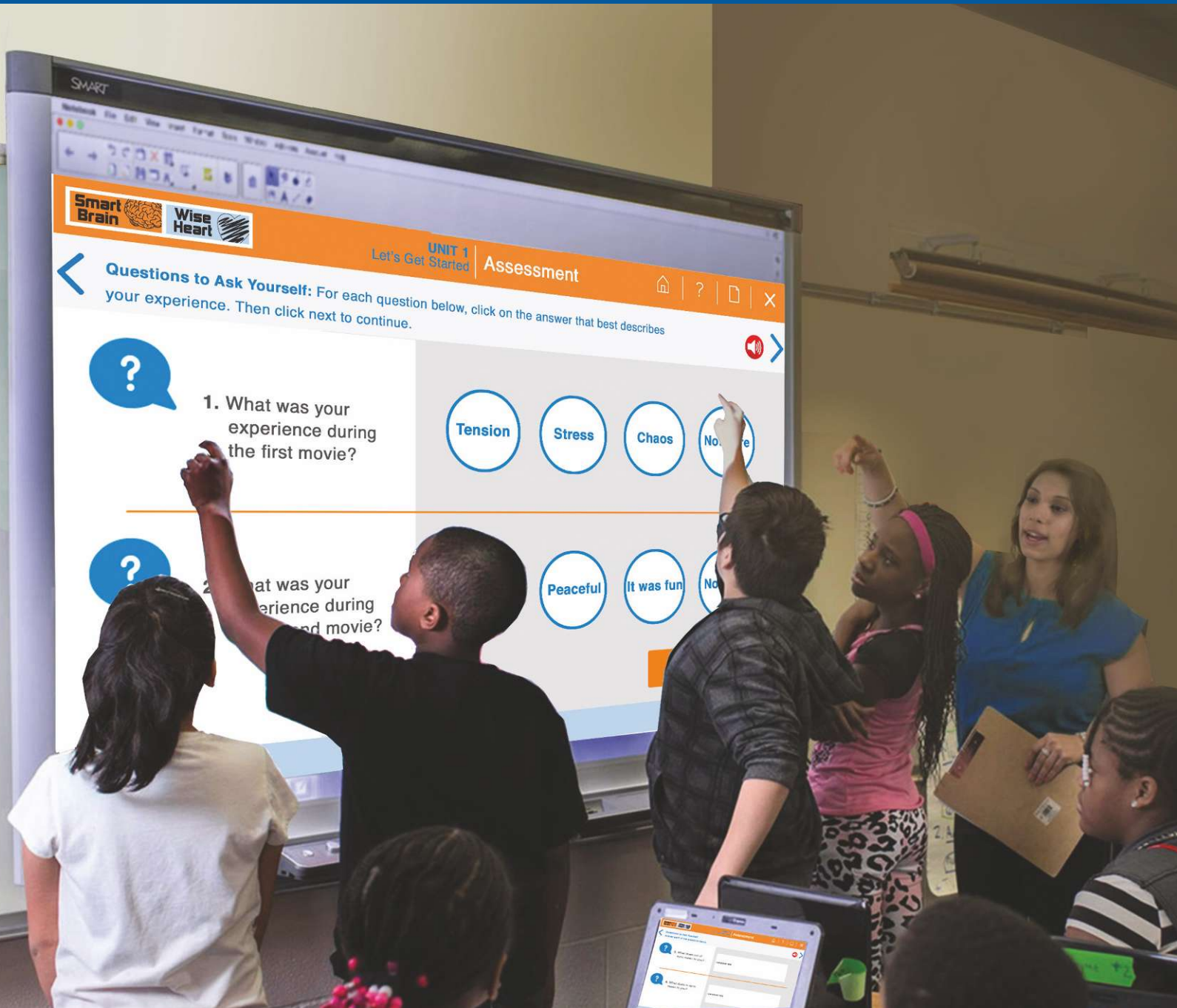
Teaching social and emotional learning skills to youth is vitally important as they grow up in our increasingly fast-paced, complex world. Smart Brain Wise Heart™ (SBWH) draws on the best of young people's brains and hearts to help empower them to make smarter decisions, gain greater self-control and navigate the academic and social dimensions of life with greater success.

At the heart of SBWH are short and engaging whiteboard animation videos that present key ideas and practices in important social and emotional learning competencies. With abundant support from a variety of enrichment activities, instructors will be able to choose the types of course lessons that best address the diverse needs of the students they serve.

### A Blended Learning Experience

SBWH is a blended learning program for students, ages 9-16, that combines a printed Leader's Kit for teacher-led instruction with a fully developed online learning program. Different strands of instruction deepen the learning experience, including review and discussion, activity worksheets, illustrated articles, practice opportunities, project-based action assignments, learning-based scenario videos and pre- and post-assessments. With the online 24-question Student Opinion Survey to gauge student progress, educators can statistically evaluate the program's effectiveness.

Inquire about pricing: [info@heartmath.org](mailto:info@heartmath.org) or 800-711-6221



*"The white board animations are very engaging. My students "get it" now because of the visuals that show how the heart and brain work together to help them be at their best. As a special education teacher of 9-12th graders with varying learning styles and skills, I appreciate the range of activities and flexibility that can be adapted with ease."*

**– Diana Govan, Teacher, Carmel High School, Carmel, CA**

## Leader's Guide Kit

- **Leader's Guide:** full color, 8½ x 11 inch spiral bound, 56 pages.
- **Instructor's Flipbook:** 8½ x 11 inch, 32 pages, full color, spiral bound with a thick cardboard stand.
- **Two posters:** Inner Weather™ and Get in Sync™, 18 x 24 inch, full color.
- **Set of 30 Reminder Cards:** two sides: Inner Weather one side, Get in Sync on other side, 2½ x 3½ inch full color, laminated, rounded edges.

## 8 Instructional Units

**Unit 1:** Let's Get Started

**Unit 2:** In Sync/Out of Sync

**Unit 3:** Inner Weather Report™

**Unit 4:** Two Tools

**Unit 5:** Prep and Reset

**Unit 6:** People Relationships

**Unit 7:** Decision-Making

**Unit 8:** Heart-Brain Fitness for Learning



[▶ Watch Video](#)



**Classroom Programs**  
Click for more information

## Smart Brain Wise Heart™

### Program Structure – How It Works

There are eight units in the Smart Brain Wise Heart program, each containing a video. Each unit begins with a brief overview of the video, followed, in most cases, by short definitions of unfamiliar vocabulary and then the video presentation.

**The learning process has four main parts:** 1) Introduce the Video 2) Review, Discuss and Practice 3) Action Assignments 4) Learning-Based Scenarios and Assessments.

### Time Availability

Your time availability and your students' ages will determine how in-depth you will want to go, especially with optional activities and assignments. There are suggested introductory, intermediate and advanced content schedules to help you determine what's right for you and your students.

### Pricing and Annual Licensing Fee

One year after your purchase date of SBWH, you will have the option to renew your e-learning program license. You will receive an email asking whether you wish to renew your license for another year. **The annual licensing cost is 50% of your purchase price.**

Smart Brain Wise Heart Type of License	Item #	# of students	Price
Single	ESBWH	1	29.95
Family	BD5301	5	79.95
Classroom	5370	30	149.95
Multi-Class	BD5303	90	399.95
Site	BD5308	8	899.95



*I delivered the WiseHeart program to a class of fourth grade students. Overall, students reported positive reviews about the program and really enjoyed the hands-on learning. Many report appreciating the additional self-regulating tools and feelings of improvements in their emotional well-being, relationships, and decision making.*

**– Ashley Billstrom-Luedtke, K-5 School Counselor Fox Prairie Elementary School, Stoughton Area School District, Wisconsin**



## Program Features

- Online school or home access for students.
- Compatible with SmartBoards, laptops, desktop computers and tablets.
- 5 Units of instruction.
- 5 Animated learning-based scenario videos, student introductory video and a teacher instruction video.
- 35 Worksheets: digital and printed PDFs along with parallel online activities.
- Pre- and Post-Tracker assessments.
- 5 Rap Song and 5 Drumming Videos.
- 5 Kid's Talks.

## Practical Skills

Students and the staff or adults who serve them need practical skills and strategies to offset the effects of depleting stress and promote greater resilience. Drawing on the 5 competencies from the CASEL model (on the right), these abilities are proving indispensable for our youth as they navigate through our increasingly complex, discordant world. Their ability to self-regulate, get along with others and grow their aptitude in decision-making go a long way in helping them succeed in today's educational and home environments.



## Research Based

WiseHeart is based upon years of best practices and educational research across a wide age span of youth. Numerous studies document the effectiveness of these tools and strategies in independently-validated, peer-reviewed journals.



## Research Studies

Click on icon

## WiseHeart™ Ages 7-10

### New Online / Teacher-led Social and Emotional Learning Program

Welcome educators, youth specialists and families to WiseHeart. We believe this blended-learning program has something for everyone! There is plenty to choose from within each of the 5 units of instruction and their 5 categories of activity.

### A Visually-Rich Learning Experience

The 5 units begin and end with students filling out a short pre- and post-tracker that does an assessment of various healthy habits or thematically-related skills. The program also includes:

- **Rich 3D animation videos** using a fun and interesting cast of student and adult characters to portray the main learning themes.
- **Colorful infographic articles** that can either be read or listened to with a professional voiceover expert narrating the pages. The Did You Know and Fun Challenge sections within the article keep the content interesting and participatory.
- **Numerous online enrichment activities** support the core learning objectives in fun and dynamic ways. Colorful activity worksheets, both in digitally interactive and pdf forms, help children reflect on what they have learned and then put those learnings into practice.

# WiseHeart™



## The Steps of Get In Sync™

- 1.** Focus in the area of your heart and breathe slowly and easily.
- 2.** Imagine a warm feeling of sunshine in your heart. Try to feel appreciation or calm.
- 3.** Continue to breathe and focus on your warm heart for 1-2 minutes.



**Wiseheart Was Awarded  
One of the Best Elementary  
School Products for 2024**

### Materials

- **Digital Leader's Guide:** full color, 8½ x 11 inches 128 pages.
- **Posters:** full color  
Inner Weather™ 17 x 23 inches  
Get in Sync™ 17 x 23 inches  
Best Version of Myself 8.5 x 11 inches  
Cat Poster 8.5 x 11 inches
- **Worksheets:** 35 sheets in both interactive digital and PDF form.

### 5 Units

**Unit 1:** Healthy Habits for a Super You

**Unit 2:** Inner Weather

**Unit 3:** Self-Reflection

**Unit 4:** Communication

**Unit 5:** Decision Making



[▶ Watch Introduction Video](#)



**Classroom  
Programs**  
Click for more  
information

## WiseHeart™ Ages 7-10

### Program Structure – How It Works

There are five units in the WiseHeart program that include a brief overview video, articles with short definitions of unfamiliar vocabulary and activities, 3D animated videos, Kids Talks, Rap Song videos and more.

### Time Availability

Your time availability and your students' ages will determine how in-depth you will want to go, especially with optional activities and assignments. There are suggested time frames to help you determine what's right for you and your students.

### Pricing and Annual Licensing Fee

One year after your purchase date of WiseHeart, you will have the option to renew your e-learning program license. You will receive an email asking whether you wish to renew your license for another year. **The annual licensing cost is 50% of your purchase price.**

WiseHeart Type of License	Item Number	# of students	Price
Single	EWHI	1	29.95
Classroom	EWHC	30	129.95
Multi-Class	EWHM	90	349.95
Site	EWSH	240	799.95
District	EWHI	960	2,799.95





***"I have been doing the HeartSmarts™ Adventure in our whole class as my first graders have iPads. They love it. I have also taught the class how to use the Inner Balance® in small groups and have now set it up as part of our social-emotional center."***

**– Alexandra Stieglitz, First Grade Teacher, Marvin Elementary School,  
Los Angeles Unified School District, California**



## Program Features

- Online school or home access for students.
- Compatible with SmartBoards, laptops, desktop computers and tablets.
- 6 Adventures of instruction.
- 6 Animated learning-based scenario videos, student introductory video and a teacher instruction video.
- Kids' Talk Videos.
- What Do You Know assessments.
- Rap Song Videos.

## Practical Skills

Students and the staff or adults who serve them need practical skills and strategies to offset the effects of depleting stress and promote greater resilience. Drawing on the 5 competencies from the CASEL model (on the right), these abilities are proving indispensable for our youth as they navigate through our increasingly complex, discordant world. Their ability to self-regulate, get along with others and grow their aptitude in decision-making go a long way in helping them succeed in today's educational and home environments.



## Research Based

HeartSmarts Adventure is based upon years of best practices and educational research across a wide age span of youth. Numerous studies document the effectiveness of these tools and strategies in independently-validated, peer-reviewed journals.



**Research Studies**  
Click on icon

## HeartSmarts® Adventure Ages 4-7+

Welcome educators, youth specialists and families to HeartSmarts Adventure, a new online program that guides children through a multi-faceted exploration of the heart. A variety of enjoyable learning activities make the important ideas and practices on heart health and emotional well-being very captivating.

## A Blended Learning Experience

Includes a Leader's Guide for classroom teachers or parent instructors in the home. It is designed to allow children to go at their own pace. Best lifestyle practices such as regular exercise, a nutritious diet, sound sleep, emotional self-regulation and caring relationships are strongly supported as important every day behaviors. The program also includes:

## Numerous Online Enrichment Activities

Within each adventure is an easy-to-use menu of 5 types of activity to deepen the learning experience: Videos, Activities, Art & Music, Kids Talk and What Do You Know? (*an assessment*).



# HeartSmarts<sup>®</sup> Adventure

for ages 4-7+



HeartSmarts<sup>®</sup> Adventure

## Materials

- **Leader's Guide:** full color, 8½ x 11 inches 128 pages.
- **Worksheets**
- **Videos**

## 6 Adventures

**Adventure 1:** The Physical Heart

**Adventure 2:** Healthy Heart Habits

**Adventure 3:** Investigating Emotions

**Adventure 4:** Emotions and the Heart

**Adventure 5:** Getting Unstuck

**Adventure 6:** Helping Others Feel Good



**Classroom Programs**  
**Click for more information**



## HeartSmarts® Adventure

### Program Structure – How It Works

There are six Adventures in the program with a wide range of engaging learning activities that include self-regulation techniques, sing alongs and more.

### Time Availability

Your time availability and your students' ages will determine how in-depth you will want to go, especially with optional activities and assignments. There are suggested time frames to help you determine what's right for you and your students.

### Pricing and Annual Licensing Fee

One year after your purchase date of WiseHeart, you will have the option to renew your e-learning program license. You will receive an email asking whether you wish to renew your license for another year. **The annual licensing cost is 50% of your purchase price.**

HeartSmarts Adventure			
Type of License	Item Number	Number of Users	Price
Single	EHSAI	1	29.95
Family	EHSAF	5	49.95
Classroom	EHSAC	30	99.95
Multi-Class	EHSAM	90	249.95
Site	EHSAS	240	599.95
District	EHSAD	960	1,999.95

*"I work with preschool age children and teach mindfulness to them. The Sunshine Secret tool for transforming emotions is perfect for 3- and 4-year-olds who are experiencing sadness due to missing their mommy and daddy. The children respond really well to the language I used that I got from the video. My 5-year-old son watched the video and enjoyed playing the games. I was surprised when he asked to play again."*

*— Kara, Preschool Teacher, Santa Cruz, CA*



**PROGRAM FEATURES**

Sunshine Secret story and video.

Complete Sunshine Secret Teacher/Parent Guide.

Puzzles from the story's pictures and characters.

Coloring exercises of favorite characters and scenes.

Identifying and matching emotion faces of real children to emotion faces of Gloria and Leon.

Guided self-regulation technique that includes a breathing pacer.

Appreciation Board for promoting positive attitudes and feelings.

Three delightful rap-style songs to reinforce key program concepts and skills.

Five animated videos with engaging age-appropriate science content to teach children. Includes a frog's life cycle, the sun, emotions and more.

Journey Map to track progress.

Adult Resource Center.

Certificate of Completion.



Award of Excellence



Award of Distinction



▶ Watch Video

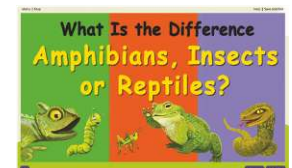
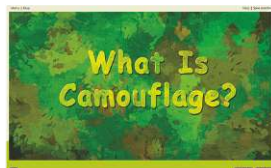
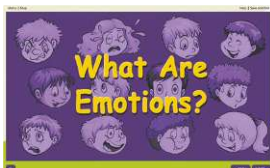
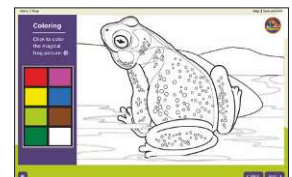
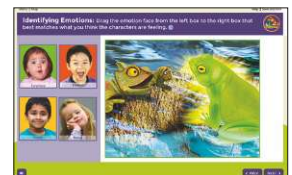
**An Interactive e-Learning Program for Ages 3-6+**

A heart-centered adventure for mental and emotional well-being. For home or classroom, the Sunshine Secret is a new e-learning program that features the wonderful story and transformative adventures of Gloria the glowworm and Leon the chameleon. Children watch the animated Sunshine Secret story and then participate in lots of fun supporting activities, including simple self-regulation tools and emotion vocabulary, which research shows are essential for success in school, work and life.

- EL-ESUN (1-3 users) ..... \$14.95
- EL-ESUN-CLASS (1-30 students) \$79.95
- EL-ESUN-MULTI (3 educators) ....\$199.95
- EL-ESUN-SITE (8 educators) .....\$399.95
- EL-ESUN-DIST (32 educators)... \$1295.95

*"This is a terrific program! There are a lot of dimensions to this program: Story, songs, art, science, basic emotion recognition and a simple breathing technique for self-control. Plenty to keep us engaged, if only for a few minutes at a time. It is planting seeds of important knowledge for my 5 year old nephew."*

Jamie, Phoenix, AZ





*"This is a great board game to help children develop emotional literacy. It also provides an opportunity for children to bond while they play the game. As an elementary principal, I sometimes have students play this game together when they are having trouble getting along. They find joy in sharing stories, showing emotions, and experiencing that warm place in their hearts. Students who have played this game enthusiastically ask me, 'When can we play again?'"*

*– Leslie Grimes, School Principal, Walnut Creek, CA*

**PROGRAM FEATURES**

- Can be played at home or in the classroom.
- Incorporates scientific research of emotions and heart intelligence.
- Helps children begin to identify and understand their emotions.
- Helps children in their relationships with family and friends at home, school and play.
- Can aide in bringing family and friends closer.

**CONTENTS**

- Colorful, illustrated game board.
- Markers for moving around the board.
- Surprise Cards that challenge players to perform various tasks, including:
  - Make faces of different emotions.
  - Describe what makes you feel certain emotions: frustration, disappointment, courage.
  - Practice a simple, but powerful HeartMath emotion-regulation tool called Go to the Heart™.
- Emotions Definition Cards that explain the meaning of the most common emotions: love, sadness, happiness, anger, calm, and fear.

**Spinner.**

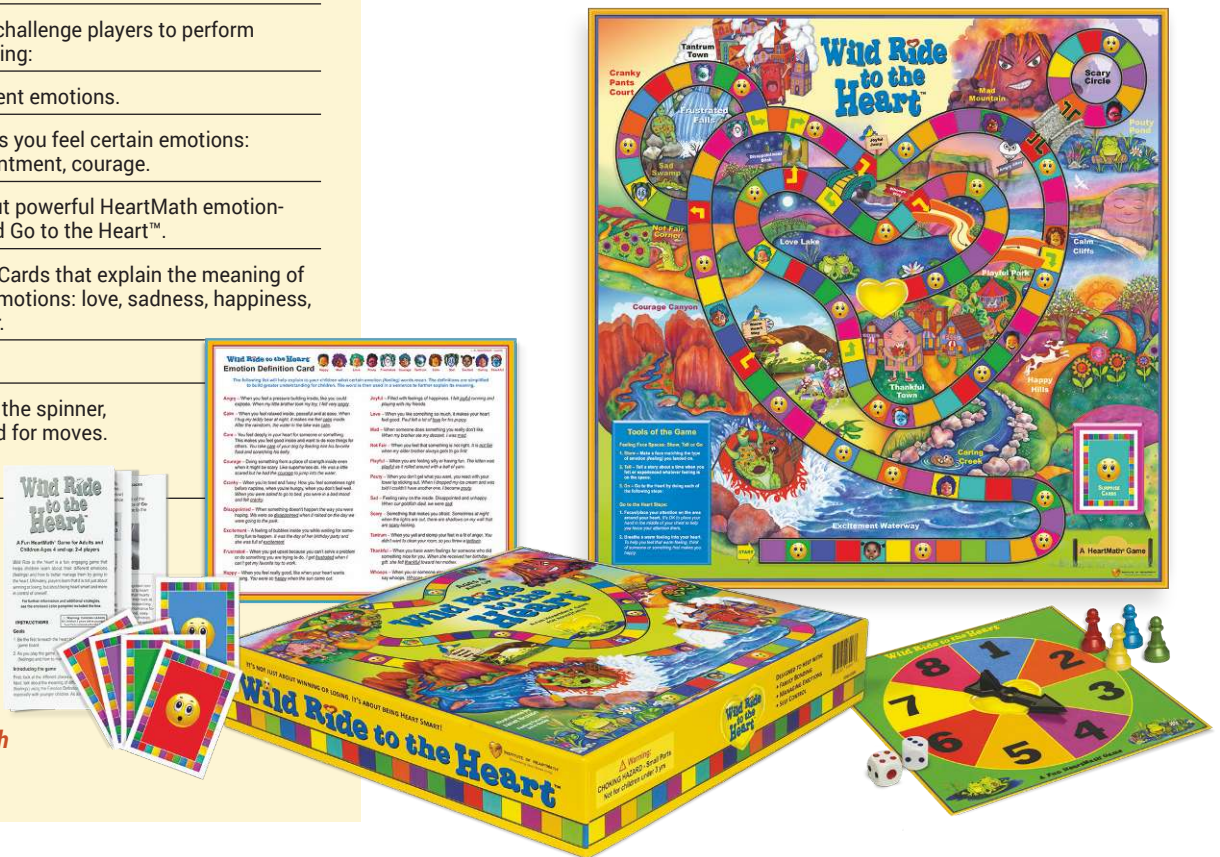
Two dice: Instead of the spinner, one die may be rolled for moves. (The other die is a spare.)

**Surprise Cards, Instructions and Definition Cards Available in Spanish**

**A Popular Board Game for Adults and Children Ages 4 and Up**

For both the family and the classroom, Wild Ride to the Heart introduces children to the language and understanding of emotions along with a simple emotion-regulation tool which helps children begin to identify and understand their emotions. Active and unpredictable, this game will engage and animate players while facilitating opportunities for heartfelt communication. Win or lose, the whole family will soon learn the true fun in playing Wild Ride – again and again – it makes you feel good in your heart.

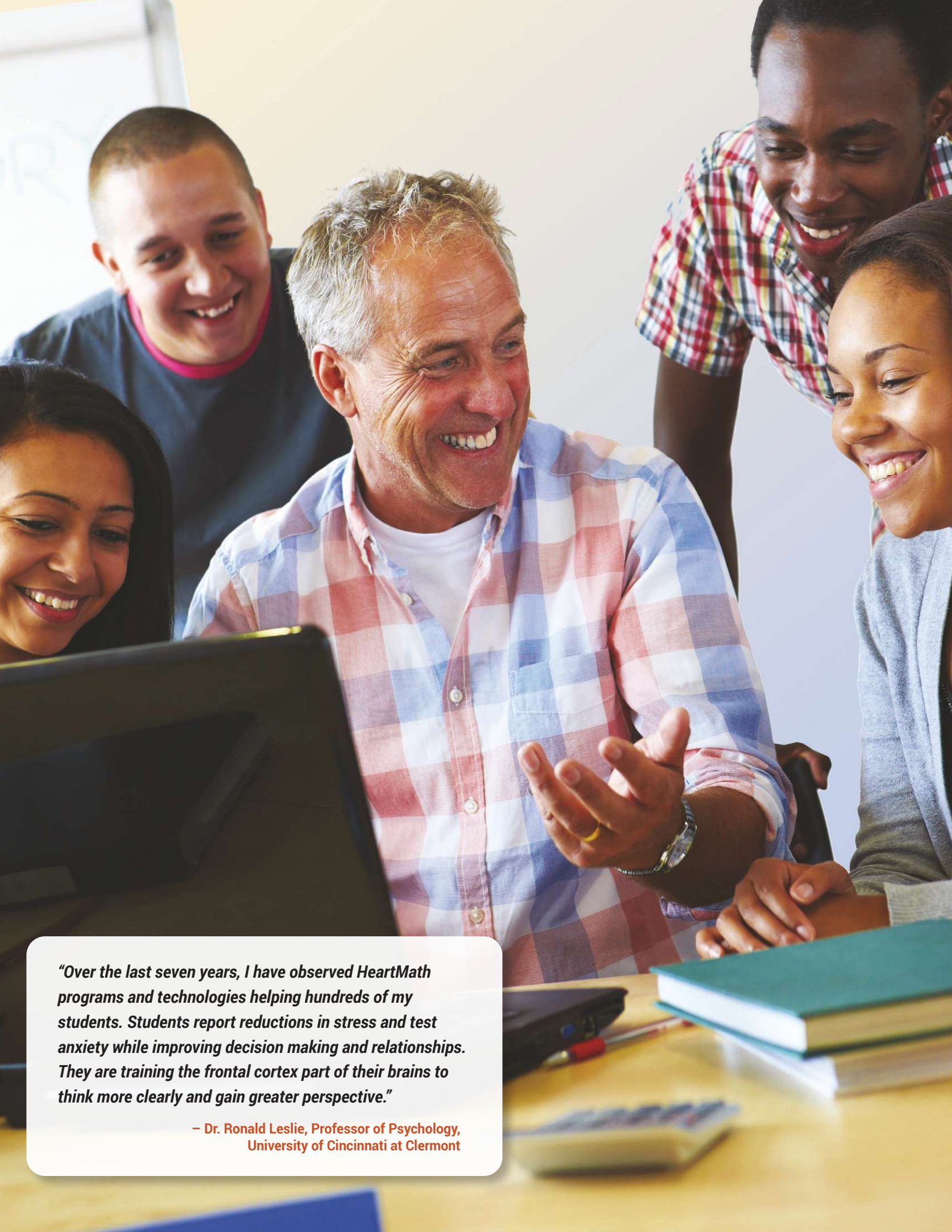
**Item #5360 \$14.95**



*"The Wild Ride offers parents and educators a fantastic opportunity to teach children about emotions in a way that is both meaningful and fun. It gives kids the chance to learn about many different emotions, from anger and disappointment to love and calm. Importantly, the Wild Ride provides a powerful tool, Go to the Heart™, that kids can use to help them to gain control of their emotions.*

*As the father of two young daughters, we have played the Wild Ride many times and our girls love it because it is fun and engaging. They get a kick out of making faces to match the cards and get the giggles when they Go to the Heart. They don't really know that they are learning about their emotions. And I'm not going to tell them!"*

**– Jim Taylor, Ph.D., Author of Three Parenting Books, former Clinical Associate Professor**



*"Over the last seven years, I have observed HeartMath programs and technologies helping hundreds of my students. Students report reductions in stress and test anxiety while improving decision making and relationships. They are training the frontal cortex part of their brains to think more clearly and gain greater perspective."*

**– Dr. Ronald Leslie, Professor of Psychology,  
University of Cincinnati at Clermont**



## WORKSHOP TOPICS INCLUDE

Expanding Our Energy Capacity.

Self-regulation:  
The Key to Having More Energy.

The Science and Practice of Getting in Sync.

Moving from Depletion to Renewal™:  
Keeping Your Inner Battery Charged

Practical Intuition:  
Accessing Your Inner GPS and Unfolding Creative Solutions

Establishing Coherent Baselines:  
Breaking Through Self-Limiting Patterns

Energetic Communication:  
"What are you feeding the field"  
–It matters

Building a New Foundation for Personal Transformation: Your Next Steps.

## BENEFITS INCLUDE

Staff-satisfaction and well-being.

Ability to focus, process information and solve problems.

Regenerative sleep.

Meeting efficiency.

Teamwork and morale.

Ability to deal with difficult people and constituents.

Increase vitality and resilience while reducing stress, worry and fatigue.

Be less reactive, think clearly and make good decisions under pressure.

## FLEXIBLE TIME FORMATS

Programs can be delivered in a variety of workshop formats, depending on an organization's needs.

**Inquire about pricing:**  
**info@heartmath.org or**  
**800-711-6221**



**Training Programs**  
Click for more information



## The Coherence Advantage™

### A Training Program for Educator Well-Being

This evidence-based program delivers a practical skill set that helps staff respond more dynamically and effectively to pressure, overwhelm and change. Over twenty years of client results show significant, sustained improvements in areas such as health costs, productivity, stress reduction, resilience, cognition and emotional well-being.

At the program's core are easy-to-learn self-regulation tools and resilience-building practices that help individuals become more balanced, aware and high functioning. Participants learn how their responses to events, communications or circumstance can deplete or renew their resiliency. They learn an effective skill set to reduce stress, enhance performance, improve health and well-being and build more effective relationships with colleagues, clients and family.

### Learning Outcomes

- Recognize subtle stress signals before they become chronic.
- Learn practical techniques to boost performance, resilience and quality of life.
- Use practical intuition to effectively manage change without overwhelm.
- Be less reactive, think clearly and make good decisions under pressure.



*"I use HeartMath tools and technologies to help both staff and students gain greater self-control and reduce their stress levels, as well as pass high-stakes tests. It really helps them, which makes my job so much more satisfying."*

**– Karl Schlotterbeck, MA, CAS, LP, Lead Psychologist,  
NE Metro District 916, St. Paul, MN**



*"I am very happy that I connected with the HeartMath family. It's really been a blessing. I took the Coherence Advantage certification training and have been able to use the tools I learned in the courses I teach. I have been helping a lot of people get connected to their hearts. I've been doing it for most of my life, I just didn't know how to train on it. Now I feel like I have the tools I need to fulfill my mission, even in a greater way."*

**– Patricia Van Pelt, Ph.D., Illinois State Senator, Chicago, Illinois**

## TOPICS INCLUDE

Understand the physiology of resilience.

Learn and practice self-regulation techniques to build resilience.

Build cooperative, collaborative relationships.

Improve problem-solving and decision-making ability.

Improve quality of communication and overall organizational climate.

New research on the effects of relational energetics on co-workers, clients and constituents.

How to better access intuition for improved decision-making.

Integrate HeartMath tools into everyday routines.

## BENEFITS INCLUDE

Staff satisfaction and well-being.

Ability to focus, process information and solve problems.

Regenerative sleep.

Meeting efficiency.

Teamwork and morale.

Ability to deal with difficult clients and constituents.

Increase vitality and resilience while reducing stress, worry and fatigue.

Be less reactive, think clearly and make good decisions under pressure.

## FLEXIBLE TIME FORMATS

Programs can be delivered in a variety of workshop formats, depending on an organization's needs.

**Inquire about pricing:**  
[jgoelitz@heartmath.org](mailto:jgoelitz@heartmath.org)

## The Coherence Advantage™ HeartMath® Certified Trainer Program Skills for Personal and Professional Effectiveness

This 7-week online, in-depth trainer certification program trains staff and consultants how to deliver key HeartMath strategies and practices to employees working in education, community and social service agencies, nonprofits or to the general public. At the core of the program are easy-to-use, effective, research-based techniques that will bring more ease and flow into the personal and professional lives of others. Upon completion of this training program, trainers will be able to deliver this program to staff in flexible time formats with optional program offerings targeting their unique client populations.

**Phase 1:** Participate in 5 small group classes with the HeartMath Senior Trainer once a week.

**Phase 2:** Attend 2 full-day teach back sessions and present a 30-minute section to your peers and receive constructive feedback.

**Phase 3:** Attend a 3-hour final class to expand your learning, create an action plan for next steps, receive tips for sustainability and review resources

**Phase 4:** Receive on-going support and mentoring on program implementation and strategizing after the training.

*"I have enjoyed our collaboration very much. It has really been the highlight of my career, getting to bring HeartMath programs into the Lake Worth District on a large scale. I know of many teachers, staff, and students where it has made a real difference in their lives."*

**–Barbara Hinojosa, Ph.D., District Psychologist, Lake Worth Independent School District, TX**

*"This training was excellent. Highly engaging, well organized, professional and meaningful."*

**–Roxana Marachi, Ph.D., Associate Professor of Education, San Jose State University**

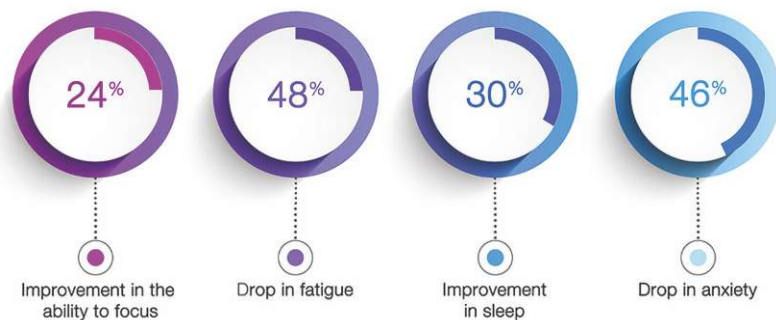
*"This is the best training I have ever attended."*

**–Ceri Ahlborn, Student Teacher Supervisor, Arizona State University**

*"This is one of the richest learning experiences I've ever had."*

**–Linda Babin, School Counselor/Psychologist, Edmonds School District, WA**

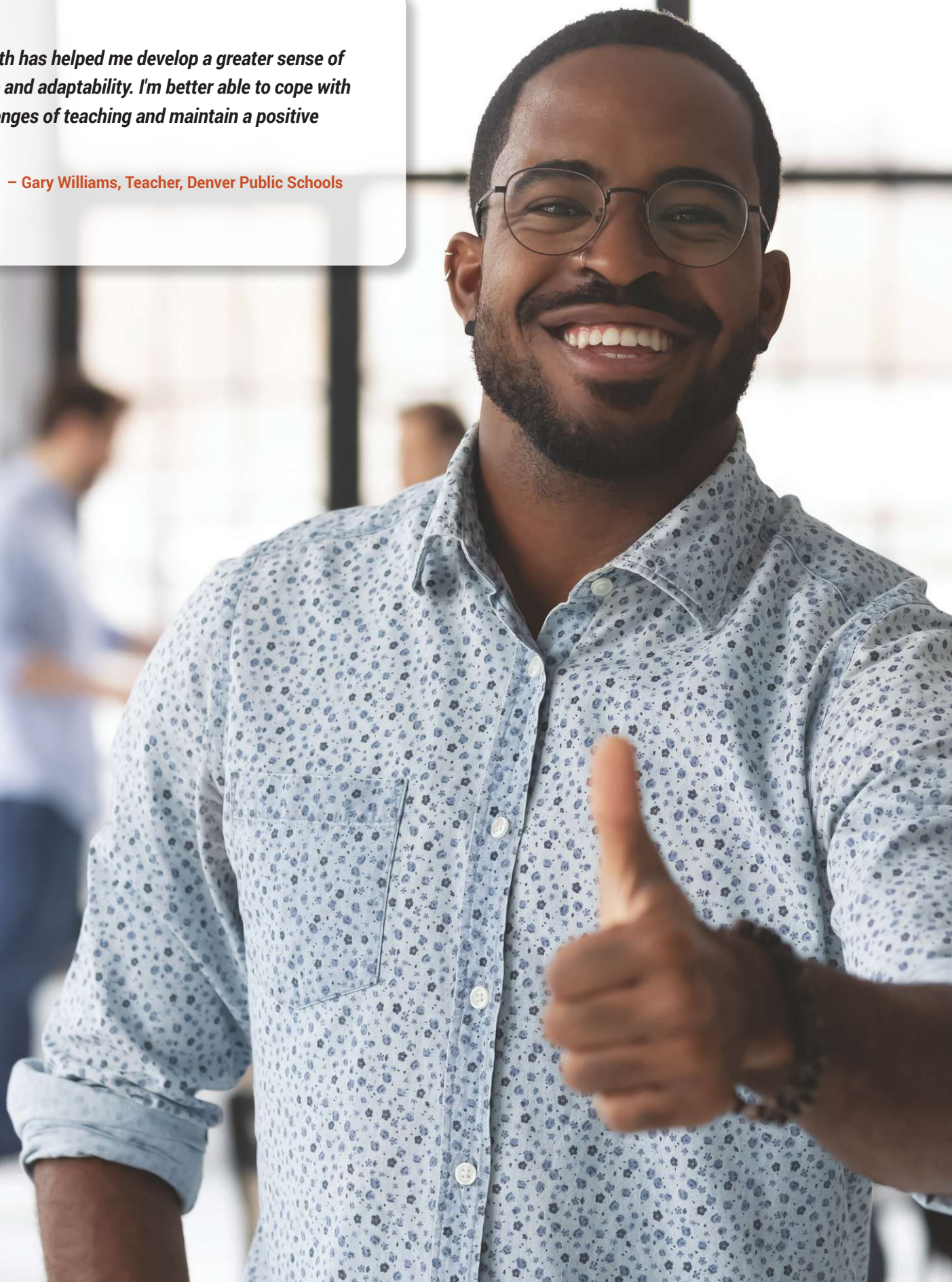
## Statistically Significant Improvements From 14,266 HeartMath Trained Individuals



Substantial research has been conducted on the effectiveness of the techniques offered in the Coherence Advantage. Using the norm-validated POQA-R, studies have consistently shown that practicing these techniques leads to significant reductions in stress, depression, anxiety, anger, burnout and increases in positive emotions such as care, gratitude, peacefulness and resilience.

***"HeartMath has helped me develop a greater sense of resilience and adaptability. I'm better able to cope with the challenges of teaching and maintain a positive attitude."***

**– Gary Williams, Teacher, Denver Public Schools**

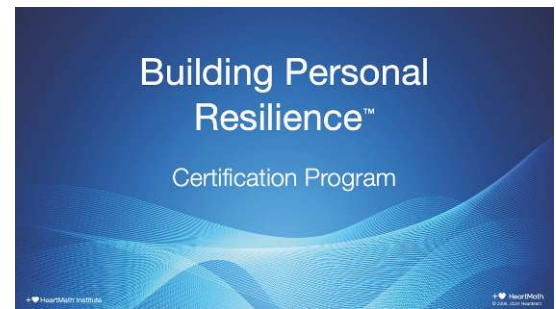


## Building Personal Resilience™ Mentor/Coach Enrichment Certification

As part of the HeartMath® Mentor Certification, you will learn the skills needed to mentor and coach educators and clients in learning and integrating resilience and coherence-building techniques into their personal and professional lives. Coaching can be offered to individuals or in groups up to 6. The Mentor Certification Program is offered in a series of 8, one-hour live Zoom classes.

Over the course of the training, you will have the opportunity to mentor a practice partner of your choosing. Course materials include: A 38 page Reference Guide, Weekly Class Flow, Practice Client Guidelines, Quick Guide to HeartMath® Coherence and 16 Handouts of highly effective tools, techniques, practices and exercises.

The primary objective of Building Personal Resilience is to provide strategies that encourage and support an effective and sustainable practice of HeartMath's resilience-building and energy self-regulation skills.



**Training Programs**  
Click for more information

### Types of Therapeutic Applications:

- Depression
- Generalized Anxiety
- Test and Performance Anxiety
- Anger/Conflict Resolution
- Oppositional Defiant Disorder
- Obsessive Compulsive Behavior
- Grief and Loss
- Addictions/Impulse Control
- Trauma
- Chronic Fatigue
- Chronic Pain
- Sleeplessness
- Eating Disorders
- Substance Abuse
- ADHD
- Improved Health Outcomes

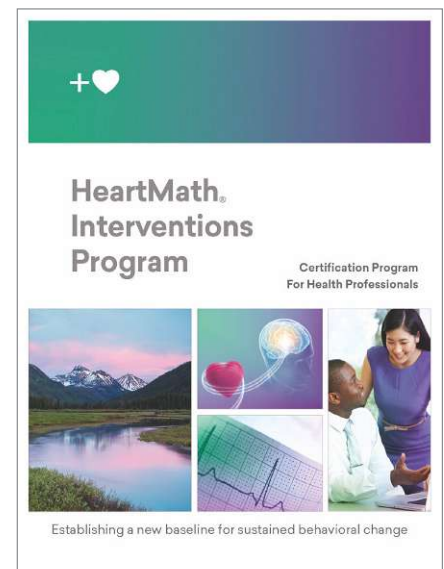
## HeartMath® Interventions Certification Program

The HeartMath® Interventions Certification Program is uniquely designed for licensed counselors, psychologists, social workers, educational therapists and other healthcare professionals who want to incorporate HeartMath tools and technologies into their therapeutic work with youth and adults to develop greater emotional self-regulation.

The techniques, protocols and technologies taught in the program guide students and clients in establishing a new physiological baseline that can result in sustainable perceptual, attitudinal and behavioral changes.

Based on 10 years of best practices and results seen by counselors and therapists who have used HeartMath technologies with thousands of students and clients, this program helps practitioners achieve desired results more quickly. The program combines home study, interactive webinars and ongoing technical and clinical support.

The program enrollment comes with the emWave® Pro Plus, in-depth e-training manual and 4 Transforming ebooks.

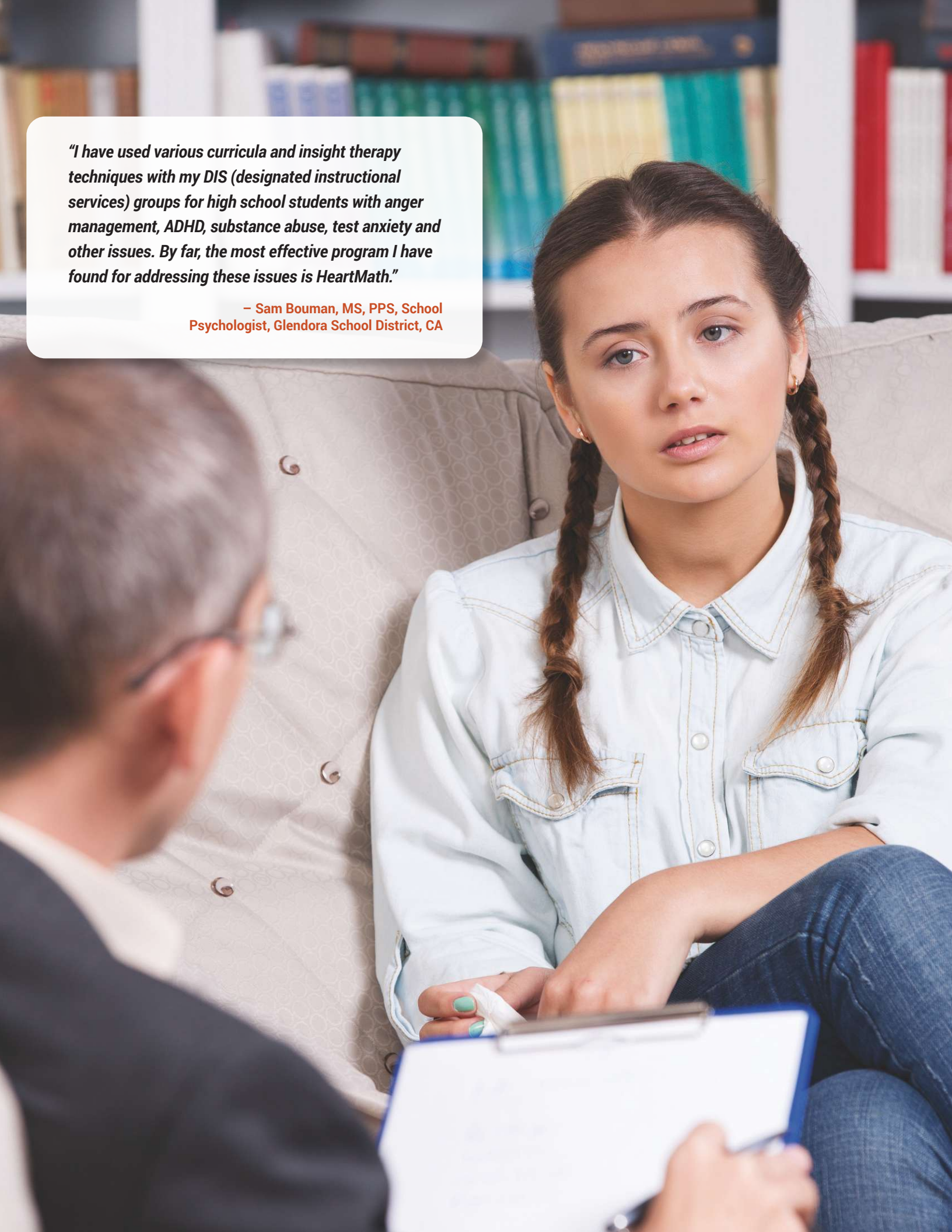


**Training Programs**  
Click for more information

**Inquire about pricing: [jgoelitz@heartmath.org](mailto:jgoelitz@heartmath.org)**

***“I have used various curricula and insight therapy techniques with my DIS (designated instructional services) groups for high school students with anger management, ADHD, substance abuse, test anxiety and other issues. By far, the most effective program I have found for addressing these issues is HeartMath.”***

**– Sam Bouman, MS, PPS, School Psychologist, Glendora School District, CA**



### Program Content

- **Part One:** Heart-Focused Care for the Caregiver
- **Part Two:** Understanding the Impact of Trauma
- **Part Three:** Resetting a New Pattern for the Nervous System
- **Part Four:** From Chaos to Coherence
- **Part Five:** Integrating the Heart, Mind and Body for Trauma Healing
- **Part Six:** Rebuilding Trust and Relationships
- **Part Seven:** Teaching a Child to Love Again
- **Part Eight:** The Collective Experience of Trauma and Healing



**Training Programs**  
Click for more information

### Trauma-Sensitive HeartMath® Course and Certification

This certification course was especially designed by trauma specialists for educational professionals who provide, or would like to provide, trauma-informed care. Beautifully filmed, this course combines masterful knowledge, intuitive wisdom and powerfully emotional stories from trauma practitioners from around the world, woven together with compelling cinematic moments to create a distinctly unique and engaging course that is both educational and heart-warming to watch.



[▶ Watch Video](#)

#### In This Course, You Will:

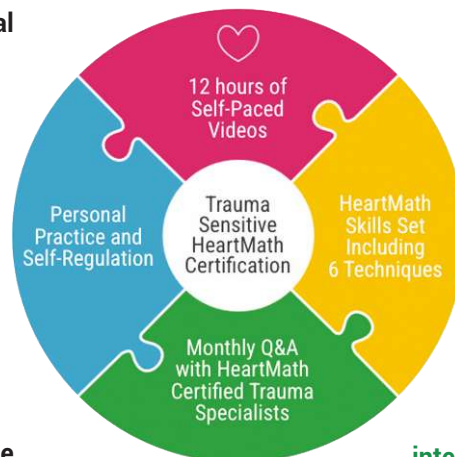
- Learn practical tools to use “in the moment” that build resilience and improve the capacity for emotional regulation for yourself and your clients or patients.
- Learn about heart rate variability (HRV) as a measure of physiological regulation, and how to use HRV biofeedback as an additional tool for self-regulation
- Learn to use and teach the HeartMath skill set in a trauma-sensitive manner.
- Gain foundational, up-to-date knowledge about the neurophysiology of trauma, attachment, developmental trauma, intergenerational trauma and collective trauma.

### Self-Paced Learning with Live Q&A Sessions

Upon successful completion of the final exam, your certificate will read:  
**Trauma-Sensitive HeartMath® Certified Practitioner.\***

**Key to your own well-being is the ability to self-regulate and connect more deeply with your own heart.**

**\*While enrollment is open to all, certification is only for those holding a current mental health or health care license or related certification.**



**Comprehensive trauma-informed knowledge, wisdom and practical tips from 20 practitioners experienced in treating trauma.**

**Learn and teach 6 evidence-based HeartMath self-regulation techniques in a trauma-sensitive manner.**

**Join monthly Q&A sessions with trauma specialists experienced in integrating HeartMath techniques into different trauma treatment modalities.**

**Inquire about pricing: [jgoelitz@heartmath.org](mailto:jgoelitz@heartmath.org) or 800-711-6221**



***"When I was an educator, parents would constantly ask me for advice on how to support their children at home. All parents need to take this course."***

**– Laura L., San Antonio, TX**





**Program Content**

**Four Parts, 15 Chapters**



**Part 1: Cultivating Safety and Connection**

It's more important than ever to cultivate and anchor a space of secure connection at home.



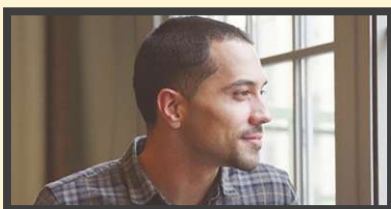
**Part 2: Building Emotional Awareness and Regulation**

Help our children identify and work through stressors, difficult emotions and undesirable behaviors.



**Part 3: De-escalating Conflict with Coherency Communication**

Effective communication creates a safer space for family coherence.



**Part 4: Expanding Your Intuitive Self**

Parenting requires that we make thousands of decisions every day for our children and family.

**Simple, Essential Tools for Building Emotional Wellness in Families**

This can be an especially stressful time to be a parent. Parenting in today's world can contribute to feelings of anxiety, overwhelm, and depletion. With over 30-years experience helping people manage stress and improve emotional well-being, HeartMath® has designed a program especially for parents.



[▶ Watch this 2-Minute Introductory Video](#)

**This self-paced program includes:**

- 10-15 minute "bite-sized" video segments that are easily digestible and fit into busy schedules.
- 6 HeartMath techniques for parents and children of all ages.
- Practical advice from 10 parents who use HeartMath every day and provide tips for addressing age-specific challenges in infants, toddlers, and teens.
- Interactive activities for parents and children to help them learn and master new skills.
- A collaborative forum for parents to share their experiences and connect with other like-minded parents.



**Training Programs**  
Click for more information

**Parents learn to:**

- Manage their own feelings of anxiety, frustration and overwhelm.
- Teach emotional awareness and self-regulation to their children.
- Navigate conflict with more composure and effective communication.
- Sharpen intuition and harness the power of their heart's intelligence.

**Meet the 2 Presenters and 10 Parents Who Share Their Experiences**



Jorina Elbers, M.D., M.S.

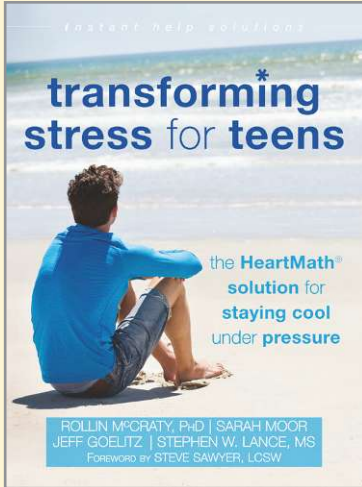
Michele Coleman, L.M.F.T., Ph.D.

**Inquire about pricing: [lciampa@heartmath.org](mailto:lciampa@heartmath.org) or 800-711-6221**



***“Less stress, less drama, more true friends! Transforming Stress for Teens provides the skills and knowledge teens need to take back their power, and experience both acceptance and understanding. Fit in, be loving, and be loved, yet remain uniquely and genuinely you! A must read.”***

**– Becky A. Bailey, Ph.D., internationally acclaimed Author and Speaker, and Creator of the Conscious Discipline System of Self-regulation for Parents, Teachers and Students**



**Chapters:**

- Resilience** – The Key to De-Stressing and Becoming the Real You
- Your Heart and Brain** – The Power of Working Together
- The Emotional Landscape** – Understanding How Emotions Affect Your Body
- Positive Change** – The Stress-Busting Power of a Shift in Attitude
- Intuition** – Listening to Your Heart
- Invisible Communication** – The Unseen Effect of Emotions and Attitudes
- Coherent Communication** – Taking the Stress Out
- Relationships** – Building Deeper Connections
- Three Key Strategies** – Building and Sustaining Your Resilience

## Transforming Stress for Teens – The HeartMath® Solution for Staying Cool Under Pressure

A simple-to-use skill set students can count on any time is invaluable for today’s teenagers who face tremendous pressures in an uncertain and complex world. Teens are experiencing harmful, life-diminishing and draining stress at school and home, yet thousands are thriving with the evidence-based solutions in HeartMath’s new book, *Transforming Stress for Teens*. They’re enjoying life more than ever after learning powerful techniques for tapping into the uplifting and renewing emotions of hope, appreciation, joy, confidence and courage. The authors have worked with thousands of teens using these same techniques to improve personal relationships, schoolwork and athletic performance and communication.

Throughout the book teens describe in their own words how stress affected them at school and in their homes and how these techniques helped them transform it. Each chapter contains an action plan and exercises for achieving a variety of positive outcomes. *Transforming Stress for Teens* is a research-based work that incorporates the many years of combined experience at HeartMath Institute and the Youth Learning Institute of Clemson University in South Carolina.

**Item #1165 Price: \$16.95**

1 – 9	10 – 19	20 +
<b>\$16.95 ea.</b>	<b>\$14.95 ea.</b>	<b>\$12.95 ea.</b>

*“Filled with research-proven, practical suggestions for transforming stress in teens, this insightful book can help you create clarity and calm in the face of the daily challenges of life. This is a step-by-step guide with accessible practices as well as interesting proposals about intuition and relationships, offering new ways of strengthening your mind and improving your life. Dive in and feel the power of this approach!”*

**—Daniel J. Siegel, MD, New York Times bestselling author of *Brainstorm* and *Mind***

*“Accessible and engaging, this book provides what today’s teens need—practical tools to help them manage emotions, navigate their world with greater ease, and be more of who they truly are. It is a gem, and I will wholeheartedly recommend it to the teens and parents I work with.”*

**—Judy Grupenhoff, MS, MEd, youth specialist at Providence Behavioral Health Hospital**

*“Transforming Stress for Teens sets itself apart from the large number of available books and workbooks for adolescents on managing stress, by moving beyond simple discussions of relaxation and awareness strategies, and additionally explaining and emphasizing the key role that emotional experience and emotional regulation play in truly mastering stress in all aspects of life. I find this book to be unique among self-help books for adolescents in its discussion of fascinating (and important) topics such as coherence, the heart-brain connection, intuition, and communication in very clear language with great real-life examples. The authors do an exemplary job making the chapter topics interesting and relevant for teens in their day-to-day experience, and then provide tools and techniques that are time-efficient and easy to use.”*

**— Timothy Culbert, MD, FAAP, Developmental/Behavioral Pediatrician and Medical Director of the Integrative Medicine Program at Prairie Care Medical Group in Minneapolis, MN**

**Heart to Heart – Connecting with Your Child**

Parents and children building heart-based relationships together

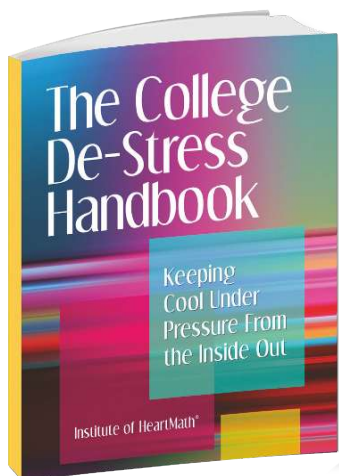
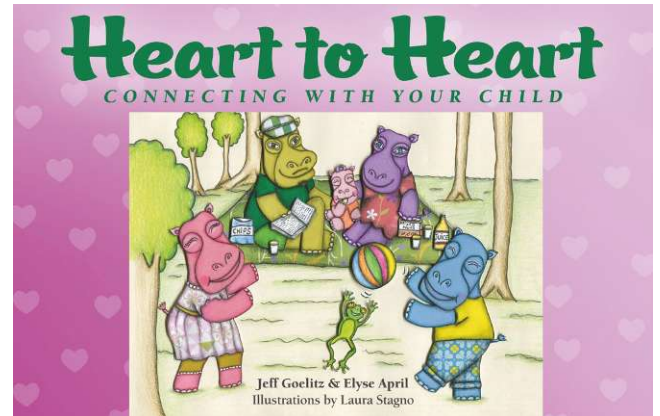
“Kneel down so you can look into your child’s eyes,” *Heart to Heart* recommends, “and softly ask, ‘How are you? What are you doing? Can I help?’” Loving and enduring relationships begin with the heart, and relying on its wisdom is the wonderful new and gentle approach for parents and caregivers to truly connect with their children. *Heart to Heart* is a beautifully illustrated color booklet that presents powerful ideas simply. Both children and adults will love looking at the pictures of the warm and cuddly family members as they go about their daily activities in their cozy little home.

The 17-page booklet includes Shift and Shine™, the HeartMath technique children love to practice. Shift and Shine is a science-based tool that teaches children to get past their upsets and guides family members in listening more deeply. Special instructions at the end illustrate the steps of this science-based tool and explain in detail how first-time users can help their children and themselves get the most benefit from it.

**Item #5358 \$9.95**

**Heart to Heart Features**

- Practical ideas for building heart-based relationships with children.
- Color illustrations of animated characters depicting family members in the home.
- Section titled Helpful Information for the Parent and Caregiver.
- The Shift and Shine™ Technique with detailed instructions for teaching it to children.



**The College De-Stress Handbook  
Keeping Cool Under Pressure From the Inside Out**

College can be like walking through a maze with a bewildering number of choices to make and things to do with pressures and pulls coming from all directions. Students have to continuously navigate their way, which requires the ability to weigh options and decide at every turn which choices to make. How well they manage their stress can make all the difference in the quality of college experience.

The College De-Stress Handbook offers effective tools and techniques that can help the college experience become rich and memorable.

*Available as e-book only.*

**Item # ECDSHB 6.95**

## Heart Intelligence—Connecting with the Heart's Intuitive Guidance for Effective Choices and Solutions

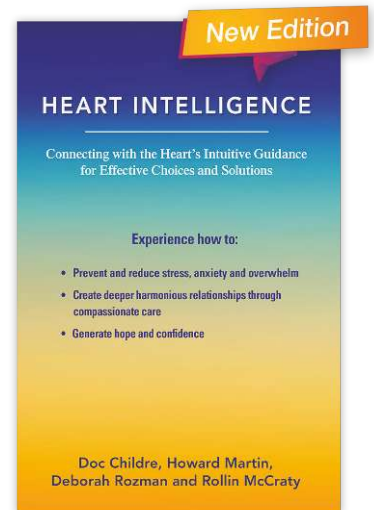
HeartMath's newest book *Heart Intelligence* provides breakthrough research linking the physical heart to the spiritual (energetic) heart. This book provides simple techniques for accessing our heart's intuitive intelligence for moment-to-moment guidance and discernment. Authors share their vast knowledge and understanding of heart and emotional intelligence, coherence, intuition and how we all are interconnected. *Heart Intelligence*, 268 pages, is presented in a conversational style that inspires the reader and provides direction for living a heart-centered and balanced life through the demanding and accelerating pace of change. This fascinating and important work just might change your life forever!

### Highlights of what readers will learn:

- Heart-powered tools for replacing patterns that drain your life force such as fear, stress, anxiety and overwhelm.
- How to access your heart's intelligence for making the best choices in each situation.
- Demystifying the practice of inner stillness to take the struggle out of quieting the mind.
- How to practice deep compassion without draining your systems' resources.
- Thoughts regarding soul connection and the higher capacities of your true self.
- Easier ways to align with your purpose; how certain passions can fool you regarding purpose.

*"The HeartMath Institute has done it once again! By using science as the contemporary language of mysticism, they have elegantly married age old wisdom and spirituality with their latest cutting-edge research and then they provide us with the practical tools to begin our own journey into heart intelligence. This book is an impeccable representation of what we all innately believe to be true. The brain may think, but the heart knows."*

— Dr. Joe Dispenza, New York Times bestselling author of *You Are the Placebo: Making Your Mind Matter* and *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One*.



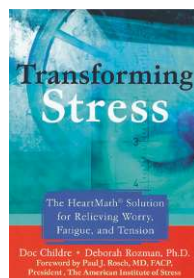
**Item #1170 \$16.95**

### Transforming Stress

*The HeartMath Solution for Relieving Worry, Fatigue, and Tension*

—Doc Childre and Deborah Rozman, Ph.D.

This research-based book describes several simple, straightforward methods readers can learn and practice to transform stress in the moment. — **Item# 1160 17.95**



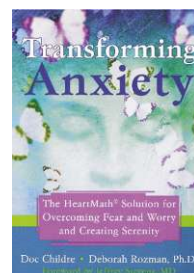
### Transforming Anxiety

*The HeartMath Solution for Overcoming Fear and Worry and Creating Serenity*

—Doc Childre and Deborah Rozman, Ph.D.

Anxiety drains your energy. This book explains why and offers practical tools to overcome it. The HeartMath System provides techniques to manage emotions, reduce anxiety, and cultivate a peaceful state.

**Item #1155 16.95**

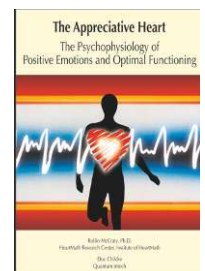


### The Appreciative Heart (e-book)

*The Psychophysiology of Positive Emotions and Optimal Functioning*

—Rollin McCraty, Ph.D. and Doc Childre

A 21-page overview of IHM's research on the physiological correlates of positive emotions and the science underlying the core HeartMath techniques. — **Item# EAPH 12.95**

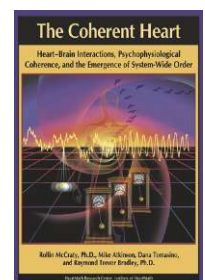


### The Coherent Heart (e-book)

*Heart-Brain Interactions, Psychophysiological Coherence, and the Emergence of System-Wide Order*

—Rollin McCraty, Ph.D., Mike Atkinson, Dana Tomasino, B.A. and Raymond Trevor Bradley, Ph.D.

The role of the heart in systemwide coherence and a new perspective on heart-brain interactions. — **Item# ECOH 19.95**



“Thus far the school principal, teacher and the student’s mother have communicated to me that they are noticing a change in a student’s behavior. He is practicing the HeartMath tools at school and home and is gradually working towards making the connection between his emotional state and his negative behavior. This young man was abandoned by his father at the beginning of the school year and has been taking out his sadness and anger on his fellow classmates and staff. He had been sent to the office numerous times for playing rough with the other students, disrupting class, talking back to adults and shutting down when faced with challenging academic tasks.”

– *Jesus Catalan, School Psychologist, Isla Vista Elementary School, Goleta, CA*

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“I started by having the students practice as a whole class with the coherence coach. I have a SmartBoard and we used the projector to show students how to use it. We did a brainstorming session on situations where they can apply the HeartShift tool. They suggested the following: When you’re nervous on a test, when you feel sad, excited or angry and when you need to learn. All of the students are able to shift now after a month of doing it an average of 3-5 days a week. What has been very interesting in observing the students is that they are applying the HeartShift tool throughout the day on different occasions without reminders from the teacher.”

– *Raquel Guerra-Ramirez, First Grade Bilingual Teacher, Sacramento*

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“I have been fortunate to be using HeartMath tools since September 2011 with many students ages 5 to 18. All of my students that receive psychological counseling have learned HeartMath tools using the emWave Pro, emWave2 unit, or by playing Wild Ride to the Heart board game. They also have the opportunity to play Dual Drive Pro once they have completed three to six sessions of applying Quick Coherence Technique successfully. In groups, the students challenge each other to see who can achieve the highest time in high coherence over a five minute interval. They have been very supportive in helping their peers sustain a positive feeling. This is very nice to witness – even in a competitive situation, they are encouraging and supportive of each other. The opportunity for our students to use this technology and increase their awareness of daily emotions has resulted in many successful endings of situations that prior to this training, would have resulted in a negative consequence for the student.

By providing HeartMath Interventions to students, I feel that I am achieving my goal of helping them learn to self-regulate and obtain a state of ease so they can get the most out of their education and peer relationships. These students are also increasing their ability to remain calm when faced with high emotional situations. It is wonderful to see students pass my room and put their hand on their heart and give me a big smile! It is these little treasures that make me appreciate being a school social worker and truly blessed to teach HeartMath Interventions to students.”

– *Cathy Aitchison, LCSW, Cincinnati Central School, Cincinnati, NY*

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“Students are able to lead HeartMath sessions in front of the whole class to help the class get in sync. They are regularly asking for breathing sessions when the classroom environment feels chaotic. Most students report using the technique in their daily lives when they are stressed with family situations. Even the parents report that students love school in ways they never thought were possible. It is so satisfying to see students feel empowered to contribute to creating a positive school culture.”

– *Rona Zollinger, Teacher, New Leaf Alternative HS, Martinez, CA*

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“The students, in general, loved doing the HeartMath exercises and emWave Pro video games. They also were able to generalize these techniques to calm themselves down in unstructured situations such as transition times, lunch and playground activities. The group that was most receptive were 3-4th grade boys who had been diagnosed with AttentionDeficit/Hyperactivity: combined type. Their teacher said they would look forward to the group all week. They prided themselves in 'being in the zone' and

cheered each other on. Their teacher was very enthusiastic about the program and used it weekly as well as my weekly groups. That buy in was very important."

– Zoe Hazenson, Psychologist, Minneapolis

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"The Early HeartSmarts program (soon to be the online HeartSmarts Adventures program) is wonderful. It fits into our programming for bereaved children (for our preschool, kindergarten, and first-graders). Learning HeartMath coping skills leaves a child equipped not only for handling their grief, but also for subsequent changes in their lives. Last month as we did the Heart Lock-In® tool during our time of being in a cocoon, before becoming a butterfly (lessons on change), one preschool child spontaneously said, 'Thank you, heart!'"

– Barbe Creagh, Licensed Social Worker, Rainbow Hospice, Park Ridge, Illinois

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"I have had the opportunity to work with approximately twenty students and three faculty members using the emWave2 handheld and the emWave Pro. One particular student who I have worked with has a nicotine addiction. He becomes especially vulnerable when he is stressed. After using the emWave2 device and tracking his waves, he has been able to reach a healthy coherence state at a much faster rate. He feels that he has avoided not only the urges to smoke as a result of practicing HeartMath breathing and positive imagery, but he has also coped by not engaging in confrontations due to the stressors in his life."

– Harold Robison, Counselor, Teton High School, Driggs, ID

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"When an assistant principal at one of our schools has a problem with kids bullying, I get a call and usually they get a warning from me. If they do it another time, they have to go to our alternative school for up to 30 days. Of course, those who bully have personal issues, usually anger. I focus primarily on the middle school. Over a year's time, I will work with around 30 middle school students, most of them boys. Some of these boys are real hard core, with bad, bad home lives. They experience a lot of violence and anger and even gang shootings in their neighborhoods. I don't force them to get on the emWave Pro, but most choose to do so. Most of them use the emWave Pro about three to four times. The funny thing is that they are not that infatuated with the games. They prefer the heart-rhythm display. They like seeing their heart rhythms and the feeling of being at peace. Each session lasts around 10 minutes. It is definitely helping them with their anger issues."

– Terry McLelland, Dean of Students, Lake Worth Independent School District, Lake Worth, TX

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"I am a psych major in my third year at the University of British Columbia. I took my first two exams in Biopsychology of Behaviour and Adolescent Development and was stressed about them to say the least. I got 72% on my biopsychology and 67% on my adolescent development midterms. I was very unhappy about these marks as I have been an A or B student since I started university. I spoke with my mom about my concerns with test taking and how I always seem to freeze up when I'm nervous and rush through the exam just to get it over with. She told me to try the emWave Program that I brought into my next two exams on forensic psychology and statistics. I used this tool to calm myself down before my exams and felt the feeling of appreciation surge through me when I was writing my exam, as opposed to the shaking nervous feeling I had on my first two exams. The results were staggering, I received 84%, and 85% on my statistics and forensic exams respectively. I am positive the tool helped my exam taking state and I will continue to use the tool, even without the actual tool, as now I know how to calm myself down before and while taking an exam. This is a tool I can use for the rest of my career, and not only with test taking, but general stressful situations as well."

– Shannon Kimmitt, undergraduate student, University of British Columbia, Okanagan

# Researching the Human Heart and Brain

Scientists at HeartMath® Institute have been conducting research on how the heart and brain constantly communicate with one another to keep our energy and body in balance.

One of their key findings is that stressful emotions like frustration, anger and worry can create chaotic or out-of-sync messages in the body, limiting our ability to think clearly, learn and make effective decisions. In contrast, uplifting emotions like appreciation, care and calm create more coherence in the body, enhancing relationships and boosting the ability to learn.

What has emerged from this research are reliable, scientifically-validated tools and technologies that can help people of all ages improve emotional balance, health and performance.



+♥ HeartMath® Institute

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