

Sheryl Beller-Kenner, EdD
Naturopath &
Certified HeartMath® Practitioner
BelArôme Holistic Health Centre
6100 Monkland Ave—#200
Montreal (NDG), QC H4A1H4
514.481.9355
sheryl@belarome.ca
www.belarome.ca

Stress Reduction For Better Health & Well-Being

Our New HeartMath® Program Includes:

- **One-To-One HeartMath® Training**
- **HeartMath® Group Training**
- **HeartMath® Workshops**
- **Group HeartBreath Meditation**
- **Breath-Focused Hatha Yoga**
- **Laughter Club**

Also Available At BelArôme:

- Essential Oils, Diffusers
- Free-Trade & Gourmet Tea Blends
- Books on Holistic Health
- Massage, Energy Work, Foot Reflexology & Aromatherapy Sessions
- Courses Professional or Continuing Education Aromatherapy & Reflexology
- Herbal & Aromatherapy Workshops
- Meditation Groups
- Health Film Nights



“Stress is hard to define because it means different things to different people; however, it’s clear that most stress is a negative feeling rather than a positive feeling.”

Take this quick test to see how stress is affecting your life.

Moderately Stressed?

- I have sleep problems from time to time because my mind doesn’t quiet down.
- My sleep is just about adequate.
- I don’t think as clearly as I used to.
- I have trouble relaxing or staying still.
- I often feel tired but am taking steps to recover.
- Discipline, fitness, social pressure & stimulants play a greater role in my ability to perform.
- I feel over-burdened but can still say “No”.
- I often lose perspective.
- I complain and grumble regularly.
- I tend to make snap decisions but with errors.
- I often try to squeeze a few extra drops out of my performance.
- Others see me as tired yet successful.
- I work longer hours but get less done.
- My home/work balance is suffering.

Highly Stressed?

- I frequently worry about my job, finances, relationships, my future, or different things.
- I am very nervous, and sometimes I notice that I shake.
- I get anxiety/panic attacks for no reason at all, and my heart pounds.
- I feel driven, hyperactive, restless, irritable or “on edge”.
- I constantly feel as if something awful might happen.
- I have a lot of trouble saying “No”.
- I feel overly tired or fatigued.
- I get repeated headaches or minor aches and pains, especially in the stomach, back, arms, legs, or joints.
- I am often depressed. Sometimes I don’t even want to get out of bed.
- I faint or get dizzy from time to time.
- My bowel movements are not regular.
- I feel like I’m operating in survival mode.

Are you ready to reduce your stress and improve your health?

If you’ve checked at least one of the symptoms/conditions above, our Heartmath® Stress Reduction Program can help you.



Stress

What is stress?

Stress is a term used to describe the wear and tear the body experiences in reaction to everyday tensions and pressures. Change - such as loss of a loved one, illness, or career and lifestyle changes - is a common cause of stress to most. However, it's the pressure and tension we feel in response to the little everyday hassles—like rush hour traffic, waiting in line, too many emails, and even the nightly news— that do the most damage.

How does stress affect health?

Stress affects people physically, mentally and emotionally. According to the American Institute of Stress, up to 90% of all health problems are related to stress. Too much stress can contribute to and agitate many health problems including heart disease, high blood pressure, stroke, depression and sleep disorders.

What can I do about it?

We will never eliminate stress from our lives, but we can learn to manage and reverse its damage. It's not the events that do the harm, it's how you respond to those events. Exercise, a good diet, and relaxation are all important aspects of any stress prevention program, but without emotional management, they are only part of the solution. When you're stressed, your body is out of sync. Typical negative emotions we feel when stressed - anger, frustration, anxiety and worry - lead to increased disorder, known as incoherence, in the heart's rhythms and in the nervous system. In contrast, positive emotions - joy, appreciation, care and kindness not only feel good but they are good for you. They create synchronization, called, coherence, in the heart's rhythms and the nervous system. The key to reducing the negative impact of stress on the body is to shift your negative reactions in the moment they occur - not an hour later at the gym, a week later at the beach or three months later on vacation.

HeartMath® & Coherence

What are the benefits of being in coherence?

The HeartMath Institute's research has shown that when you intentionally shift to a positive emotion, heart rhythms immediately change. This shift in heart rhythms creates a favorable cascade of neural, hormonal and biochemical events that benefit your entire body. Blood pressure drops. Stress hormones plummet. The immune system pumps up. Anti-aging hormones increase. The effects are both immediate and long lasting. Also, because coherence leads to more mental clarity, creativity and better problem-solving abilities, it's easier to find solutions and better ways of handling a stressful situation.

How can I create and practice coherence?

Emotions, or feelings, are reflected in the beat to beat changes in the heart's rhythms, known as heart rate variability (HRV). Analysis of HRV is recognized as a powerful, non-invasive way to measure nervous system dynamics. Research identifies HRV as a key indicator of preventable stress and shows a relationship to a wide range of related health problems.

The HeartMath® approach to stress management introduces techniques and tools to help you prevent, manage, and reverse the effects of too much stress as well as to increase physiological coherence. All HeartMath® techniques include exercises that work on aligning your heart, your breath, and your nervous system (emotions). The emWave® biofeedback tool that is a vital part of the program is fun and easy-to-use. It permits you to watch in real time how your thoughts and emotions affect your HRV. With it, you can quickly change your reactions to stress, increase your energy and improve your overall health and well-being.



The Montreal Heartmath® Stress Reduction Clinic Program

Even before the initial session of your first One-To-One program at The Montreal Heartmath® Stress Reduction Clinic, you will receive a series of holistic assessments. Based on the results of your assessments, Certified Heartmath® Practitioner Dr. Sheryl Beller-Kenner, will set up an individualized treatment plan.

In the once-a-week sessions (or as needed), you will be taught a series of simple exercises, customized especially for you, to help you bring yourself into the healthy, coherent state that relieves stress from your heart and mind. You will learn to use the HeartMath® emWave biofeedback technology, which is included in the cost of every initial program, to monitor how you're progressing so that you learn to feel what it means to be in the wonderful state of coherence. Multiple one-hour sessions in consecutive weeks are recommended to ensure optimum results. You will receive a detailed worksheets so that you can successfully practice the exercises and keep a record of your progress. Dr. Beller-Kenner will teach you how to apply what you learn to your daily life. A commitment on your part to daily, short practice sessions between visits will strengthen your progress.

As things arise, Dr. Beller-Kenner will work with you to construct an over-all, holistic, health-enhancing plan, which may include meditation, yoga, bodywork, nutrition, counselling, group sessions or workshops, etc. , as you are ready to expand your healthy lifestyle. The other *BelArôme Holistic Health Centre* practitioners whom you choose to assist you will work seamlessly as a team to help you progress in an enjoyable and effective way. You will have the full support of the Centre and its resources as you choose your own path to optimal health.



The Quick Coherence Technique

This is a simple, easy way to interrupt the stress response and quickly bring your system into coherence.

Step 1 - Heart Focus

Focus your attention on the area around your heart.

Step 2 – Heart-Focused Breathing

Maintain your heart focus and, while breathing, imagine that your breath is flowing in and out through the heart area. Breathe casually, just a little deeper than normal.

Step 3 - Heart Feeling

Recall a positive feeling and make a sincere attempt to re-experience that feeling. Sustain this feeling while you are breathing.

Tips

Practice this technique 4 - 5 times a day, every day for a minimum of 3 weeks. Good times to practice are first thing in the morning, before going to sleep, break time in the middle of the day, whenever a stressful event occurs .

