

Soft Heart Tool

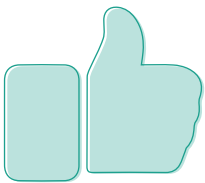
When our bodies are hurting, we take care of them. We take a warm bath, we rest, we take medicine. But what about when we hurt emotionally? It's just as important to take care of your emotional health as you would your physical health. Practicing HeartMath's Soft Heart Tool two or three times a week can help you relax and re-energize from the emotional stress of daily life.

Give the exercise a try the next time you have long day at work or a stressful experience like a final exam.



Step 1:

Recognize that you are feeling disturbed, overwhelmed, depressed or some other depleting or negative emotion.



Step 2:

Acknowledge that it is not these or other emotions that cause you to feel drained or out of sorts as much as it is the significance you give them.



Step 3:

Find your Soft Heart attitude by intentionally feeling love, care or appreciation for a person, pet or something you truly care about. This helps take you to a soft place in your heart and increases your ability to feel care and compassion for yourself.



Step 4:

Soak and relax any unwanted feelings in the compassion of your heart, letting the significance dissolve a little at a time. Take your time.

Print out these instructions and put them somewhere that will remind you to take care of your heart when you're feeling stressed!