

# Stress Relief Program



## Finally, stress reduction that works!

In today's stressful world finding something that works to relieve stress and limit the impact stress has on your body is like finding a goldmine. This program shows you how your physiology can respond differently to stress and teaches you how to manage your reactions to stressful situations. Through your new, healthier response to stress, you will create a positive impact on your body and mind.

This focused and practical program combines personalized coaching and a detailed practice plan to meet your personal objectives.

### What you will gain:

- The ability to recognize and disengage from the negative impact stress has on your body and mind.
- The relationship between emotions, stress and mind-body health
- Restored nervous system health and increased energy levels.
- Transform stress on demand, 24/7--any time, any where.
- Improved mental clarity and problem solving skills.

You will also learn how to use HeartMath's innovative emWave® technology to accelerate your learning and track your progress.

*The HeartMath program has allowed me to easily de-stress myself, even with all of the challenges and opportunities that arise in everyday life. Since (my) HeartMath training, I find that I can respond to demands and priorities with more focus and feel far more ready to make reasonable and thoughtful decisions. I am proud to say that just four sessions of the HeartMath program has changed the outlook I now have on my life for the future.* - Renee

The HeartMath *Stress Relief* program is only available from a licensed HeartMath Provider.  
For more information contact your licensed HeartMath Provider.

