



HEALTH AND WELL-BEING



How to Use Your emWave® PC System

According to the American Institute of Stress, up to 90% of all health problems are related to stress. Additionally, a large body of research confirms that our thoughts and emotions have a dynamic effect on our health and vitality.

“The [emWave PC] has put me on the high road towards significantly improved physical and mental performance. [emWave PC] provides me real time feedback on the effect it has on my body.”

Willy Linssen
CEO, Heartware Group

Emotions like frustration, insecurity and depressing feelings are stressful and inhibit optimal health. Positive emotions such as appreciation, care, and love not only feel good; they also promote good health, well-being, and performance.

HeartMath's research demonstrates that when you intentionally shift to a positive emotion, heart rhythms immediately change. A shift in heart rhythms may not seem important, but in fact it creates a favorable cascade of neural, hormonal and biochemical events that benefit the entire body. The stress-reducing effects are both immediate and long lasting.

emWave PC, used along with the Quick Coherence® technique, helps you learn to change your emotional state and heart rhythms to reduce your stress levels and revitalize your entire system. This creates a new baseline for preventing and recovering from stress more effectively. By practicing the Quick Coherence technique you can learn how to create a shift in perception and feeling that can have a dynamic effect on your overall health.

Benefits of using the emWave PC System

- Increase Vitality
- Enhance mental clarity
- Improve emotional balance
- Helps you stay on top of your health concerns
- Achieve a better state of physiological and psychological health
- Feel calmer, happier, and more energized



Getting Started

The Tutorial offers detailed information about the emWave PC system's, features and functions. You can use this information to learn:

- How to operate the emWave PC system
- About the science behind this technology
- How to build coherence with the Quick Coherence technique.

Once you have an understanding of how the emWave PC system works practice the Quick Coherence technique while recording sessions. Practice shifting your heart rhythms by feeling positive emotions and increasing your coherence scores. The important part of the process is learning to shift your focus to the heart and activate a positive feeling or attitude. Using the Quick Coherence technique with the emWave PC enables you to shift your feelings, not just your thoughts. Once your feelings shift into a more positive state, then your thoughts automatically become more balanced. The [Coherence Coach™](#) feature will help guide you toward achieving new levels of coherence.

Use the games and animations found in the emWave PC system to get more enjoyment out of your practice session. Save the data from your session so you can chart your progress toward living a more coherent and healthier life.

It is suggested that you do 5 to 15 minute sessions on the emWave PC system five days a week. You can, of course, use it more if you'd like. As you increase your coherence scores, you will have a new internal baseline that is more resilient and less stressful.

Suggested Applications

You can use the emWave PC system anytime.

- In the morning to set the right tone for your day.
- Take on a break any time during the day to balance and re-energize your system.
- After a particularly stressful experience to bring you back into balance more quickly.
- When dealing with a health challenge, use emWave PC regularly to help reduce the negative effects of stress.
- When you leave work and make the transition to have quality time with family or friends. Use emWave PC for a few minutes to reconnect with yourself and let go of your stress.
- Before going to bed to facilitate deeper, more regenerative sleep. Bringing your system into coherence can help you sleep more deeply and wake up refreshed.

Experiment with the emWave PC system and enjoy the experience of living with more energy and vitality in your life.