

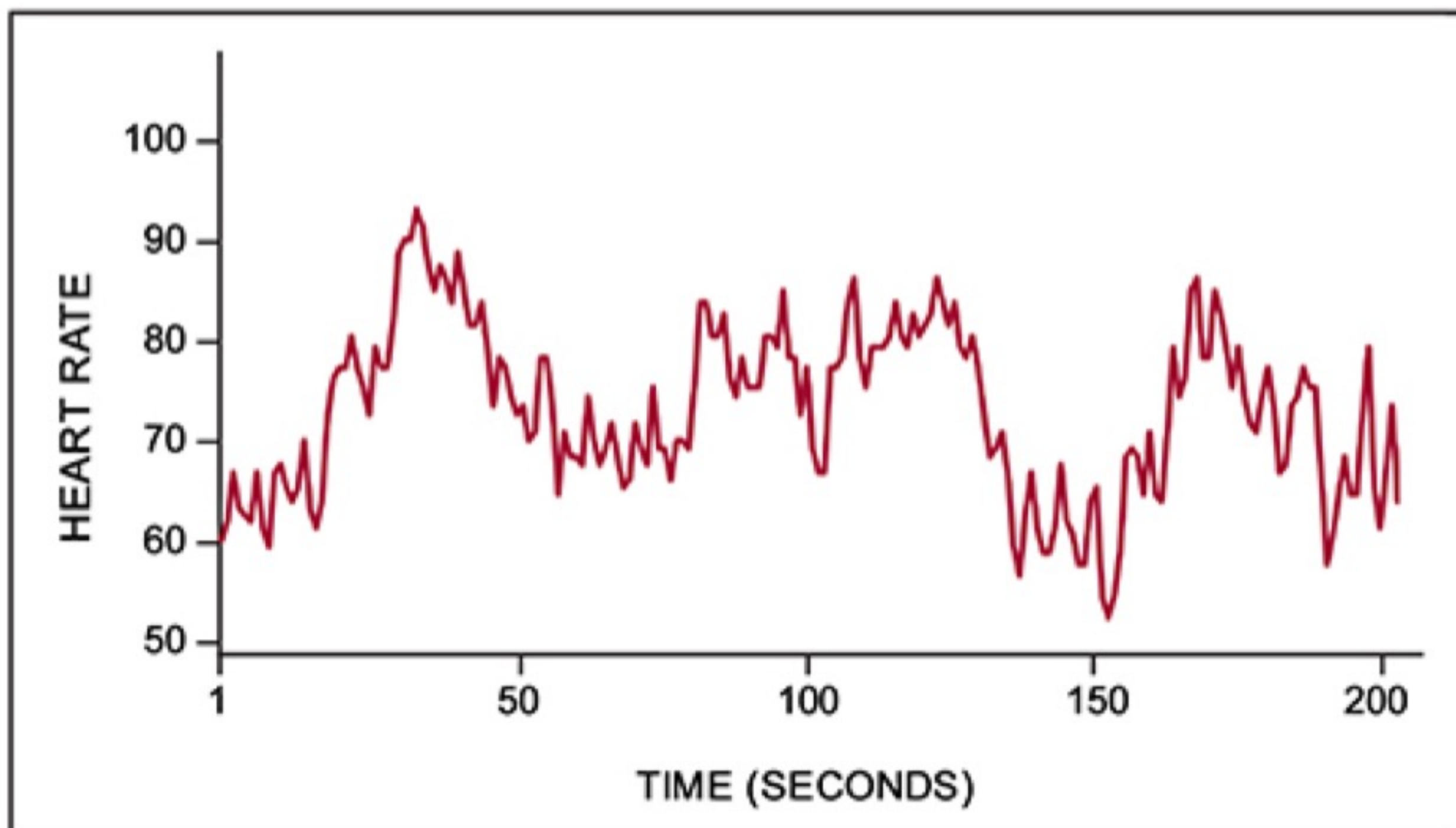
# Coherent and Incoherent



## Heart Rhythm Patterns

### HRV Incoherence

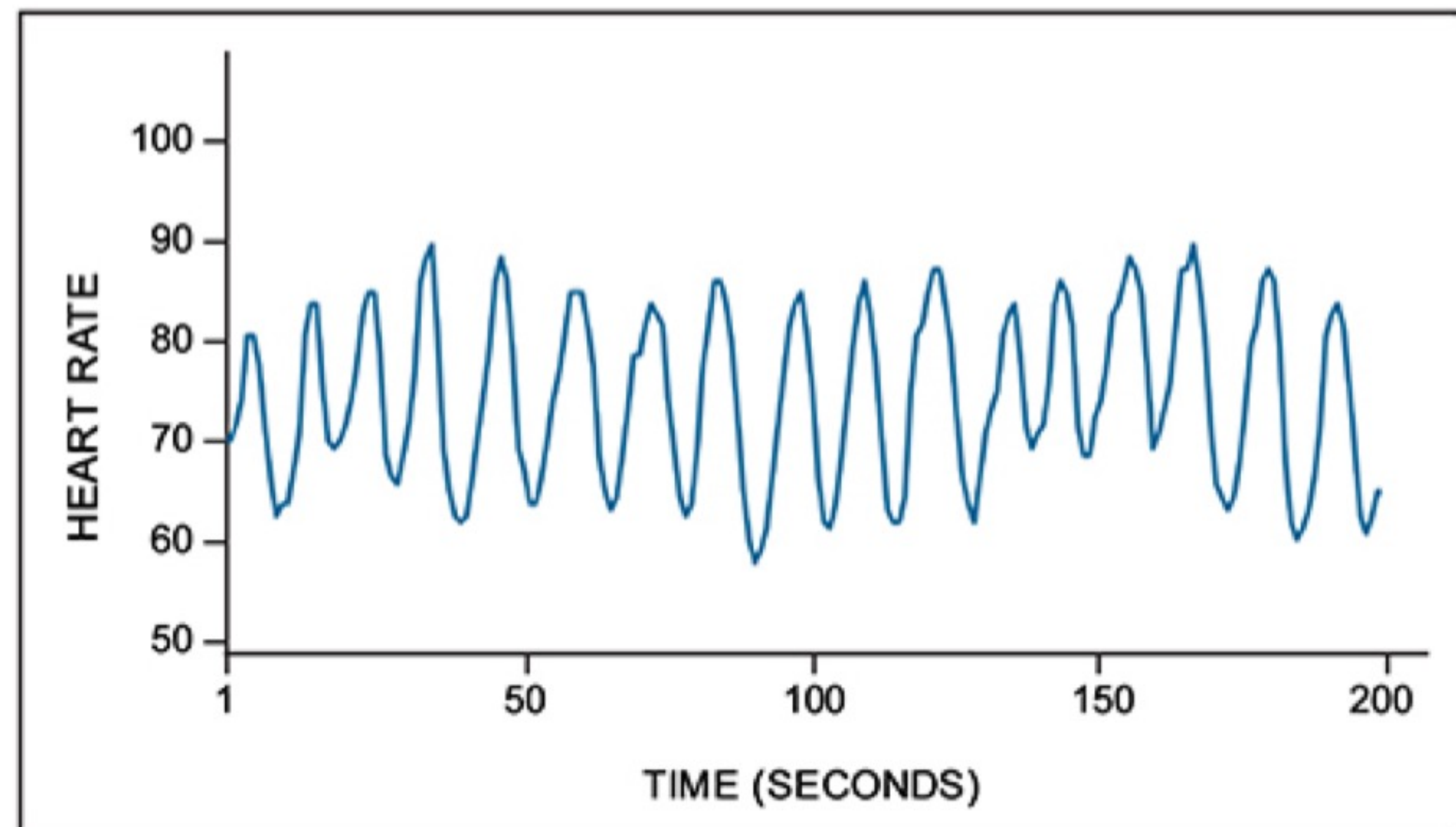
frustration, irritation, anxiety, worry



Inhibits brain function – impairs performance

### HRV Coherence

positive emotions, appreciation, love, care



Facilitates brain function – promotes optimal performance