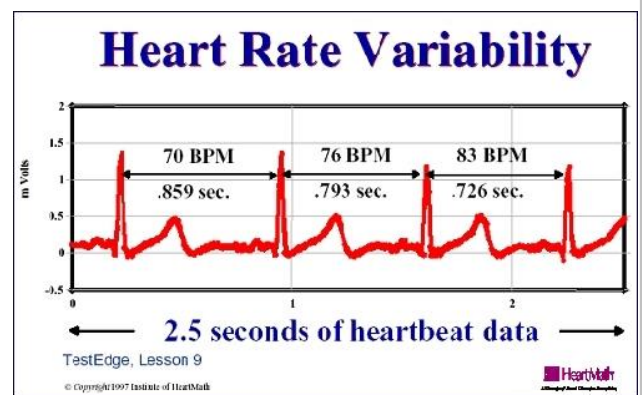


HEART RATE VARIABILITY

Heart Rate Variability (HRV) is the variation in the time interval between one heartbeat and the next. Our heart is continually speeding and slowing in order to respond to physical, environmental, and emotional stressors. **Higher HRV** is associated with greater adaptability and resiliency to stress and disease whereas **lower HRV** may increase our vulnerability to physical (e.g., asthma, diabetes, hypertension) and psychological (e.g., anxiety, panic, depression) problems.

Our heart rate naturally increases as we inhale and decreases when we exhale. Practicing paced diaphragmatic breathing at your optimal (resonance frequency) breathing rate (around 6 breaths per min.) engages your baroreflex and activates your vagal nerve which leads to improvements in oxygen exchange in your body as well as greater autonomic balance (sympathetic and parasympathetic nervous systems).

With repeated resonance breathing practice, you are able to improve your body's responsiveness to physical and psychological demands thereby restoring its natural ability to return to a balanced state.



For more information please contact a counselor or visit our website:

(208) 282-2130

<http://www2.isu.edu/ctc/biofeedback.shtml>