

Cardiac coherence breathing



A simple technique to control stress

The French Federation of Cardiology cites Cardiac Coherence as a practical tool for regulating chronic stress and associated disorders.

Cardio-respiratory coherence

Lowering your stress level through breathing

The heart has the ability to speed up or slow down to adapt to its environment. Let's take advantage of it! Consistency is obtained by following the **365 rule**: **3** times a day, **6** breaths per minute for **5** minutes. The basic breath consists of inhaling for 5 seconds and exhaling for 5 seconds, i.e. 6 breaths per minute. It is your physical and mental health passport to sustainable well-being. It must, like brushing your teeth, be part of an overall lifestyle and a daily routine...

The Respi-relax+ smartphone app makes it easy to adopt the practice.

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Ease

Can be practiced anywhere, e.g. on public transport.

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Efficiency

Proven effectiveness if regular practice **365**.

1/5

Point of vigilance

No risk. Breathe standing or sitting (not lying down).



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