



Optimal performance occurs in the upper two quadrants of enthusiasm and calmness, while the lower areas of anger or depression have negative results.

Many students, athletes, and business people have become more aware of these kinds of relationships. Recognizing that the heart emits far more electrical energy than the brain, some now monitor heart rhythms and train in breathing and other techniques to shift their physiology and mindsets to the upper areas of coherence.

There is a clear connection between our physical bodies and our mindset. When we are in an area of peak performance, DHEA (Dehydroepiandrosterone, an anti-aging hormone) is released, while when we are depressed or angry, cortisol (a harmful stress hormone) is released.

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