

HRV, coherence and biofeedback; a practical approach within the police

The normal resting heart rate in healthy individuals varies dynamically from moment to moment. Heart rate variability is a measure of these naturally-occurring beat-to-beat changes in heart rate and is an important indicator of health and fitness. HRV is influenced by a variety of factors, including physical movement, sleep and mental activity, and is particularly responsive to stress and changes in emotional state. In this presentation you will see a practical approach within the Police whereby HRV and coherence measurement is used to provide officers with practical self-management techniques to recognize and eliminate stress in the moment.