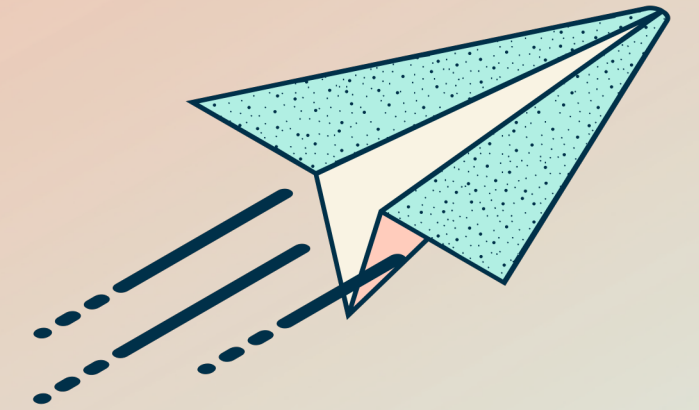




# Listen to Your Heart

USING BIOFEEDBACK TO IMPROVE SCHOOL CLIMATES



**SCHOOL  
WELLBEING  
SOLUTIONS**

**1. INCREASE RESILIENCE**

**2. IMPROVE ORGANIZATIONAL PRACTICES**

**Stress affects every aspect of a school's climate.**

**01**

**Student Outcomes &  
Attendance,  
Mental Health**

**02**

**Relationships,  
Conflict, Violence,  
Referrals**

**03**

**Teacher Retention &  
Effectiveness,  
Mental Health**

***“No adult ever taught me how to deal with fear.  
They just said “Don’t be afraid.””***

**Every emotion and sensation  
has a corresponding  
physiological footprint.**



Digestion



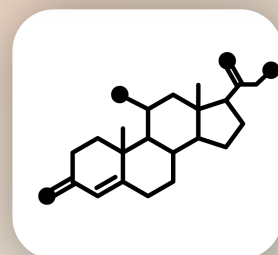
Breathing patterns



Neurological



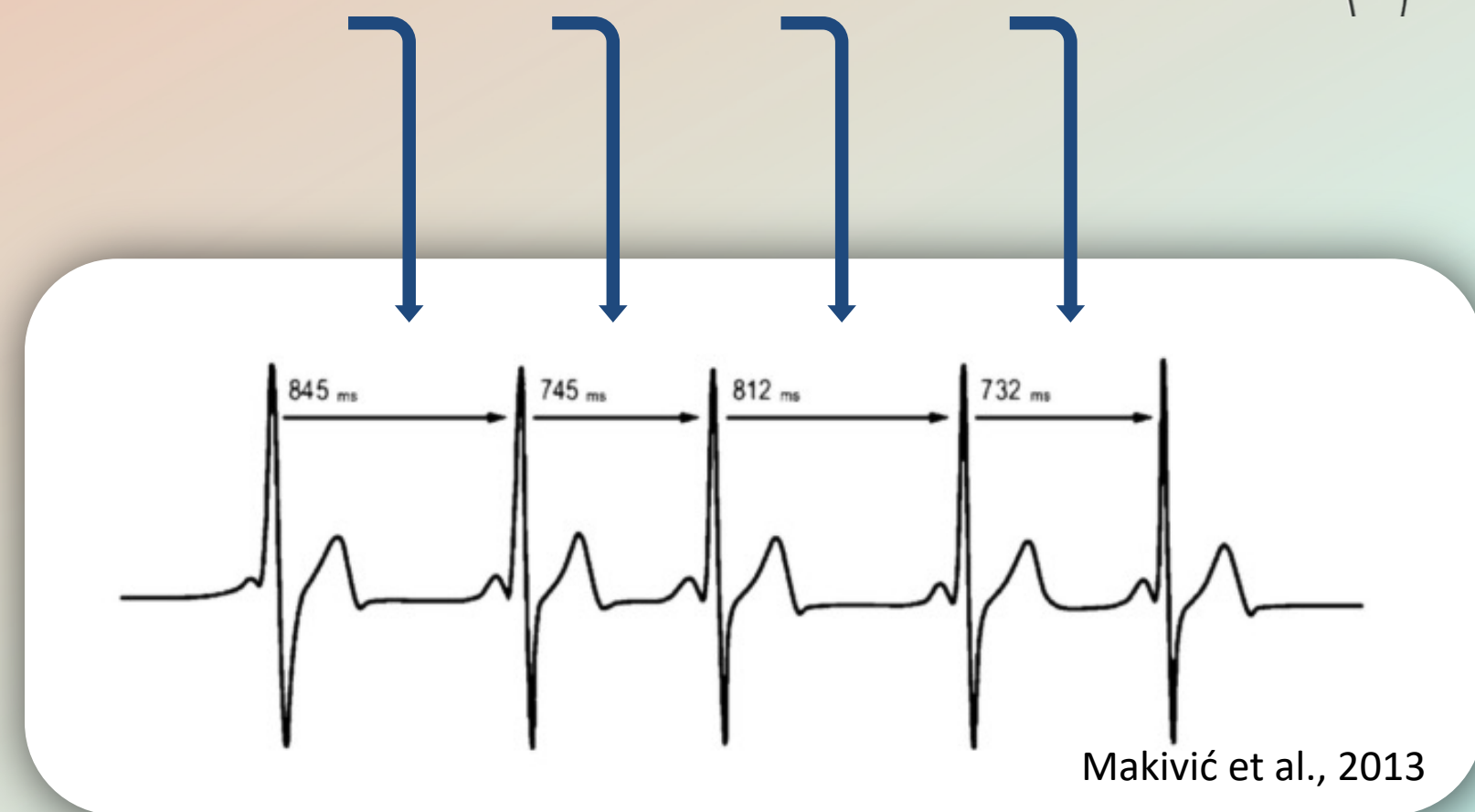
Heart Rate



Hormonal

## A way to measure stress & resilience: Heart Rate Variability (HRV)

- HRV is determined by the **time between heart beats**
- An indicator of a **balance between sympathetic & parasympathetic** nervous system
- HRV measures your stress & resilience
- Decreases as we age, or as we are stressed
- Used by medical professionals & athletes
- HIGH is good





**HRV is a  
measure of how  
good you feel in  
your body**

**And how you  
feel determines  
the reality you  
create**

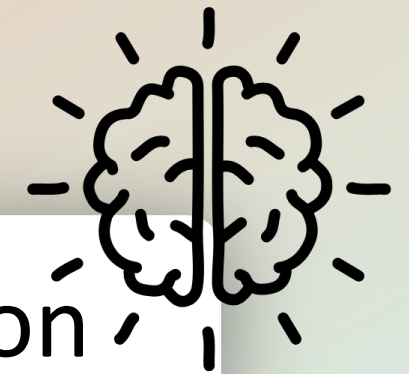


# HRV determines a lot...

Life expectancy



Brain function



Energy levels



PTSD, Generalized Anxiety & Severe Depression



(Lehrer, 2007; Servant, Logier, Mouster, & Goude-mand, 2009; Wheat & Larkin, 2010; Watkins, 2012).



# Youth HRV Biofeedback: Lasting Impact

Increase:

- Test-preparation and Test-taking
- Self-efficacy
- Academic Performance
- Positive affect

Decrease in:

- Worry about future
- Social stress
- Negative affect
- Depression

$r = .45-.65$



McLeod & Boyes, 2021;  
Bradley et al., 2010  
Dormal et al., 2021