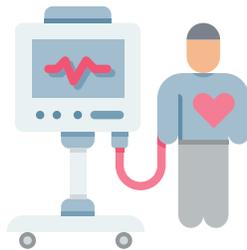


HEART RATE VARIABILITY

What is HRV?

Our heart rate varies subtly from beat to beat. When we breathe in, our heart rate increases, and when we breathe out, it slows down. Heart rate variability (HRV) refers to the variation in the time between heartbeats. It's different from heart rate, which measures the number of heartbeats per minute.



Example of heart rate variability ranging from 60 BPM to 80 BPM (20 HRV)



Example of heart rate variability ranging from 65 BPM to 75 BPM (10 HRV)



(Screenshots taken on Nexus software)

Benefits of high resting HRV



Stress resilience



Emotional health



Social engagement

Our heart's variability reflects how adaptable our body can be. High resting HRV suggests that our body is able to adapt to change and regulate our stress response.

Research suggests that higher HRV is linked with better outcomes for stress, anxiety, depression, and pain management.

How can I increase my HRV?

We can increase our HRV by taking care of our bodies and minds. Here are some examples:



Regular Exercise



Stress Management



Diaphragmatic Breathing

Make an appointment with Stress Management and Biofeedback Services to learn more!