

**HEARTMATH AUSTRALIA® T/A MACQUARIE
INSTITUTE PTY LTD**

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Our Institute is dedicated to helping people achieve emotional, physical and intellectual vitality. For many of us, stress is a major obstacle in achieving peak performance. HeartMath is the only scientifically validated system of stress intervention techniques. HeartMath quantifiably and dramatically boosts the health and performance of individuals and organisations. Our aim is to enable people to reverse the effects of stress and meet life's inevitable challenges with poise and resiliency in the moment.

Stress is the body and mind's response to any pressure that disrupts its normal balance. Stress occurs when our perception of events does not meet our expectations and we are unable to manage our reaction.

One of the major benefits of the HeartMath system is its impact on stress. While situations, encounters or events may seem intrinsically "stressful," it is how an individual perceives and reacts to an event that determines whether or not the stress response is activated. The main limitation of most stress-reduction approaches is that while helpful, they do not target the real source of people's stress. Long term solutions to stress need to involve the hormonal system which is profoundly affected by emotions. What we feel affects how we respond faster than what we think.

HeartMath's tools and techniques directly impact the ability to shift perception - enabling individuals to transform their perceptions and reactions to potentially "stressful" situations in the moment they occur. By learning to intervene as stress occurs, you keep your body's youthful hormone levels high and stressful, aging hormone levels low.

At HeartMath Australia, we offer courses, programs, and products to teach you HeartMath tools and techniques for reducing and transforming stress and increasing resilience.

For more information, please ring our office on 02 9412 2500 or email inquires to: info@macquarieinstitute.com.au