



INSTITUTE OF HEARTMATH®

Connecting Hearts and Minds

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Institute of HeartMath® Launches DVD to Help Military Veterans, Active Personnel Handle Challenges of Service

Boulder Creek, Calif. – June 22, 2011 – The HeartMath research center has been studying the mental and physical affects of stressful emotions for close to 20 years. Today it is launching a free training DVD available through its website giving scientifically-validated techniques to help military personnel manage the unique stressors that come from service.

[Reports](#) released by the military earlier this year reveal more military deaths were due to suicides than from combat in Iraq and Afghanistan combined over the past two years. Statistics like these indicate military personnel are experiencing high levels of stress and have promptly fueled the nonprofit [Institute of HeartMath's](#) (IHM) passion to make more resources available that help create emotional resilience.

IHM has maintained its HeartMath [Military Service Appreciation Fund](#) (MSAF) for close to four years in order to provide programs and services to active service members, veterans and military families. The *HeartMath Education and Resilience Training (H.E.A.R.T) DVD* is the newest development from its military fund and is designed to help create resilience among military settings - at home, on base and in combat theaters.

The DVD helps to educate veterans and service members about ways to cope with many challenging emotional and physical situations and it contains four emotion management tools and techniques, research and stories providing an educational background for its approach.

The institute's MSAF has already supported more than 17,000 veterans and active duty service members, and according to retired Army Maj. Bob Bradley who helped develop the DVD, there is still a growing need for research-based solutions that can help with the unique challenges military men and women face.

"Despite all of HeartMath's and other service organizations' efforts in recent years to provide military members with the critical care they need, countless thousands still suffer from depression, anxiety and other debilitating mental and emotional problems, and their numbers are growing daily," Bradley said.

Bradley added that military members are challenged with high levels of stress. "Proper body armor and physical training are a staple for protecting our military men and women and it's just as important that we protect and foster their peace of mind too – before, during and after service," he said.

The H.E.A.R.T. DVD's tools and techniques have a promising track record for military personnel. Researchers at the Dorn VA Medical Center in Columbia, SC recorded marked improvements in the attention span and memory of soldiers with PTSD who practiced HeartMath techniques and used its research-developed emWave technology. The findings were published in the *Alternative Therapies in Health and Medicine* journal in 2010.

IHM's sister organization, [HeartMath LLC](#), is also working with military personnel through VA hospitals and clinics. The HeartMath organizations both provide research, tools and technologies to increase performance and decrease stressful emotions with their solutions seeing use by clients such as NASA, Kaiser Permanente, Duke Medical Center and dozens of additional healthcare clients, school systems and thousands of health professionals around the world.

To coincide with IHM's efforts to distribute its free DVD, it is also sponsoring a random prize drawing- details are available at the *HeartMath for Troops, Veterans and Families* Facebook page (<http://on.fb.me/HM4->

[Military](#)). Prizes include HeartMath's new [emWave2](#)[®] emotion balancing technology (valued at \$229.00) with the H.E.A.R.T. DVD; additionally there are two \$50 Amazon gift certificates that can also be won.

The HeartMath Military Service Appreciation Fund is maintained through contributions from the institute's members and supporters. For more information and free resources for active service members, veterans and military families, go the Institute of HeartMath's military resource information page at <http://www.heartmath.org/templates/ihm/articles/landing/2011/heartmath-military-service-appreciation-fund/index.php>.

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About the Institute of HeartMath:

The Institute of HeartMath, www.heartmath.org, is a 501(c)(3) nonprofit research and education organization dedicated to teaching the principles of heart-based living around the world and inspiring people to connect with the intelligence and guidance of their hearts. IHM has been conducting scientific research on the physiology of emotions and the science of the heart for two decades. IHM is a world leader in stress reduction and emotion-management research and was founded in 1991 by Doc Childre. Through its research and education divisions, the institute has developed practical tools, education programs and services – collectively known as the HeartMath System – for the mental, emotional and physical benefits of children through seniors without regard to their social, economic or cultural status. IHM's research has been published in numerous peer-reviewed journals, including *American Journal of Cardiology*, *Stress Medicine*, *Preventive Cardiology*, *Journal of the American College of Cardiology*, *Integrative Physiological and Behavioral Science* and *Alternative Therapies in Health and Medicine*. For more information about IHM's military programs, visit <http://www.heartmath.org/military>. You can also learn more about IHM's latest available resources by following them on [Twitter](#) and watching their [YouTube](#) channel.