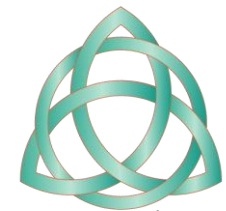


Shifting from Overcare to Balanced Care



3D Living Center, LLC



HeartMath[®]
Certified Coach

Care: Overcare or Balanced Care

- Genuine care and compassion are two of the most life-fulfilling coherent heart qualities we can cultivate.
 - ♥ However, it's so easy for our care to turn into worry, anxiety, energy drain, and burn out – what we call the *overcare syndrome* .
 - ♥ We can prevent much of this with a little practice once we know how.
- Excessive worry is easy to justify because it fools us into thinking that amped up worrying is when we are caring the most.
 - ♥ However, research has shown that constant worrying not only drains energy but blocks us from seeing creative choices and solutions.
- Taking charge of our personal energy is something no one else can do for us.

Is it possible to care deeply without depleting our energy or harming our health?

Research shows the practice of shifting overcare into balanced care
lifts our vibration and renews our energy.

Practicing balanced care is especially helpful for increasing our coherence to prevent energy drain and burnout when things we care about don't go the way we want

**Calm emotions help create space that enables intuitive access
for clearer discernment and choices.**

Care Focus – Shifting Overcare into Balanced Care

1. While breathing in a relaxed pace, pretend you are breathing through your heart or chest area
 - ♥ imagine calming your mind and emotions with your breath.
 2. When you've calmed your mental / emotional vibrations,
 - ♥ identify issues that trigger unbalanced care (worry),
 - ♥ ask your heart, “What would an attitude of balanced care look like in this situation?”
 - ♥ After you decide a replacement attitude, imagine breathing in that new feeling for a few minutes to anchor it.
 3. Now radiate compassion and ease to all people around the world
- Observe yourself for a few days and see how often you can catch your mind looping in overcare and downer projections
- When you find yourself in worry or anxiety from overcare, do this Care Focus practice to shift into balanced care. Approach it from the heart with ease, not force, for better results.

**The skill of shifting from overcare to balanced care
doesn't diminish our true heart's care,
it strengthens it, without debilitating our system.**

Preventing / reducing stress is top priority if we seek peace, happiness and fulfillment.