



HEARTMATH Military Service APPRECIATION FUND

Institute of HeartMath's mission is to help establish heart-based living and global coherence by inspiring people to connect with the intelligence and guidance of their own hearts.

HeartMath interventions are currently meeting the mental, emotional and physical needs of many traumatized troops returning from the war—many are suffering. Because of the great need for a healthy reintegration into society, and the many calls for assistance that we are receiving, we have taken action and the following is a full report of our activities as well as our plans.

Whether you agree or disagree with our country's involvement in the Middle East, most Americans are 100% in support of our military men and women.



INSTITUTE OF HEARTMATH®

Empowering Heart-Based Living

THE NEED

TO REDUCE THE EFFECTS OF WAR-RELATED STRESS AND TRAUMA



So much has been learned since the Vietnam War era about the need to intervene as quickly as possible to help combat veterans and other military personnel who suffer the effects of PTSD and other war-related stress disorders. Studies show that the more mental and emotional-management skills these brave men and women have to help them cope the greater their chances of resuming their lives as productive and loving friends, relatives, spouses, parents and workers.

A June 2007 Pentagon report revealed

- A significant number of U.S. troops returning from combat in Iraq and Afghanistan suffered “daunting and growing” psychological problems.
- 38 percent of Army soldiers, 31 percent of Marines and 49 percent of National Guard members reported post-traumatic stress disorder (PTSD)
- Symptoms: depression, anxiety and other potentially disabling mental disorders.

(From Report of the Department of Defense Task Force on Mental Health – June 2007)

Although not everyone suffers such severe symptoms, most returning combat veterans report adjustment issues when trying to return to “normal” life.

They often describe difficulty controlling anger, increased anxiety, sleeplessness, nightmares, and problems overcoming the replay of traumatic scenarios in their minds. In addition, combat troops and veterans often show the physical effects of war-related stress with high rates of nausea, diarrhea and chronic pain.

- Military men and women must prepare with countless hours of combat training.
- Why not prepare them with tools to combat the stress of war?
- Let’s help them get ready for deployment.
- Let’s help them reintegrate into their homes and society.





THERE IS A SOLUTION

HEARTMATH MILITARY SERVICE APPRECIATION FUND

Military and veterans facilities around the country recognized the need for new solutions to address the daunting and growing psychological problems—so they called us. Together with these facilities we created unique solutions for PTSD, pain control, substance abuse, and more.

HeartMath Intervention programs are already in facilities such as:

- ▶ Amputee Centers – where the emWave® PC Stress Relief Program and other HeartMath programs are helping military amputees learn to control pain, manage emotions and handle stress of surgeries and recovery.
- ▶ Psychiatric Services Facilities – where troops returning from Iraq are practicing with emWave technology to develop skills in dealing with PTSD, anger and anxiety, along with the reintegration and transition process.
- ▶ Substance Abuse Program – where veterans are learning HeartMath techniques and utilizing our technology to overcome their substance abuse problems.
- ▶ PTSD Clinics – where veterans in support groups are learning HeartMath techniques to assist with emotional management and recover from PTSD.

Research Studies with Warriors in progress:

- Effects of HeartMath Intervention and Technologies on Improving Outcomes in Veterans with PTSD: Veterans Medical Center
- Empirical Validation of Heart Rate Variability Biofeedback as a Treatment to Reduce Stress Reactivity in Combat Veterans with PTSD: Veterans Medical Center
- Effects of HeartMath Intervention and Technologies on Improving Outcomes in Homeless Veterans and Veterans with Substance Abuse: Veterans Residential Treatment Center



We Plan To Do More

What I have reported to you is only a small sample of our plans and activities as part of the HeartMath Military Service Appreciation Fund. Over the coming months we will be:

- Launching new training programs for returning troops.
- Expanding our training of mental health professionals at VA facilities and with other organizations helping veterans and active-duty troops.
- Initiating major training programs for a wide range of general healthcare professionals, including doctors and nurses, who are now coming into contact with significant numbers of returning combat veterans.
- Expand our research on the mental and emotional affects combat is having on our men and women.

National Guard Member Thankful for HeartMath

“The HeartMath tools have truly made a difference in my life and the lives around me,” he said right before deployment.

New York National Guard member Jake Kubetz’s greatest fear before deploying to Iraq in 2005 was not physical death, but the sight of fellow soldiers returning from Iraq as emotional basket cases and emotionally empty shells. Fortunately, Kubetz said then, he had HeartMath.

After returning in 2006, Kubetz said, “Thanks to HeartMath, I made it back in good spirits; it was the best weapon I had over there, and the only one I brought back with me and continue to use. ... The heart tools helped me to readjust to life in the States and the culture shock of coming back.”

HOW CAN I HELP?

- Appreciate our current military personnel and veterans
- Share our pride in the help we are able to provide them
- Help us expand the HeartMath Military Service Appreciation Fund programs
- Give a gift that will help reach more and more returning troops and other veterans in need of HeartMath’s intervention services

The money you donate will be used to:

- Provide training programs and emWave technology to military troops, giving them solid solutions for lessening mental, emotional and physical suffering and making it easier for them to transition back into society.
- Train Healthcare providers so they can pass these skills and resources on to the men and women who need care, including those who recently served in combat and noncombat zones as well as those who are currently deployed.



HeartMath resources can aid our troops in shifting feelings of hopelessness and helplessness to optimism and wisdom and help them achieve heart coherence. This fund NEEDS your participation. Our military men and women have given so much for us. Isn't it time to give back to them?

Send your gift to:

Institute of HeartMath, Attention: Military Service Appreciation Fund, PO Box 1463, Boulder Creek, California 95006 or for more information: **Contact Katherine Floriano toll free at (886) 221-6339.**

'In Honor of' Gift Information

To make a contribution on behalf of someone who is doing good work or in memory of a loved one, contact Katherine Floriano.

To see what our men and women are saying, learn what post-traumatic stress disorder (PTSD) is or to read a personal message from the IHM President, go to: www.heartmath.org/about-us/heartmath-military-service-appreciation-fund.html

Your gift is fully tax deductible. IHM is a 501 (c) (3) nonprofit, educational and research corporation. .