



INSTITUTE OF HEARTMATH®

Empowering Heart-Based Living

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Institute of HeartMath® Offers Five Tips to Stress-Proof Summer for Parents, Kids *Wild Ride to the Heart™* Game Sets Foundation for Summer Fun

BOULDER CREEK, CA. – June 24, 2010 – The mercury is rising and parents may need a little help keeping things cool while school is out for summer and the kids are spending more time at home. A full house and a full schedule can sometimes create more havoc than fun without some simple stress-proofing strategies. The Institute of HeartMath® (IHM), a leading research and education organization (<http://www.heartmath.org>), presents five stress-proofing summer tips for parents and kids so tempers don't rise with the season's temperatures.

1. Make realistic plans – Are you being realistic in your summer planning? Try to plan downtime so you don't go crazy trying to do it all. Remember that children aren't the only ones who need to unwind between stimulating activities. Meet as a family and discuss expectations so you can plan accordingly.
2. Make the most of your “unscheduled time” – Unscheduled time gives family members more freedom and the chance to kick back and do what they want for a while. Alone time is important for building a deeper connection with yourself so you can be more present when you're spending time with family.
3. Have you discussed finances? – Often overlooked, many activities involve lots of choices to make about spending money, including averting unnecessary costs. Make sure to plan and get clear on your budget in advance while letting children know about spending guidelines. Simple financial planning can help take the anxiety out of many situations.
4. Are you communicating? – Increased contact with family members before and during activities can bring conflict to the foreground. Some members may feel they are not getting to do what they really want to do, while others need to learn to compromise or let someone else lead from time to time. Honest communication and sincere listening can result in real understanding of each others' needs. These also are helpful in coming up with creative solutions that can balance a situation.
5. Practice effective emotion management with children – Parents can create less stress for everyone by helping children learn emotion-management skills. These skills can help lay the foundation for tips 1 to 4 above.



A fun and creative way to help children is with IHM's new *Wild Ride to the Heart™* board game. By playing this game, children create more awareness of their emotions and learn self-regulation, allowing them to spend the summer learning to understand a variety of emotional reactions instead of building commotion from them. The game aids in children's development of emotional resilience and helps establish family connections through its simple and fun-to-play board game format. Playing this game throughout the summer can help decrease hours of stress, fuss, or even temper tantrums.

Families with busy lifestyles may rarely spend enough time together dealing with emotions. The sharing experience of the *Wild Ride to the Heart* game helps everyone – parents, children and siblings – better understand emotions in a fun, unique and low-cost way.

The *Wild Ride to the Heart* game was developed incorporating extensive research on emotions to help children find the same positive emotional state that has been proven to build emotional flexibility and resilience.

For more information about the Institute of HeartMath and its scientifically validated stress solutions, go to <http://www.heartmath.org>. More information about the *Wild Ride to the Heart* board game is available at <http://www.heartmath.org/wildridetotheheart>.

Wild Ride to the Heart -what's in the box:

- Colorful, illustrated game board.
- Markers for moving around the board.
- Surprise Cards that challenge players to perform various tasks such as:
 - Make faces of different emotions.
 - Describe what makes players feel certain emotions – frustration, disappointment and courage.
 - Practice the HeartMath emotion-regulation tool Go to the Heart™.
- Emotion Definition Cards that explain the meaning of the most common emotions: love, sadness, happiness, anger, calm and fear.
- Spinner.
- Two dice.

Benefits of the Wild Ride to the Heart game:

- Helps children begin to identify and understand their emotions.
- Helps children in their relationships with family and friends at home and school.
- Is based on breakthrough scientific research about emotions and learning.
- Helps teach children emotional self-regulation to better control their mood.
- Can help bring family and friends closer.

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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 promoting global coherence by 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 more than 18 years. IHM was founded in 1991 by Doc Childre, a world leader in stress reduction and emotion-management research. Through its research and education divisions, the institute has developed practical tools, educational programs and services – collectively known as the HeartMath System – for the mental, emotional and physical benefit of children through seniors without regard to their social, economic or cultural status. IHM research has been published in numerous peer-reviewed journals such as *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 Education and Professional Development programs visit www.heartmath.org/education or call (831) 338-8500 or (800) 711-6221. You can learn more about IHM's latest available resources by joining its social networking pages on [Facebook](#) and [Twitter](#), as well as its [YouTube](#) channel. IHM's latest resource page, [HeartMath My Kids](#), is dedicated to providing all caretakers of children with practical information.