

# HeartMath® Institute Student Mental Health Initiative

Educator Reports: Implementing HeartMath® Programs and Technology



## Atlantic Technical College, Broward County Schools, Florida

Submitted by Jude Aurele, Curriculum Specialist

With help from a HeartMath® grant, Jude Aurele, IET Curriculum Specialist for Atlantic Technical College, was able to get trained in HeartMath. In his current job, he is responsible for supporting instructors and students within the health-bound Career and Technical Education classes.

**Now Aurele models HeartMath and other techniques with instructors and students to decrease stress and support well-being and academic performance.** Students learn how to measure their heart rate variability (HRV) using the emWave Pro technology and learn the importance of building coherence with future potential patients as well. Jude has created an online course offering where he shares the benefits of the HeartMath techniques and an understanding of personal and social coherence. He has shared HeartMath techniques with school leaders and faculty within Broward's other Adult Education & Career and Technical Education programs (including at Whiddon Rogers Educational Center).

As both schools continue to work together to expand the reach of HeartMath coursework and techniques, the goal is to invite more students and staff to enjoy the benefits of increased coherence and overall well-being.

### Pictures of students practicing HeartMath technology and strategies:

