

HeartMath® Institute Student Mental Health Initiative

Educator Reports: Implementing HeartMath® Programs and Technology



Cox Elementary School, Xenia, Ohio

Submitted by Erin O'Brien, School Counselor

I truly appreciate the opportunity this grant provided.

We just got the Heartmath® emWave® Pro, and have begun using it with good results. I am adding on additional programming and tools for this learning system. I also plan on familiarizing myself with and utilizing the tools and techniques for next school year. I have heard good things from others who have used it.