

What Your HRV Means - Simple Explanation

HRV gives you a simple view into what your nervous system is doing.

When you are stressed, your body shifts toward a fight-or-flight state and HRV tends to go down. When you are calm, balanced, and recovering well, HRV tends to rise.

In simple terms, higher HRV often points to calm, flexibility, and recovery, while lower HRV can signal stress, strain, or fatigue.

The encouraging part is that HRV can improve. Practices such as slow breathing, recovery, better sleep, movement, and stress reduction can help your system return to balance.