

Why Can Meditation Sometimes Look Like Stress?

During meditation, you may enter a state sometimes described as coherence. In this state, your nervous system activity can become highly organized within a narrow range.

Because that activity may overlap with the range the app interprets as fight-or-flight, the app can sometimes display a high stress state even while you are meditating successfully.

If that happens, do not be alarmed. It does not necessarily mean something is wrong with you or with the app. In many cases, you may also notice your HRV increasing during meditation, which can be a positive sign of regulation and engagement.