

Why is my Stress High when I Meditate ?

- When you meditate, you may enter a state called “coherence.”
- For information about coherence, see <http://www.heartmath.org/templates/ihtm/e-newsletter/publication/2010/winter/coherence.php>
- When we are in a coherent state, our nervous system activity is confined to a small region that happens to fall in the range we consider the “fight or flight” region. SweetBeatLife sees this as a stress state.
- Rest assured that if you are meditating and SweetBeatLife indicates high stress, you are likely in a coherent state. Don’t be concerned about it; it doesn’t mean anything is wrong with you or with the app.
- You may notice that your HRV increases during meditation, regardless of the detected Stress state.