

There are a multitude of methods: yoga, mindfulness, hypnosis, relaxation, EMDR... It is crucial to find the one that suits you best. For me, mindfulness meditation, practiced regularly in the morning or evening for 10 minutes, turned out to be the most effective. Sitting, eyes closed, without music, focus on your breathing and observe your thoughts. Visualization can also be beneficial—imagine peaceful places or pleasant people. The important thing is to feel good and regain control of your mind.

Cardiac Coherence

In the tumult of the financial market, where every second can be a mix of adrenaline and tension, there is a powerful technique capable of transforming the way traders face pressure: cardiac coherence. This method, more than just a breathing technique, is a bridge between the body and the mind, which has proven its effectiveness through various scientific studies.

Imagine for a moment that you are a trader, eyes fixed on fluctuating charts. Your heart races at every significant market movement. This is where cardiac coherence comes into play. By adopting rhythmic breathing techniques, you begin to calm this frantic heart rate. But it's not just a physical calm. Studies conducted by the HeartMath Institute in the United States have shown that cardiac coherence can significantly reduce stress and anxiety by regulating the autonomic nervous system. For a trader, this means fewer impulsive decisions guided by fear or greed.