• My co-host has placed all of you on **mute** throughout the webinar.
• Co-host will mention ability to use Q&A box.
• A **Dropbox link** of materials will be in the Chat Box - all resources in English and Spanish are free.
• Please complete the feedback form at the end of our virtual meet-up! It will be posted in the Chat Box.
Who We Are

Pure Edge, Inc. (PEI) is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

PEI also provides grants to national organizations that advance the work of whole child development & SEL.

Introductions

Anne Contreras, MACP, MFTi #87444
anne@pureedgeinc.org
Director of Programs - National Trainer

PhD Studies:
International Psychology
Trauma/Systems Concentration – Global Crisis Informed Care
Engaging Activity: Attitude of Gratitude
Learning Objectives

- Review the impact of stress.
- Experience a simple self-care practice throughout.
- Understanding the importance of one’s own self-care especially when caring for others.

GOOD STRESS

- Positive challenge
- Motivates us
- Promotes well-being
- Enhances performance

BAD STRESS

- No relief in sight
- Makes us physically sick
- Weakens immune system
- Impairs performance

Concept by Marc Brackett, Ph.D.
Yale Center for Emotional Intelligence
The wear and tear on the body that builds up as a person is exposed to repeated or chronic stress.

Allostatic Load

Stress Response

“Gas Pedal”
Sympathetic Nervous System: Fight or Flight

“Brake”
Parasympathetic Nervous System: Rest and Digest

https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response
Engaging Activity: Chair Sunrise Twist

Stress Is Contagious

Higher cortisol levels were found in students whose teachers reported high levels of stress and burnout.

Researcher Kimberly Schonert-Reichl urges educators to be aware of their own mindsets and to practice mental wellness exercises to reduce their stress levels.

[Link to news article](https://www.tricitynews.com/news/stress-is-contagious-education-leaders-told-1-24030014)
Parent(s) - parental MODELING

Kids absorb the adults’ mannerisms especially

EMOTIONAL REGULATION (the ability to manage their emotions).

Cadieux, Adelle, Pediatric psychologist at Helen DeVos Children’s Hospital in Grand Rapids, Michigan, “Teaching children self-compassion by modeling it ourselves.”

Self-care is primary to caring for others.
Engaging Activity: Breathing Ball

Engaging Activity: Even In – Even Out
Self-care TIPS for yourself and others.

OURSelves
• Self-compassion - gratitude
• Self-Care

SELF-CARE
• Exercise: Yoga based movements combine exercise + mindfulness.
• Diet: provides nutrients to encourage energy + lowers stress.
• Sleep: 6-8 hours (one’s self) + those younger, 8-10 hours
• Social interaction: physical separation/distancing however...
• Limit TV coverage of crisis: 1 reliable news source, 1x a day

Self-care TIPS for yourself with others.

LISTEN
• Do not judge
• Do not interrupt
• Pay attention – be present
• Allow your feelings, as well as theirs.
  • Anger
  • Frustration
  • Overwhelmed
  • Etc.

COMMUNICATE
• Safety
• Security
Engaging Activity: Seated Figure Four

Engaging Activity: Guided Rest