

Pure Community



Thank you for joining us!

Session: The Power of Mindfulness Series:
Body, Breath & Online


Trainer: Anne Contreras
Director of Programs

Getting Started:

1. If you have any questions, please type them into the Q&A box!
2. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion.


Follow us @pureedgeinc
 Website: www.pureedgeinc.org
 Email: getmoving@pureedgeinc.org



©2020 Pure Edge, Inc.

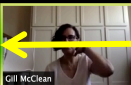
1

Welcoming: **Mindful Minute**




©2020 Pure Edge, Inc.


To enlarge the video of the host, hover your cursor over this spot, and pull the gray line to the left.



Welcoming: **Mindful Minute**



©2020 Pure Edge, Inc.



2




3

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


©2020 Pure Edge, Inc.

4

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.



©2020 Pure Edge, Inc.

5

Welcoming Activity: Mindful Minute



©2020 Pure Edge, Inc.

6

Learning Objectives

- ❖ Build an understanding of the **Body-Breath connection**.
- ❖ Understand how/when **being online** affects this connection.
- ❖ Experience **Brain Breaks** throughout, to help reset-recharge both.



©2020 Pure Edge, Inc.

7



Engaging Activity: One Minute Reflection



©2020 Pure Edge, Inc.

8

Body

Our bodies send us messages throughout the day.

Can you name **one of the messages your body** has sent you so far?

- Hunger
- Fullness
- Thirst
- Tired
- Warmth
- Cold



<https://www.todayparent.com/baby/baby-sleep/6-tips-for-getting-your-baby-to-sleep-in-a-crib-during-naptime/>



©2020 Pure Edge, Inc.

9

Body

- **The body** is our most concrete tool in mindfulness practice. It provides **immediate feedback**.
- When one becomes aware of the body, **one notices its state as it is right now**.
- **Feedback loop:** The muscles, bones, organs, nervous system that are all part of an inescapable connection, from how one may think and feel, in the moment.



©2020 Pure Edge, Inc.

10



Engaging Activity: Sunrise/Sunset



©2020 Pure Edge, Inc.

11

Breath



- The average person takes approximately **23,000 breaths** per day.¹
- Breathing is an **involuntary function**.
- The breath is connected to the **nervous system** (brain, spinal cord, peripheral nerves), as well as the:
 - **cardiovascular system,**
 - **digestive** and
 - **musculoskeletal systems.**



1: Walker Meade, "Every Breath You Take," The Herald Tribune, 2010. <http://www.heraldtribune.com/article/20100112/ARTICLE/1121008>.

©2020 Pure Edge, Inc.

12

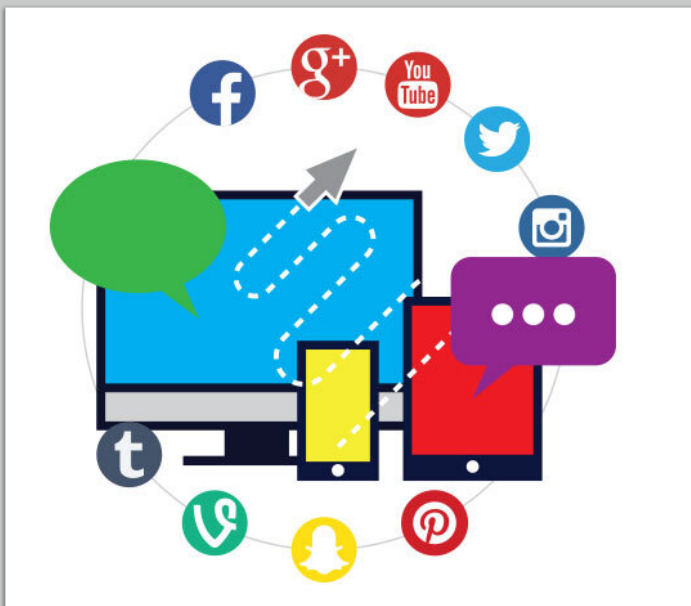


Engaging Activity: Recharge Sequence



©2020 Pure Edge, Inc.

13



Online

More and more time is spent online. Computers, phones and the internet are useful or required tools for school, work, socializing and in business.

How many hours do you think you spend on the internet or social media, **per day**?

- 3
- 5
- 7
- 10+



©2020 Pure Edge, Inc.

14

Online

Since the internet has become the norm, our brains have become more and **more dependent** on it.



Studies show that chronic, long-term internet use can have an impact on **executive functions** of the brain and impair one's ability to feel:

- Compassion
- Empathy¹

Victoria Dunckley, "Gray Matters: Too Much Screen Time Damages the Brain," Psychology Today.
<https://www.psychologytoday.com/blog/mental-wealth/201402/gray-matters-too-much-screen-time-damages-the-brain>



©2020 Pure Edge, Inc.

15



Engaging Activity: Even In – Even Out



©2020 Pure Edge, Inc.

16



Engaging Activity: Guided Rest



©2020 Pure Edge, Inc.

17

Takeaway - Home Practice

Throughout your day, try to bring more attention to:

How and what your **body is feeling?**

How what your **breath is doing?**

Check specific times of the day, once a day:

Morning

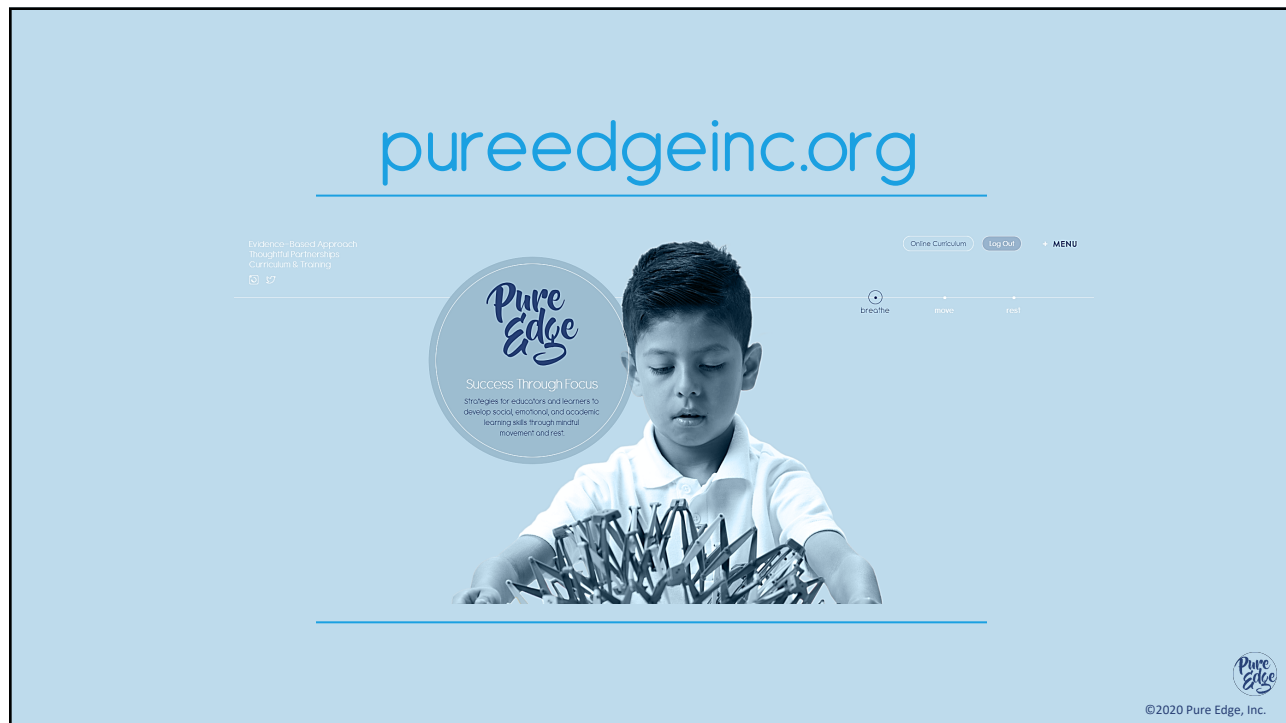
Afternoon

Evening





©2020 Pure Edge, Inc.

18



19





Pure Community


Please Note: You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion. Thank you!

Thank you for joining us!

Session: The Power of Mindfulness Series: Body, Breath & Online
Trainer: Anne Contreras
 Director of Programs



Follow us @pureedgeinc
 Website: www.pureedgeinc.org
 Email: getmoving@pureedgeinc.org



©2020 Pure Edge, Inc.

20