




Pure Community

**Thank you for joining us!**

**Session:** The Power of Mindfulness Series:  
Body, Breath & Mind Part 1

**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.





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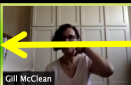
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Welcoming: **Mindful Minute**




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



Welcoming: **Mindful Minute**



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# Introductions

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PhD Studies:  
International Psychology  
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## Who We Are

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**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.



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## Welcoming Activity: Mindful Minute



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## Engaging Activity: Mindful Listening



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## Learning Objectives

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- ❖ Continue to build upon one's understanding of the **Body-Breath connection**.
  - ❖ **The Mind and Habit(s)**: noticing how and what we are thinking.
  - ❖ Experience **Brain Breaks**, to help reset-recharge ourselves throughout.
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## Quick Review: Body & Breath

Which is/are true about the BODY?



Which is/are true about the BREATH?

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



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## Engaging Activity: Recharge Sequence



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# The Mind

Research shows that the average person has **50,000 to 70,000** thoughts per day.<sup>1</sup>



- Mindfulness can be defined as **"the ability to notice what is happening as it is happening."**
- **Mindfulness practice** is one way to improve our ability to become more aware of what we are thinking.

"Through physical practice, we have learned how to exercise different muscles in the body, and now we will begin training our mindfulness muscle."<sup>2</sup>

1: Bruce Davis, Ph.D., Retreat leader at Silent Stay Retreat Center, [https://www.huffpost.com/entry/healthy-relationships\\_b\\_3307214](https://www.huffpost.com/entry/healthy-relationships_b_3307214)  
2: Sharon Salzberg, Real Happiness, 2010



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## Engaging Activity: Standing Half Moon



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1: habit | behaviour | Britannica.com

## Habit

Something one does regularly and, usually, without much conscious thought.<sup>1</sup>

### Practical habits

We also develop habitual ways of thinking that can develop into **negative patterns**.

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## Habit

There's a nifty term for this kind of cyclical or repetitive thought: **add-on**.<sup>1</sup>

- One can have a **negative experience**, and our minds immediately begin to weave narratives based on that negative experience.
- On the **flip side**, one can have the habit of receiving critical feedback constructively, to be as used as information towards growth and learning.

Both outcomes are affected by our **state or habits, of mind**.

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1: Sharon Salzberg, Real Happiness, 2010.  
Image: Featured on ASCD myTeachSource: Developing Habits of Mind, <https://inservice.ascd.org/featured-on-ascd-myteachsource-developing-habits-of-mind/>.

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## Engaging Activity: Stork



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## Engaging Activity: Guided Rest



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# Takeaways

## Circle back:

- The mind: our thoughts
- What is mindfulness?
- A habit(s) – our habits
- Flexing the mindfulness muscle.

## Breath, Move & Rest Review

### Brain Breaks

1. Mindful Listening
2. Recharge Sequence
3. Standing Half-Moon
4. Stork – balancing pose
5. Guided Rest



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# Home Practice

**Set a goal of noticing ten thoughts a day:**

**Simply focus on what you are thinking.**



**Notice if your attention wanders from a conversation, task, or project.**

**Flex your mindfulness muscle**


**&**

**bring your attention back.**



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