Thank you for joining us!

Session: The Power of Mindfulness Series: Body, Breath & Mind Part 2
Trainer: Anne Contreras
Director of Programs

Getting Started:

1. This is an experiential webinar that includes movement. Please adjust your space for you to comfortably move.

2. If you have any questions, please type them into the Q&A box! These will be answered throughout the webinar.

3. You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance. You will not receive a certificate, it will just be the confirmation of attendance email.

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Introductions

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PhD Studies:
International Psychology
Trauma/Systems Concentration,
Global Crisis Informed Care
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.

Welcoming Activity: Mindful Minute
Engaging Activity: Attitude of Gratitude

Learning Objectives

- Touch on bias – negativity bias
- Learning the technique, Taking in the Good
- Experience Brain Breaks, to help reset-recharge ourselves throughout.
The Mind & Habit(s) Review

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

A habitual way of thinking that can develop into negative patterns, also referred to as an **add-on**.2 It is cyclical or repetitive thinking.

1: Bruce Davis, Ph.D., Retreat leader at Silent Stay Retreat Center, https://www.huffpost.com/entry/healthy-relationships_b_3307916

Engaging Activity: Brain Balance Sequence
Bias

An inherent or learned prejudice against a thing, person, or group when compared with another.

Nearly all humans share a **negativity bias**, that is…our tendency to hold on to or collect negative information in the form of **memories** or **impressions**.

Taking in the Good

“The brain is like Velcro for negative experiences and like Teflon for positive ones.”

- Meaning, unpleasant experiences stick to the brain’s longer-term memory.
- While pleasant experiences are less likely to stay put.

It takes **2-3 seconds** for one’s brain to remember something **unpleasant**.

It takes **20-30 seconds** for your brain to remember something **pleasant**.

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1. Bias | Definition of Bias by Merriam-Webster

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Engaging Activity: Chair Eagle

Taking in the Good

• Taking in the Good entails focusing on the positive in what is occurring or has already occurred.

• Therefore, absorbing and appreciating the experience itself of a positive thought or memory in order to cultivate resilience and gratitude.

So this varies from positive thinking methods in which one hopes for a particular outcome.

Engaging Activity: Seated Figure Four

Engaging Activity: Guided Rest
**Takeaways**

- Bias
- Taking In the Good
- Pleasant experiences vs Unpleasant experiences.
- Cultivating resilience and gratitude.

**Breath, Move & Rest Review**

**Brain Breaks**

1. Attitude of Gratitude
2. Brain Balance Hop
3. Chair Eagle
4. Seated Figure-Four
5. Guided Rest

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**Home Practice**

Flexing your mindfulness MUSCLE by noticing when your mind veers off on a negative track:

Instead “invite” a positive thought.

Then, invest all your attention in that positive thought for at least 30-seconds.
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