


Pure Community





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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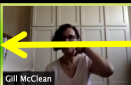
  
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Welcoming: **Mindful Minute**




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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*The Power of Mindfulness Series:*  
Body, Breath and Mind Part 2  
**TAKING IN THE GOOD**  
Tuesday, April 21, 2020

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# Introductions

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**[anne@pureedgeinc.org](mailto:anne@pureedgeinc.org)**  
Director of Programs - National Trainer

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

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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: Attitude of Gratitude



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## Learning Objectives

- ❖ Touch on **bias** – negativity bias
- ❖ Learning the technique, **Taking in the Good**
- ❖ Experience **Brain Breaks**, to help reset-recharge ourselves throughout.



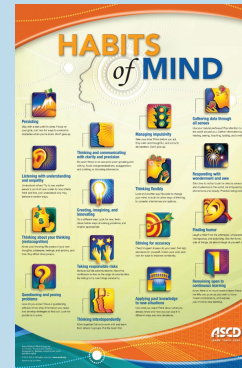
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## The Mind & Habit(s) Review

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



A habitual way of thinking that can develop into negative patterns, also referred to as an **add-on**.<sup>2</sup> 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](https://www.huffpost.com/entry/healthy-relationships_b_3307916)

2: 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: Brain Balance Sequence



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# Bias

An inherent or learned prejudice against a thing, person, or group when compared with another. <sup>1</sup>

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**.

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<sup>1</sup>: [Bias | Definition of Bias by Merriam-Webster](#)

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# Taking in the Good

"The brain is like Velcro for negative experiences and like Teflon for positive ones." <sup>1</sup>

- 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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<sup>1</sup>: Rick Hanson and Rick Mendius, "Positive Emotions and Taking In the Good," 2007. <http://www.wisebrain.org/PositiveEmotions.pdf>

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## Engaging Activity: Chair Eagle



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## 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.



Rick Hanson and Rick Mendius, "Positive Emotions and Taking In the Good," 2007, <http://www.wisebrain.org/PositiveEmotions.pdf>

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## Engaging Activity: Seated Figure Four



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## Engaging Activity: Guided Rest



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# 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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