Getting Started:

1. A Dropbox link of materials will be in the Chat Box at the end of the session - all resources in English and Spanish are free.

2. Complete the very brief feedback form at the end of our virtual meet-up! It will also be posted in the Chat Box.

3. If you have any questions, please type them into the Q&A box!

Follow us @pureedgeinc
Website: www.pureedgeinc.org
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Thank you for joining us!

Session 1: Educator Self-Care
Trainer: Gill McClean
Director of Professional Development

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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.
Mission

Pure Edge, Inc. believes that all educators and learners deserve to be taught strategies that help combat stress and support the development of social, emotional, and academic learning competencies with an open heart and mind.

Welcoming Activity: Mindful Minute
Engaging Activity

Respond to the poll to share which of the following images most accurately reflects your experience right now:
What is stress?

Any demand made upon the adaptive capacities of the mind and body.

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
Allostatic Load

Engaging Activity: Nasal Breathing
Benefits of Nasal Breathing

• Filters dust and impurities from the air
• Warms the air to body temperature
• The diaphragm is more easily controlled, which supports the development of internal core strength
• More control over lengthening the breath (extended exhalations help activate the parasympathetic nervous system)
• Increased oxygen from nasal breath increases energy and vitality


What we hope to do

Respond

Vs.

React
Breathe  Move  Rest

Engaging Activity: Breathing Ball
Stress Response

“Gas Pedal”
Sympathetic Nervous System:
Fight or Flight

“Brake”
Parasympathetic Nervous System:
Rest and Digest

Engaging Activity: Mountain/Chair Strength Sequence
Did you know?
Give yourself time to develop these new patterns/habits. There’s a wide range (18-200+ days) in how long it takes to develop a new habit; average time being 66 days.

Brain Breaks Implementation Tips

1. Establish A **Consistent** Routine
2. Start of Day/End of Day/Transitions
3. Start **Small**, Then Build
4. **Repeat, Repeat, Repeat**
5. Be Comfortable With the Exercises
Engaging Activity: Guided Rest
What questions do you have?

Grateful for the opportunity!