



Pure Community



Thank you for joining us!

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

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
 Email: getmoving@pureedgeinc.org

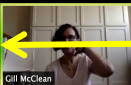

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Welcoming: **Mindful Minute**




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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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**.



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Welcoming Activity: Mindful Minute



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Engaging Activity

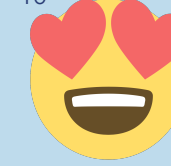
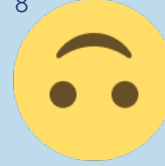
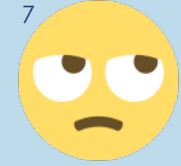
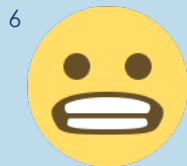
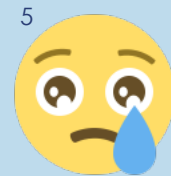
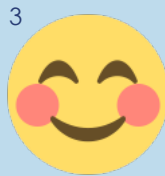
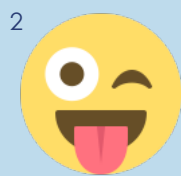
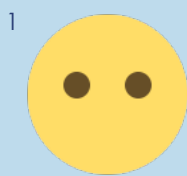


Respond to the poll to share which of the following images most accurately reflects your experience right now:



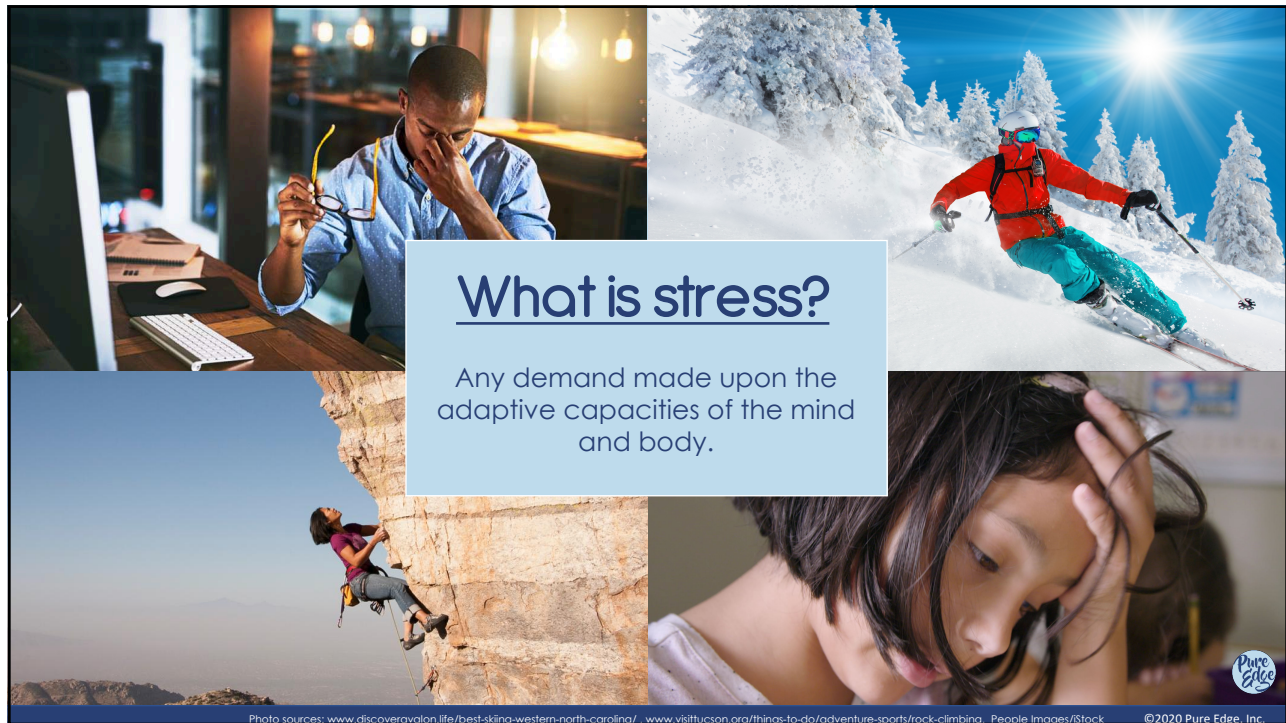
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What is stress?

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

Photo sources: www.discoveravalon.life/best-skiing-western-north-carolina/, www.visitucson.org/things-to-do/adventure-sports/rock-climbing, People Images/Stock. ©2020 Pure Edge, Inc.

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GOOD STRESS	BAD STRESS
<ul style="list-style-type: none"> • Positive challenge • Motivates us • Promotes well-being • Enhances performance 	<ul style="list-style-type: none"> • No relief in sight • Makes us physically sick • Weakens immune system • Impairs performance

Concept by Marc Brackett, Ph.D.
Yale Center for Emotional Intelligence

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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

Northwestern University, "Rhythm of breathing affects memory, fear; Breathing is not just for oxygen; it's also linked to brain function, behavior." ScienceDaily, ScienceDaily, 7 December 2016. <www.sciencedaily.com/releases/2016/12/161207092034.htm>



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What we hope to do

Respond

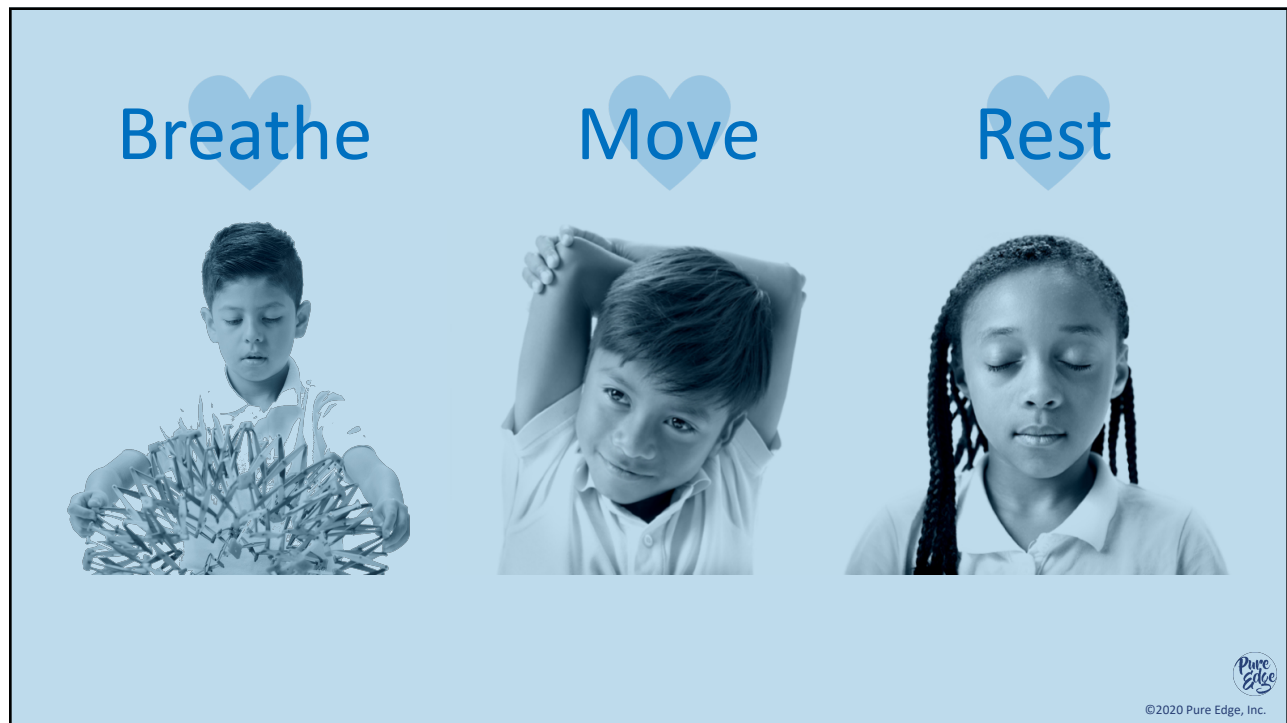
Vs.

React

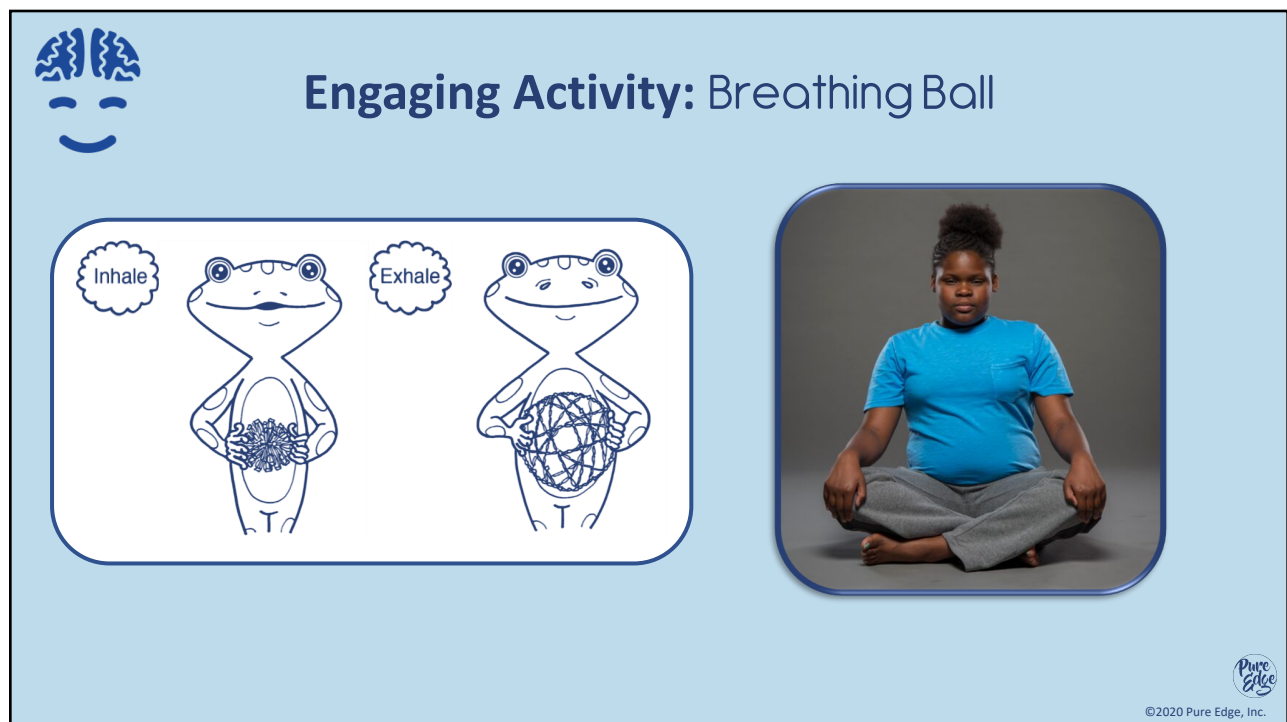


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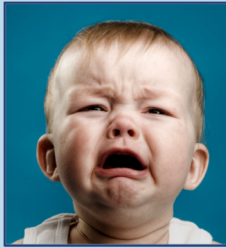


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Stress Response



“Gas Pedal”

Sympathetic Nervous System:
Fight or Flight



“Brake”

Parasympathetic Nervous System:
Rest and Digest



<https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>

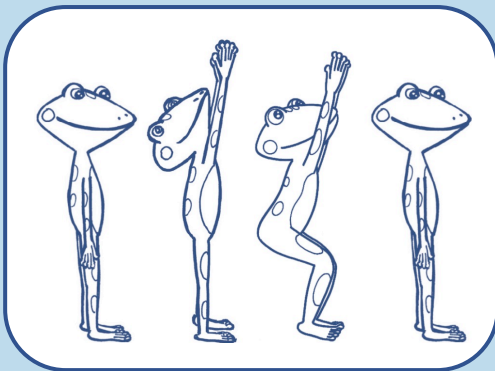


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Engaging Activity: Mountain/Chair Strength Sequence



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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.

<https://onlinelibrary.wiley.com/doi/abs/10.1002/ejsp.674>



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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



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Engaging Activity: Guided Rest




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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training
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Online Curriculum Log Out + MENU

Pure Edge
Success Through Focus
Strategies for educators and learners to develop social, emotional, and academic learning skills through mindful movement and rest.

• breathe • move • rest



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