



Thank you for joining us!

Session: Stress Management for
High School Students

Trainer: Michelle Kelsey Mitchell,
Director of Partnerships

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 confirmation of attendance.

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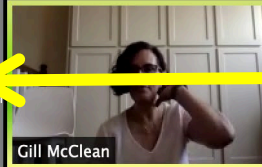


Website: www.pureedgeinc.org

Email: getmoving@pureedgeinc.org



Welcoming: **Mindful Minute**



Gill McClean

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



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Welcoming: **Mindful Minute**

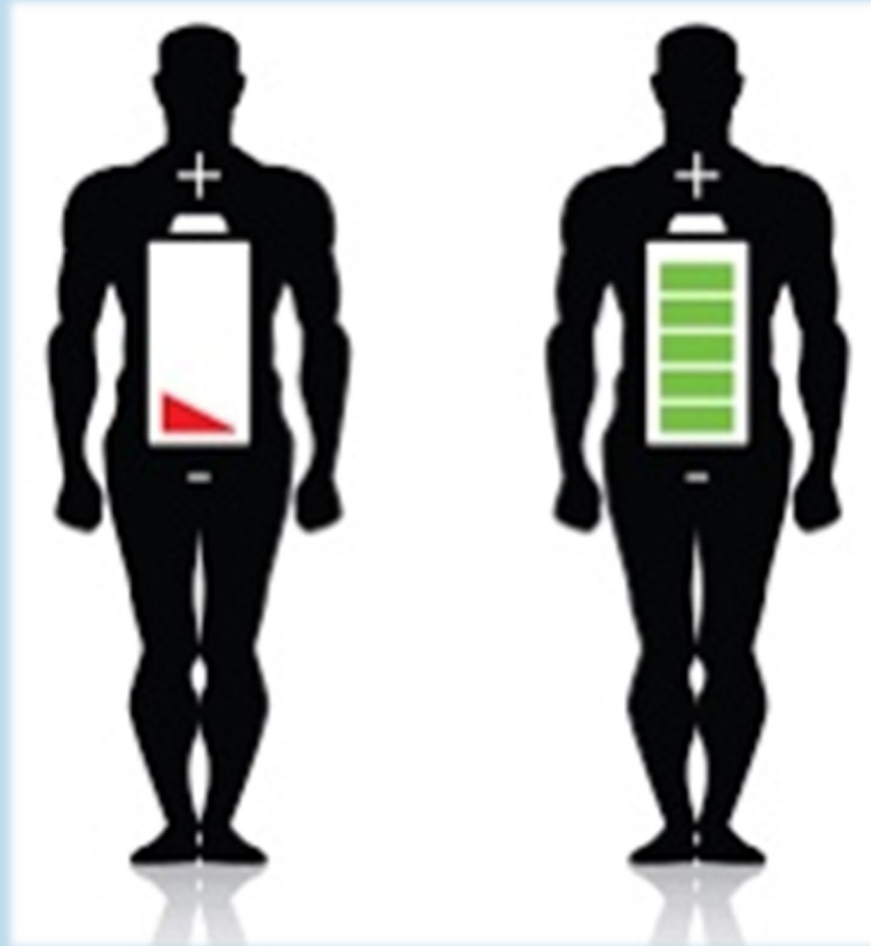


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Welcoming Activity: What is your energy level now?



Introductions

Michelle Kelsey Mitchell
michelle@pureedgeinc.org
Director of Partnerships



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.



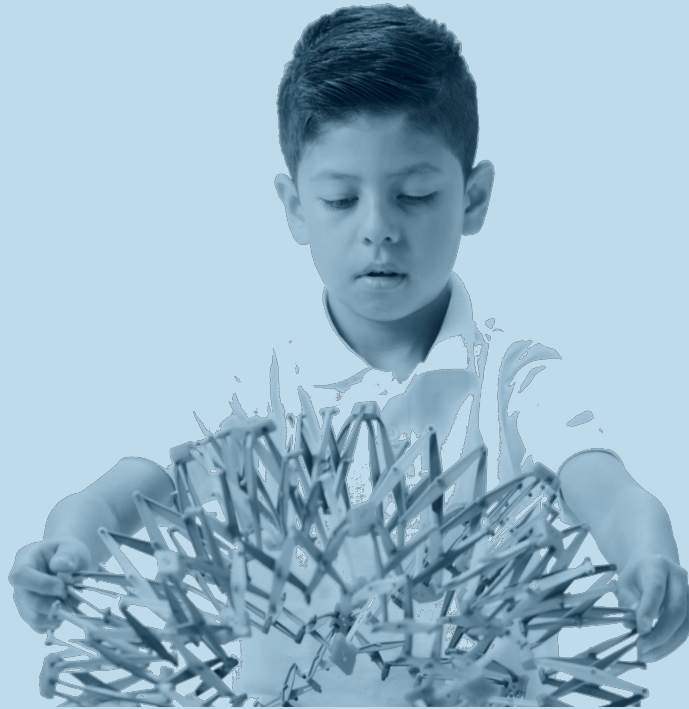


What is stress?

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



Breathe



Move



Rest



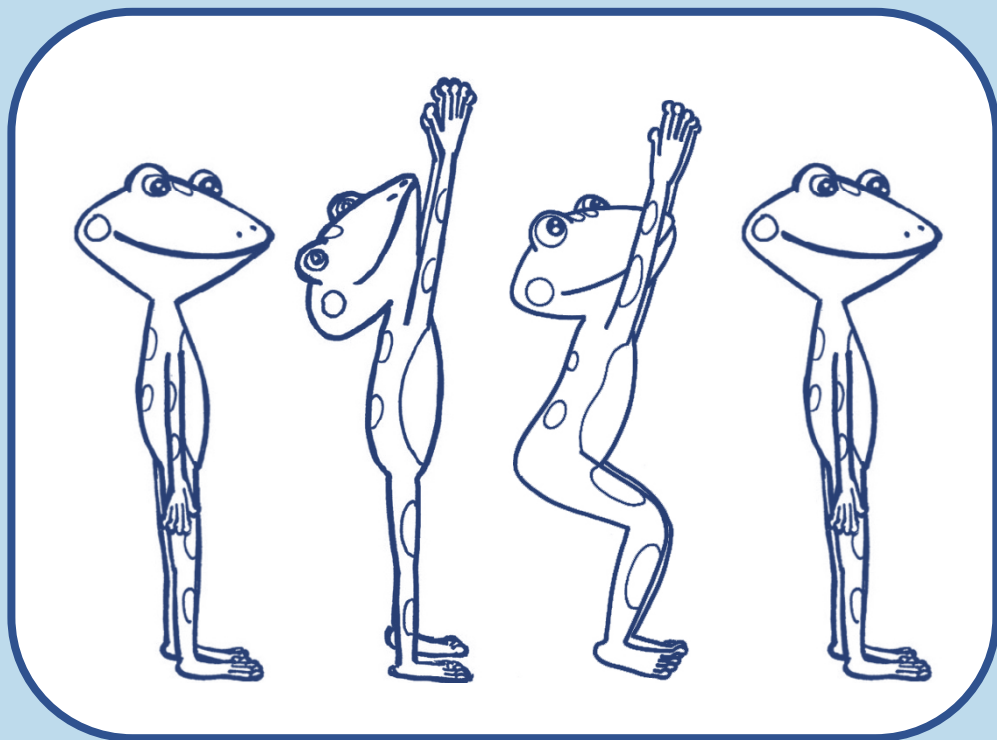


Engaging Activity: Easy In, Extended Out



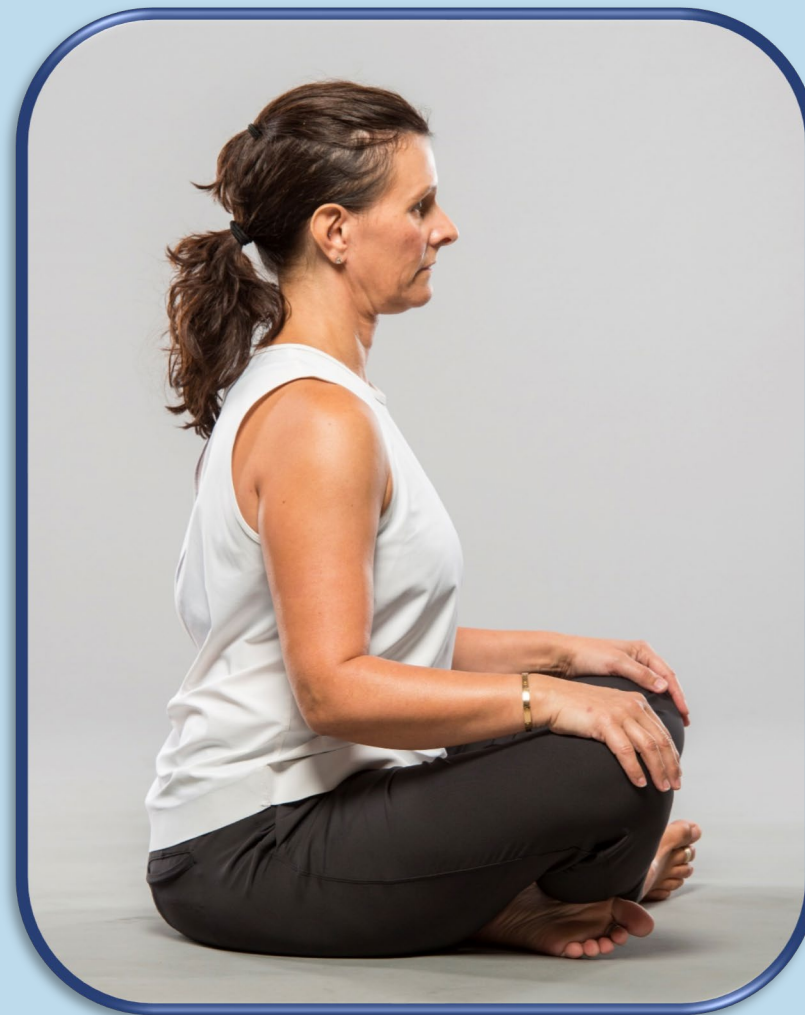


Engaging Activity: Mountain/Chair Strength Sequence





Engaging Activity: One Minute Reflection



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

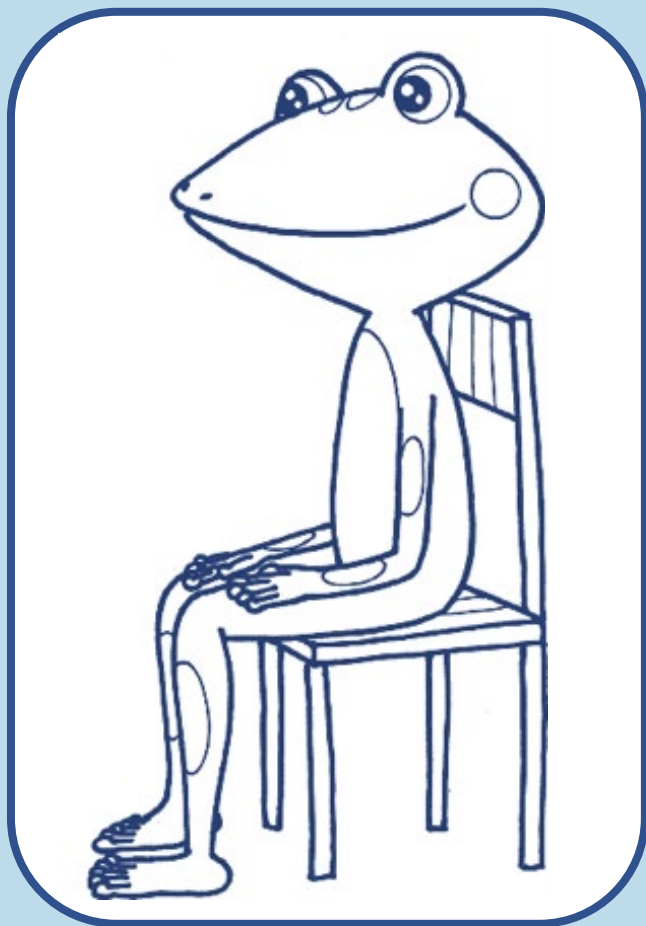


Allostatic Load



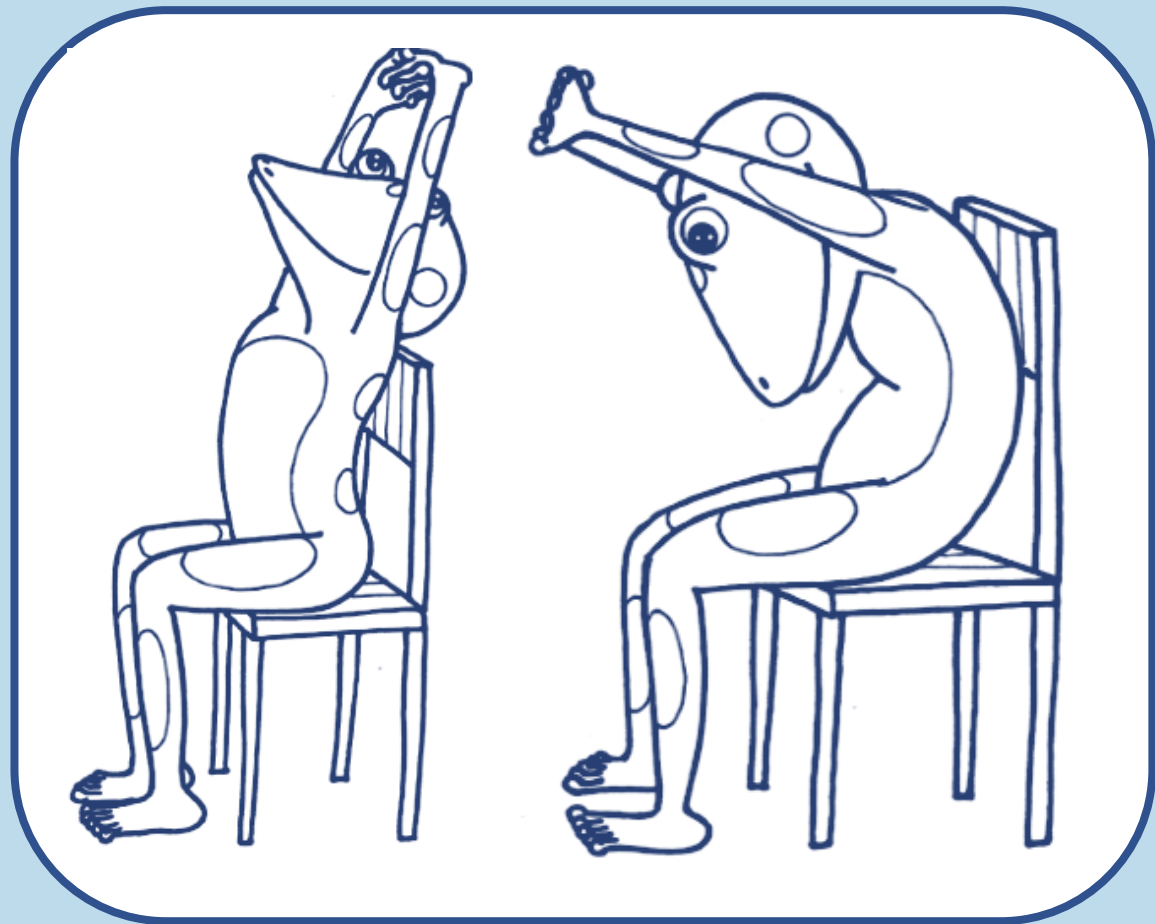


Engaging Activity: Even In – Even Out



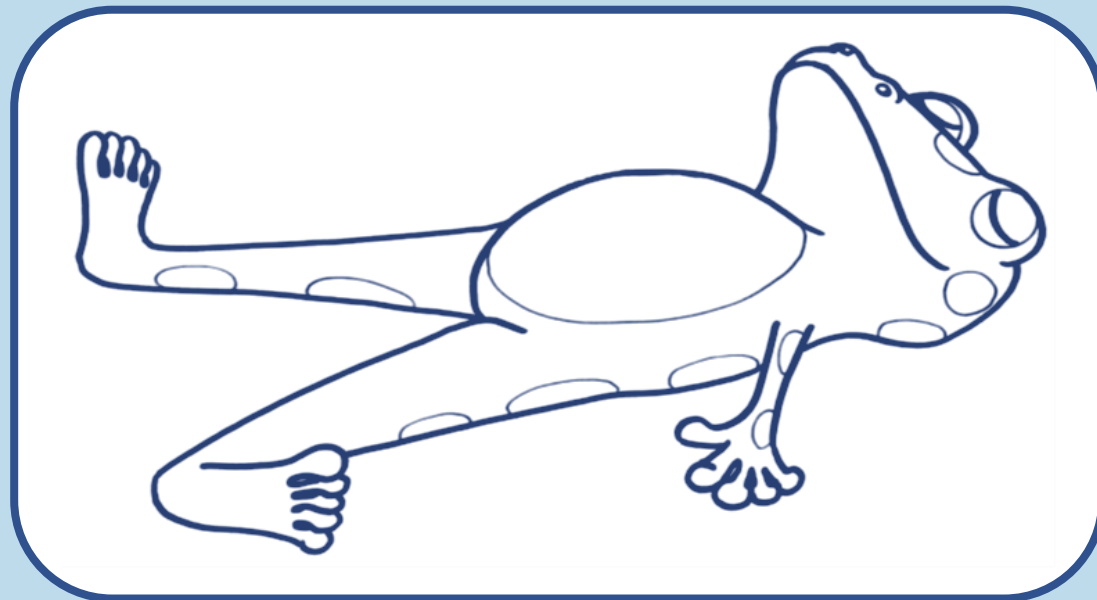


Engaging Activity: Chair Cat/Cow

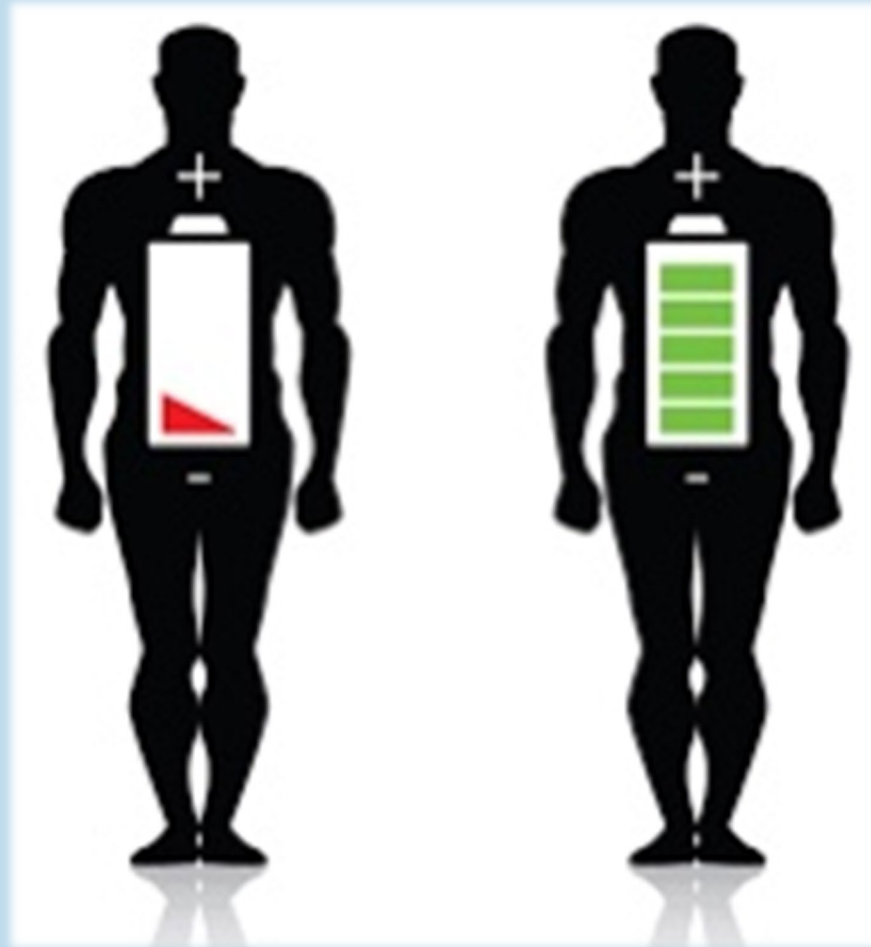




Engaging Activity: Guided Rest / Body Scan



Engaging Activity: What is your energy level now?



Implementation Tips

Establish A Consistent Routine

Start of Day/End of Day/Transitions

Start Small, Then Build

Repeat, Repeat, Repeat

Be Comfortable With the Exercises



Optimistic Closure: One Word Takeaway



Photo: Juan Monino

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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest





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Session 2: Stress Management for High School Students
Trainer: Michelle Kelsey Mitchell, Director of Partnerships



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