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.
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 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.
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

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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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Thank you for joining us!

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

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