Thank you for joining us!

Session: Educator Self-care Series: Strategies to Increase Energy and Vitality, Part 2
Trainer: Gill McClean
Director of Professional Development

Getting Started:

1. If you have any questions, please type them into the Q&A box! These will be answered throughout the webinar.

2. 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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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 your Energy Level right now?
Welcoming Activity: Mindful Minute

Breathe  Move  Rest
Issues we face...

- Working from home
- Increases in screen time
- Anxiety when outside
- Lower physical activity levels
- Difficulty getting to sleep
- Missing family and friends
- Lack of social contact

Sources: CDC YRBS 2015; https://www.kidsdata.org/; Cavanaugh et al., 2016

Self-regulation & the Brain
Engaging Activity: Alternate Nostril Breathing

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
Engaging Activity: Chair Pose Twist & Forward Bend Sequence

Blue Zone

Red Zone
Engaging Activity: Wave Sequence
Teachers in positive moods marked an essay on average a full grade higher than those in negative moods.


Engaging Activity: Guided Rest / Body Scan
What is your Energy Level right now?

Takeaways

Circle Back

• Stress in an “energy vampire”
• It’s natural to “flip your lid” but take action to refill your energy tank.
• Energy levels are elevated when we are in the Green Zone.

Brain Breaks Review

1. Alternate Nostril Breathing
2. Chair Pose Twist & Forward Bend
3. Wave Sequence
4. Guided Rest / Body Scan
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