Thank you for joining us!

Session: Mindful Speech & Action
Trainer: Anne Contreras
Director of Programs

Getting Started:

1. This is an experiential webinar that includes movement. Please adjust your space for you to comfortably move.

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

3. 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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Email: getmoving@pureedgeinc.org

To enlarge the video of the host, hover your cursor over this spot, and pull the gray line to the left.
The Power of Mindfulness Series:
Mindful Speech & Action
Tuesday, May 5, 2020

Introductions

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Director of Programs - National Trainer

PhD Studies:
International Psychology
Trauma/Systems Concentration,
Global Crisis Informed Care
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.

Welcoming Activity: Mindful Minute
Engaging Activity: STOP

Stop
Take a break
Observe thoughts, feelings, emotions
Proceed

Learning Objectives

- Further understand communication.
- Awareness of speech and action
- Experience Brain Breaks, to help reset-recharge ourselves throughout.

Review: Reaction & STOP

In a reaction, one might experience the following physical clues EXCEPT:

STOP Take a break observe thoughts, feelings, emotions Proceed

The technique STOP does not equip us to behave or act in a way that does not add to confusion, difficulty or harm.
Engaging Activity: Wave Sequence

Communication

- Supports personal health & wellness.
- Health & wellness of our relationships.
- Creates ripple effects, depending on our tone, words and intention.

How we Speak & Act

Emotions and thoughts underlie how we speak and act in the world.

• Since we are speaking and acting almost constantly, it is easy to speak and act mindlessly.

• Then, of course the opposite is true too, it is possible to speak and act mindfully or responsively.

Engaging Activity: Chair Cat/Cow
How we Speak & Act

1. Have you ever said something kind and supportive to someone?
   How did each of these make you feel?
   How did each of these make the recipient feel?

2. Have you ever said something hurtful or critical to someone?

Engaging Activity: Chair Boat
Mindful Speech & Action

One of the goals of mindfulness is to use our awareness for good. We are capable of mindfully speaking and acting in support of ourselves as well as with the intention of not hurting others.

Engaging Activity: Guided Rest / Body Scan
Takeaways

• Communication
• How we speak & act.
• Mindful Speech & Action

Breath, Move & Rest Review

Brain Breaks

1. STOP Technique
2. Wave Sequence
3. Chair Sunrise-Sunset
4. Chair Boat
5. Guided Rest / Body Scan

Home Practice

Pay close attention to your interactions:

With friends, acquaintances, teachers, and family members.

NOTICE: Do your words and actions reflect a mindless (reactive) or mindful (responsive) attitude/approach?
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