



Pure Community



**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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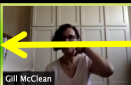
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Welcoming: **Mindful Minute**




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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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# Introductions

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Director of Programs - National Trainer

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

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## Who We Are

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**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.



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## Welcoming Activity: Mindful Minute



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# Engaging Activity: STOP





Elisha Goldstein, "Stressing Out? S.T.O.P.," *Mindful*, May 29, 2013.



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# Pure Power





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## Learning Objectives

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



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## Review: Reaction & STOP

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



The **technique STOP** does not equip us to behave or act in a way that does not add to confusion, difficulty or harm.



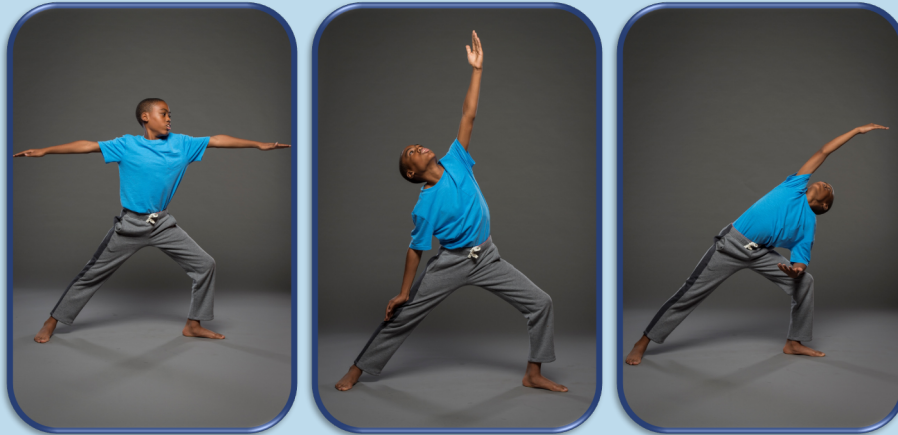
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1: Image: Illustration by Joshua Seong. © Verywell, 2018; <https://www.verywellmind.com/what-is-the-fight-or-flight-response-2795194>  
 2: Image: Image: <https://virtualtutoring.co.uk/blog/stop-mindfulness/>

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## Engaging Activity: Wave Sequence



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## Communication

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



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Image: <https://www.shrm.org/hr-today/news/hr-magazine/spring2019/pages/how-to-improve-leaders-communication-skills.aspx>

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## 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.**



Image: Nathan Jaye, *Poor Communication Hurts Performance*, <https://blogs.cfainstitute.org/investor/2016/10/10/poor-communication-hurts-performance/>

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## Engaging Activity: Chair Cat/Cow



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## 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?

Image: Ester Wojcicki, How to Raise Kids Who Will Grow up into secure Trustworthy Adults, August 30, 2019.  
<https://ideas.ted.com/how-to-raise-kids-who-will-grow-into-secure-trustworthy-adults/>



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## Engaging Activity: Chair Boat



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Image: Dr. Dan Siegel, "What hearing YES does to your child's brain." January 11, 2018.  
<https://www.mindful.org/dr-dan-siegel-hearing-yes-childs-brain/>

## 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.**

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## Engaging Activity: Guided Rest / Body Scan

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# 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



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# 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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