Thank you for joining us!

Session: Self-Care for Mental Health Providers
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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Email: getmoving@pureedgeinc.org

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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
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: Emoji Poll

Respond to the poll to share which of the following images most accurately reflects your feelings right now.
Learning Objectives

- Build an understanding of the **Body-Breath connection**.
- Understand how/when **being online** affects this connection.
- Experience **Brain Breaks** throughout, to help reset-recharge both.

Student Mental Health

- **60%** of K-12 students are exposed to a traumatic event.
- **17 million** children have untreated mental health diagnoses.
- **2nd** most common cause of death among ages 10-24 is suicide.
- **95%** of teens have smartphones, while 45% are “online constantly.”
- **9** hours is the average amount of media consumed each day, unrelated to school, by teens (13-18). The average for ages 8-12 is 6.
- **52%** is the rate of increase in major depression among youth ages 12-17, from 2005-2017.
- **6.1 million** children ages 2-17 have received an ADHD diagnosis.
- **30-40%** of undergrads at Ivy League institutions seek mental health services, up 20% per year over the last 6 years.
Adult Mental Health

- 1 in 5 adults in America experience a mental illness.
- Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.
- One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.
- Approximately 10.2 million adults have co-occurring mental health and addiction disorders.

People who care deserve care.
Self-care Practice

Breathe  Move  Rest
Engaging Activity: Even In – Even Out

Engaging Activity: Chair Cat/Cow
Engaging Activity: Mindful Listening

Our bodies send us messages throughout the day. Can you name one of the messages your body has sent you so far?

- Hunger
- Fullness
- Thirst
- Tired
- Warmth
- Cold

Body - Breath Connection

Can you name one of the messages your body has sent you so far?

https://www.todayssparent.com/baby/baby-sleep/tips-for-getting-your-baby-to-sleep-in-a-crib-during-naptime/
Body – Breath Connection

• The body is our most concrete tool in mindfulness practice. It provides immediate feedback.

• When one becomes aware of the body, one notices its state as it is right now.

• Feedback loop: The muscles, bones, organs, nervous system that are all part of an inescapable connection, from how one may think and feel, in the moment.

• The average person takes approximately 23,000 breaths per day.\(^1\)

• Breathing is an involuntary function.

• The breath is connected to the nervous system (brain, spinal cord, peripheral nerves), as well as the:
  • cardiovascular system,
  • digestive and
  • musculoskeletal systems.
Engaging Activity: Anchor Breathing

Engaging Activity: Mountain/Chair Strength Sequence
Engaging Activity: Guided Rest / Body Scan

Brain Breaks Review

Breathe
- Even In, Even Out
- Anchor Breathing

Move
- Chair Cat/Cow
- Mountain/Chair Strength Sequence

Rest
- Mindful Listening
- Guided Rest/Body Scan
Since the internet has become the norm, our brains have become more and more dependent on it.

Studies show that chronic, long-term internet use can have an impact on executive functions of the brain and impair one’s ability to feel:

- Compassion
- Empathy

More and more time is spent online. Computers, phones and the internet are useful or required tools for school, work, socializing and in business.

How many hours do you think you spend on the internet or social media, per day?

- 3
- 5
- 7
- 10+
Optimistic Closure: Home Practice

Throughout your day, try to bring attention to:

- How and what your **body** is feeling?
- How what your **breath** is doing?
- What do you notice in your body, breath, and mind?

**Check specific times of the day, once a day:**
- Morning
- Afternoon
- Evening

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