

Pure Community

Thank you for joining us!

Session: Self-Care for Mental Health Providers
Trainer: Michelle Kelsey Mitchell
Director of Partnerships

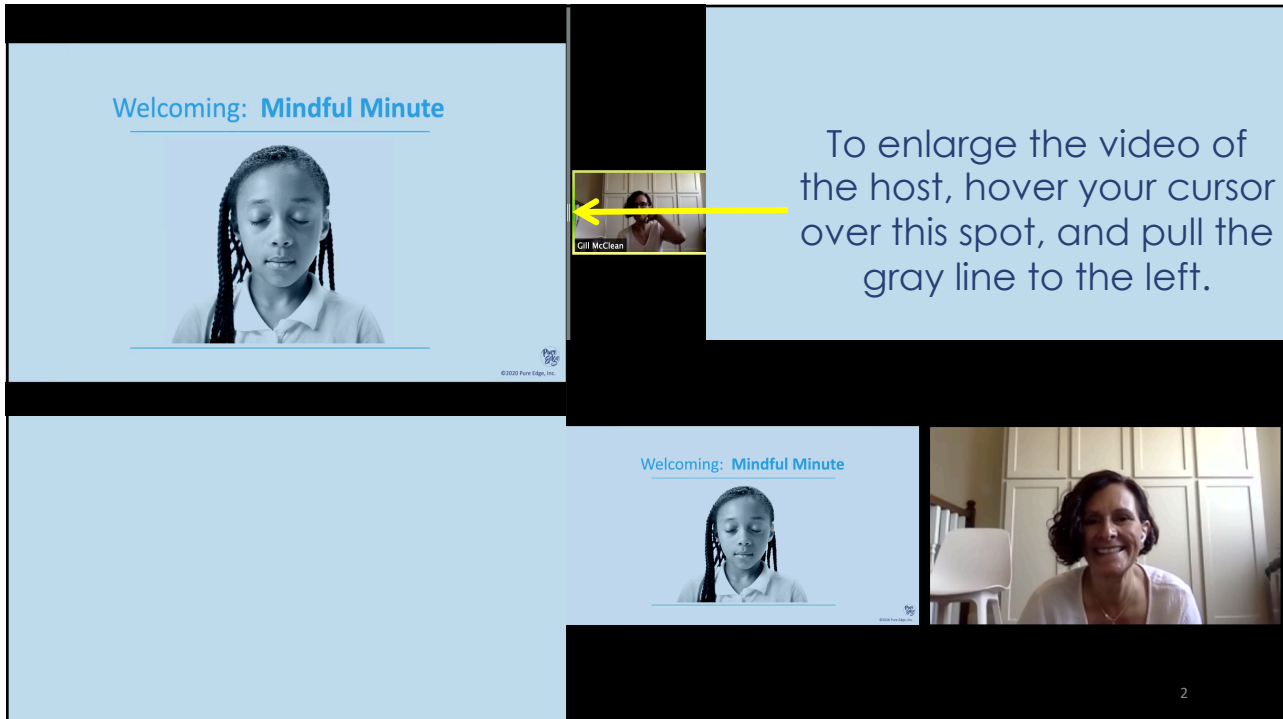
Getting Started:

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.

Follow us @pureedgeinc
Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org

©2020 Pure Edge, Inc.

1



Welcoming: Mindful Minute

To enlarge the video of the host, hover your cursor over this spot, and pull the gray line to the left.

Gill McClean

Welcoming: Mindful Minute

2

2



*Self-care for Mental
Health Providers
Session 1
May 6, 2020*


3

3

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.



4
©2020 Pure Edge, Inc.

4

Welcoming Activity: Emoji Poll

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



5
©2020 Pure Edge, Inc.

5



6
©2020 Pure Edge, Inc.

6

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.



7
©2020 Pure Edge, Inc.

7

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.



8
©2020 Pure Edge, Inc.

8

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.*

<https://www.thenationalcouncil.org/mental-health-month/>



©2020 Pure Edge, Inc.

9

People who care deserve care.



This Photo by Unknown Author is licensed under [CC BY-NC](#)



10
©2020 Pure Edge, Inc.

10

Self-care Practice



11
©2020 Pure Edge, Inc.

11

Breathe

Move

Rest



12
©2020 Pure Edge, Inc.

12



Engaging Activity: Even In – Even Out



©2020 Pure Edge, Inc.

13



Engaging Activity: Chair Cat/Cow



14
©2020 Pure Edge, Inc.

14

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.



17
©2020 Pure Edge, Inc.

17

Body – Breath Connection

- 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.**




18
©2020 Pure Edge, Inc.

18




Engaging Activity: Anchor Breathing





19
©2020 Pure Edge, Inc.

19



Engaging Activity: Mountain/Chair Strength Sequence

20
©2020 Pure Edge, Inc.

20




Engaging Activity: Guided Rest / Body Scan




21
©2020 Pure Edge, Inc.


21

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

22
©2020 Pure Edge, Inc.

22

Online

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
- Empathy¹

Victoria Duncley, "Gray Matters: Too Much Screen Time Damages the Brain," Psychology Today.
<https://www.psychologytoday.com/blog/mental-wealth/201402/gray-matters-too-much-screen-time-damages-the-brain>



23
©2020 Pure Edge, Inc.

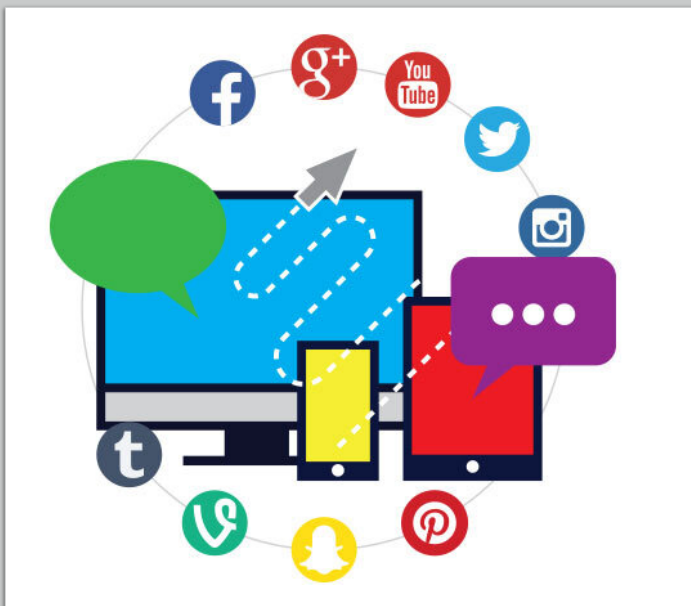
23

Online

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+



<https://www.ratchefandwrench.com/articles/4513-report-social-media-habits-by-generation>



24
©2020 Pure Edge, Inc.

24

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



25
©2020 Pure Edge, Inc.

25

pureedgeinc.org

Evidence-Based Approach
Thoughtful Relationships
Curriculum & Training
17

Online Curriculum Log Out + MENU





breath move rest



26
©2020 Pure Edge, Inc.

26





Pure Community


Please Note: 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.

Thank you for joining us!

Session: Self-care for Mental Health Providers
Trainer: Michelle Kelsey Mitchell, Director of Partnerships

Follow us @pureedgeinc
Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org


27
©2020 Pure Edge, Inc.