


Pure Community





Thank you for joining us!

Session 7: Creating Healthy Habits
Trainer: Michelle Kelsey Mitchell
Director of Partnerships


Getting Started:

1. If you have any questions, please type them into the Q&A box.
2. Keep paper/pen near you to jot down your thoughts.
3. At the end of this session, when you leave the meeting, there will be a link that will pop-up asking you to complete the Session Quiz / Feedback Form.
4. You will receive a follow-up email within 24 hours of this session. That email will serve as your confirmation of attendance record for this session.

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




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Culture of Care Series: Session 7

Creating Healthy Habits



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Introductions

Michelle Kelsey Mitchell
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Director of Partnerships &
National Trainer



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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.



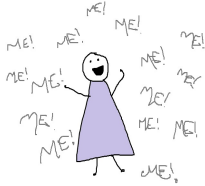
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Welcoming Activity: Synectics

“Self-talk” is like...

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Because...

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Homework Check In

Self?

- ❖ Practice Breathe, Move, and Rest Brain Breaks.
- ❖ Notice when you feel: rushed, energetic, hyper, or worried – sympathetic.
 - ❖ Notice when you feel: relaxed, at ease, or mellow – parasympathetic.
 - ❖ Every time you take a conscious breath, **purposely lengthen** the EXHALE.
- ❖ Pick one new strategy to improve brain growth.



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Homework Check In

Online Class?

- ❖ Introduce neuroplasticity to students.
- ❖ 15-minutes into an online class session, allow yourself and your students a break by interjecting the **Chair Eagle**, Brain Break for 3 breaths.
- ❖ Try framing / labeling / planning your class using the 3 signature practices



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Homework Check In

Together in Class?

- ❖ Discuss the difference between a growth mindset and a fixed mindset.
- ❖ After signing up for a curriculum account at www.pureedgeinc.org:
 - 1) Go to the online curriculum
 - 2) Go to the BRAIN BREAK videos
 - 3) Watch the video for ANCHOR Breathing to eventually, do in class with your students.
- ❖ Identify a point in the day and/or curriculum you and your students can learn the “why” behind a brain break.



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Learning Objectives

- ❖ Explore the interconnectedness of SEL and self-care
- ❖ Review Neuroplasticity
- ❖ Discuss habit formation
- ❖ Practice and review breathe, move, and & rest strategies



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Self-care





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Breathe







Move





Rest





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Engaging Activity: Mindful Minute



- Have learners sit in Seated Mountain.
- Take about one minute to have learners bring their attention to the present moment.
- Start by having learners bring their attention to the breath, noticing its qualities (fast, slow, warm, cool, shallow, deep....).
- For the rest of the Mindful Minute, you can continue attention on the breath, or use one of several techniques: a quick body scan, noticing feelings, or attention to sounds in/outside the room.




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Engaging Activity: Anchor Breathing




1. Sit down and get comfortable.
2. Rest your hand on your chosen breathing space: tummy, chest or your nose.
3. Do your breathing and keep your attention on your breathing space.
4. When your attention wanders, gently bring it back to your breathing space.
5. Can you be mindful of your breathing for 5 breaths? For 1 minute?

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Guiding Questions

What is a habit?

How can we apply our understanding of wellness practices to create new, positive habits?

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Creating Healthy Habits

Habits are actions we repeat so often that they become automatic.

- ❖ Sometimes we pick up habits based on who we spend time with and the circumstances we are in.
- ❖ When we commit ourselves to habits that support health and wellness, physiological changes can take place in the body, the brain, and the nervous system.

This is why it is important to incorporate activities that support positive physical, mental, and emotional flexibility into daily life.

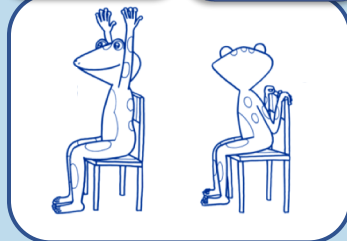
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Engaging Activity: Chair Sunrise Twist



1. Sit in Seated Mountain.
2. Inhale, stretch arms overhead for Chair Sunrise.
3. Exhale, twist to the right, placing left hand on right knee and right hand on right hip or back of the chair. Keep right shoulder relaxed. Take a few breaths here.
4. Inhale, back to Seated Sunrise.
5. Exhale, twist to the left, placing right hand on left knee and left hand on left hip or back of chair. Keep left shoulder relaxed. Take a few breaths here.
6. Inhale back to Seated Sunrise.
7. Exhale to Seated Mountain.

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*When we are no longer able to
change a situation, we are
challenged to change ourselves.*

~Viktor Frankl



Frankl, Viktor Emil., and Hse Lasch. *Man's Search for Meaning: an Introduction to Logotherapy*. Hodder and Stoughton, 1962.



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NEUROPLASTICITY

the brain's capacity to
change and rewire
according to environment
and experience



<https://www.projectrex.org/adolescent-brain-cognitive-development-abcd-study/>



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Creating Healthy Habits

- ❖ Doing Meaningful things You Enjoy
 - Spirituality, hobbies, entertainment, and leisure
- ❖ Managing Your Thoughts
 - Positive self-talk, gratitude, and reappraisal
- ❖ Forgiveness
 - Having self-compassion; Giving ourselves permission to fail and forgive.



Brackett Ph.D., M. (2019). *Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive*. New York, NY: Celadon Books.



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Creating Healthy Habits

- ❖ Physiological Regulation
 - Mindful breathing
- ❖ Self-care (Strong Immune System)
 - Sleep, nutrition, exercise
- ❖ Managing Your Life Smartly
 - Modifying and selecting situations to prevent stress; having routines and setting daily goals; problem-solving
- ❖ Healthy Relationships
 - Feeling safe, heard, and connected



Brackett Ph.D., M. (2019). *Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive*. New York, NY: Celadon Books.



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Engaging Activity: Mountain/Chair Strength Sequence

1. Begin in Mountain Pose.
2. Inhale, raise your arms overhead.
3. Exhale, bend your knees and sit back as though you were going to sit in an imaginary chair.
4. Hold for 3 breaths.
5. Inhale, come back to Mountain Pose.
6. Increase hold to 5 breaths as stamina increases.

*This sequence can be used to strengthen the lower back and legs. It's also re-energizing after sitting in a chair for awhile.



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Creating Healthy Habits



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Engaging Activity: Chair Boat




1. Slide your chair back from your desk so that your knees are not under your desk.
2. Start in Seated Mountain.
3. Hold on to the seat of the chair or the back of the chair with both hands.
4. Inhale, lift both feet off the ground. Keep your knees touching and stay balanced. Take 3-5 relaxed breaths. If this is difficult, you can lift one foot at a time.
5. See if you can lift your knees a little higher and stay balanced.
6. If you feel steady, see if you can stretch both arms out straight in front of you, shoulder height, parallel to the floor.
7. Exhale, put your feet back on the ground and return to Seated Mountain.

*If practicing on the floor, simply substitute boat pose.
 *To modify, try lifting one foot at a time.



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Creating Healthy Habits



- ❖ **Plan**
- ❖ Change Your Surroundings
- ❖ **Ask for Support**
- ❖ Fill Your Time with Healthy Activities
- ❖ Track Your Progress
- ❖ Imagine the Future
- ❖ Reward Yourself
- ❖ **Be Patient**



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<https://newsinhealth.nih.gov/2018/03/creating-healthy-habits>

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Engaging Activity: Starfish Breathing or Take Five






1. Lift one hand, fingers spread wide.
2. Put the index finger from the other hand on the outer base of the thumb.
3. We are going to trace the outline of our hand. Keep looking at your pointer finger while you do your breathing.
4. Inhale (finger traces to top of thumb).
5. Exhale (finger traces down the other side of thumb).
6. Repeat until you have traced the outline of the hand.



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Modeling and Implementation of SEL




**Welcoming /
Inclusion Activities**
Synectics

↔




Engaging Strategies
Brain Breaks

↔



Optimistic Closure
My Next Step

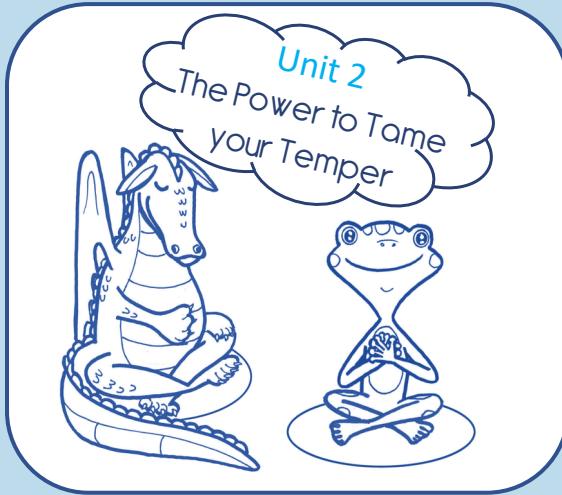


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Source: SEL 3 Signature Practices Playbook 2019

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Pure Power Implementation



Grades K-5

- ❖ Unit 2 – Power to Tame Your Temper
 - ❖ Lesson 2.6, Success through Goal Setting (3-5)
 - ❖ Lesson 2.4, Success through Goal Setting (K-2)



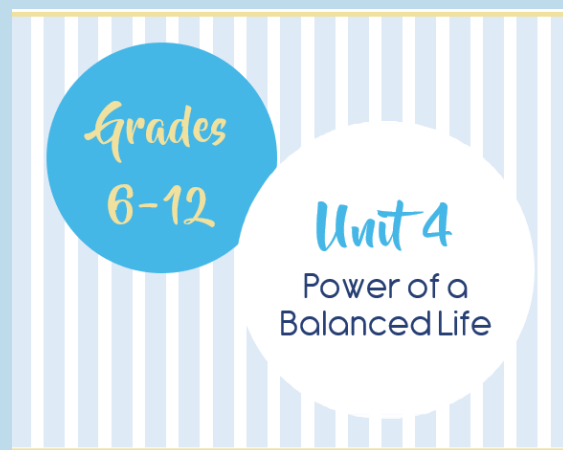
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Pure Power Implementation

Grades 6-12

- ❖ Unit 4 – Power of a Balanced Life
 - ❖ Lesson 7, Habits and Neuroplasticity



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Habit Development

Give yourself time to develop these new patterns/habits. There's a wide range (18-200+ days) in how long it takes to develop a new habit; average time being 66 days.

<https://onlinelibrary.wiley.com/doi/abs/10.1002/eisp.674>



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Implementation Tips

1. Establish A **Consistent** Routine
2. Start of Day/End of Day/Transitions
3. Start **Small**, Then Build
- 4. Repeat, Repeat, Repeat**
5. Be Comfortable With the Exercises



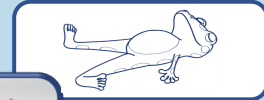
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Engaging Activity: Guided Rest / Body Scan

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
2. Put your attention on your forehead. Feel your forehead relax.
3. Put your attention on your eyes. Feel your eyes relax.
4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers.)
7. Put your attention on your chest. Feel your chest relax.
8. Put your attention on your back. Feel where your back touches the floor (or the chair).
9. Put your attention on your belly. Notice how the breath moves the belly softly up and down.
10. Put your attention on your hips. Feel your hips relax. (Repeat for legs, knees, ankles, feet, toes.)
11. Bring your awareness to your breathing, and notice where you feel the breath in your body. Maybe you notice it in your nostrils. Maybe you feel it in your chest. Maybe you feel it in your belly.
12. See if you can get really quiet. Maybe you will even feel your heart beating inside your body.
13. Let learners rest in silence for a few moments.
14. Ring chime.
15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
16. Open your eyes and slowly return to a seated position.
17. Notice how you are feeling.



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Brain Breaks Review



Breathe

- ❖ Mindful Minute
- ❖ Anchor Breathing
- ❖ Starfish Breathing/Take Five



Move

- ❖ Chair Boat
- ❖ Chair Sunrise Twist
- ❖ Mountain Chair Sequence



Rest

- ❖ Guided Rest/Body Scan



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Creating Healthy Habits



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Sample: Self-care Template for Implementation

Self-Care Action Plan

LEARNING OBJECTIVES: <ul style="list-style-type: none"> Recognize the impact of school stress Experience and apply brain breaks to self-care practice Summarize the concept of self-care Summarize the neuroscience of stress 	REMINDERS & KEY CONCEPTS: <ul style="list-style-type: none"> "Flipping Your Lid" Building Emotional Intelligence "Name it to Tame it" 6 Critical Healing Factors Well-Rounded Self-Care Plan, Prioritize, Calendar your Self-Care 	RESOURCES: <ul style="list-style-type: none"> pureedgeinc.org <ul style="list-style-type: none"> use employee ID / school email address in sign up fields Headspace App <ul style="list-style-type: none"> Go.headspace.com/pureedge
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Self-Care Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breathe (choose 1): Even In-Even Out Belly Breath Other _____							
Anchor Breath Take Five / Starfish Chair _____							
Move (choose 2): Afternoon Re-Charge Chair Twist Tree Other _____							
Chair Cat/Cow Balance Brain Hop Chair _____							
Rest (choose 1): Body Scan Mindful Minute Other _____							
Guided Rest Attitude of Gratitude Chair _____							



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Creating Healthy Habits

"I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost... I am helpless.
It isn't my fault.
It takes forever to find a way out.

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
But, it isn't my fault.
It still takes me a long time to get out.

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in. It's a habit.
My eyes are open.
I know where I am.
It is my fault. I get out immediately.

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

I walk down another street."

There's a Hole in My Sidewalk: The Romance of Self-Discovery. — Portia Nelson
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Optimistic Closure: My Next Step



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Homework

Self?

What goal/task have you accomplished today that you can celebrate?

Online Class?

Try implementing 1 Brain Break strategy during your online class.

Together in Class?

Identify how part of the curriculum that we've covered so far aligns with your teaching standards and objectives.



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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum Log Out + MENU



breathe

move

rest



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