



Pure Community

Thank you for joining us!

Session 2: Educator Self-care and Self-management
Trainer: Michelle Kelsey Mitchell,
Director of Partnerships

Getting Started:

1. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion.
2. If you have any questions, please type them into the Q&A box.
3. Remember to also sign up and register in your respective agency's system in order to earn credit hours.
4. If you'd like, grab a pen/pencil/paper to jot down your thoughts.



Follow us @pureedgeinc
Website: www.pureedgeinc.org
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Introductions

Michelle Kelsey Mitchell
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Director of Partnerships &
National Trainer



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: Think – Ink

Notice what is on your mind and write that down.

or

Write about how you are feeling right now.



Reflection

Session Review





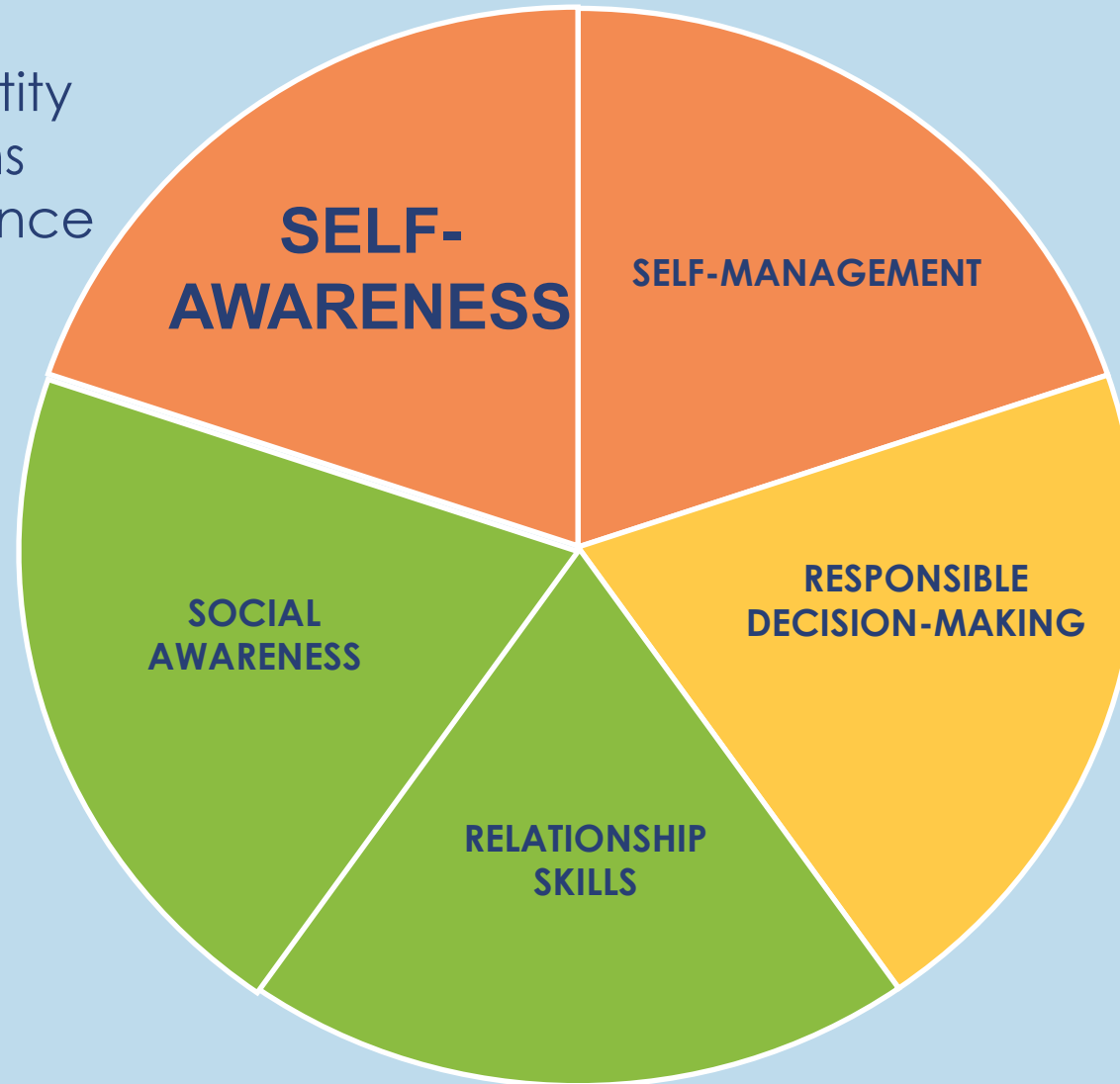
SEL is...

The process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

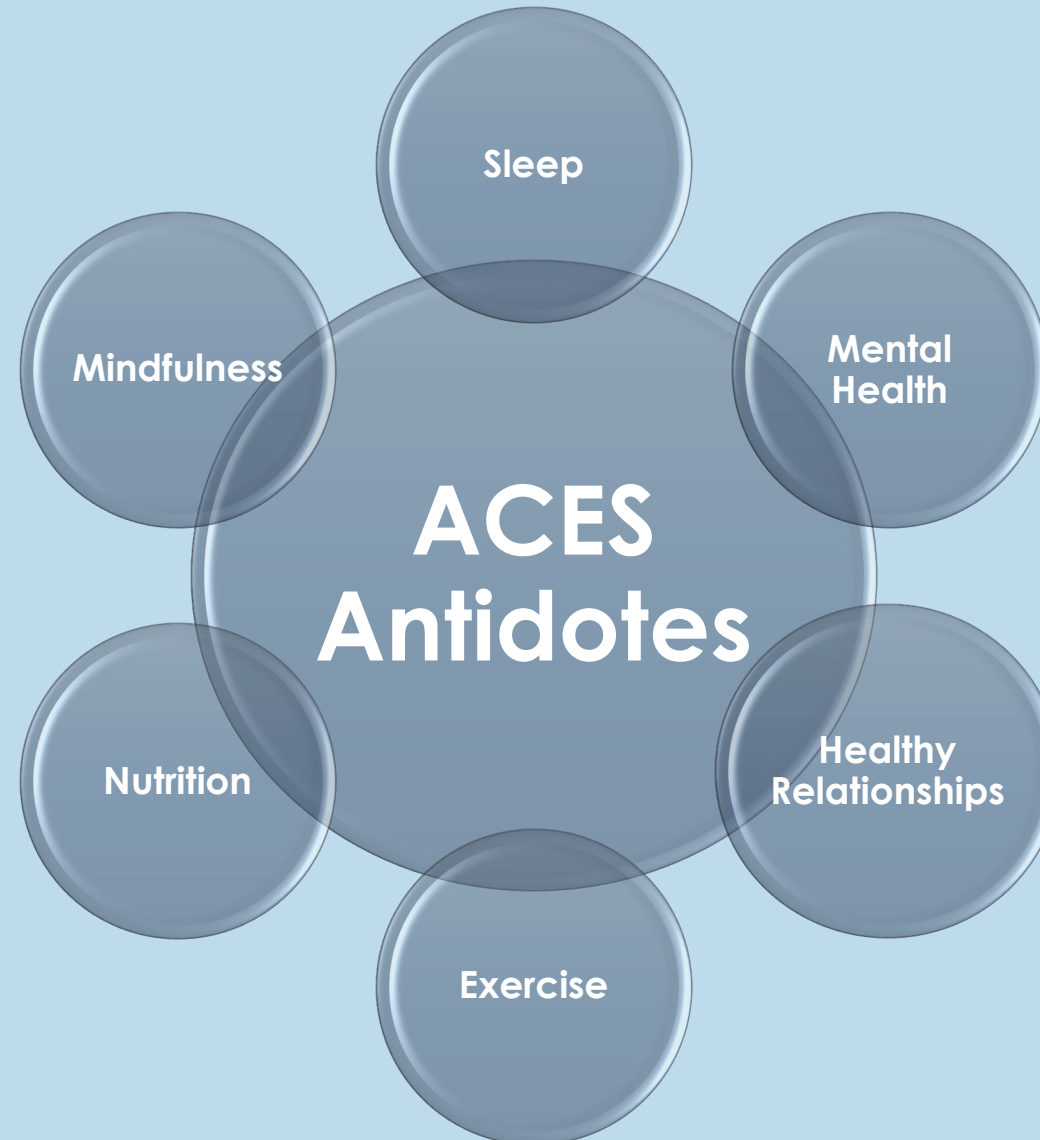


Social and Emotional Learning Competencies

- Identifying emotions
- Self-perception/Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy



6 Critical Healing Factors



Dysregulated Stress Response

“

...the literature provided evidence of why these things were effective. Fundamentally, they all targeted the underlying biological mechanism – a dysregulated stress response system and the neurologic, endocrine, and immune disruptions that ensued.

Dr. Nadine Burke Harris, M.D.
The Deepest Well

”

Learning Objectives

- ❖ Identify the **aspects of self-management**.
 - ❖ Experience **self-care practices** throughout.
 - ❖ Describe SEL and its competencies; focusing on **Self-management**.
-

Social and Emotional Learning Competencies



The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.



Social and Emotional Learning Competencies



- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills

Engaging Activity: I am Curious About...



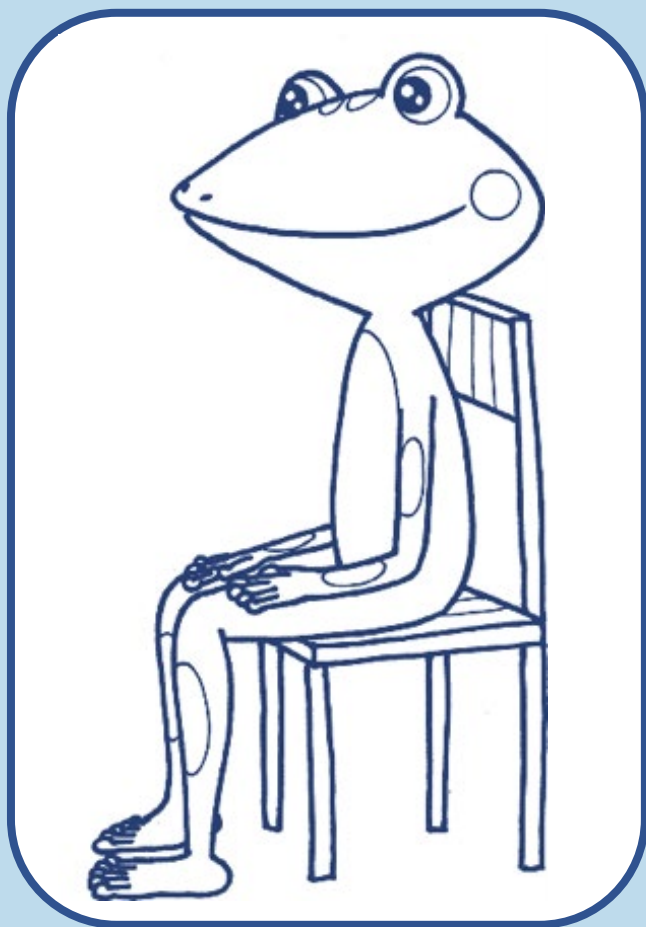
Respond to the poll on the next slide to share which aspect of Self-management you are most curious about.

Engaging Activity: I am Curious About...



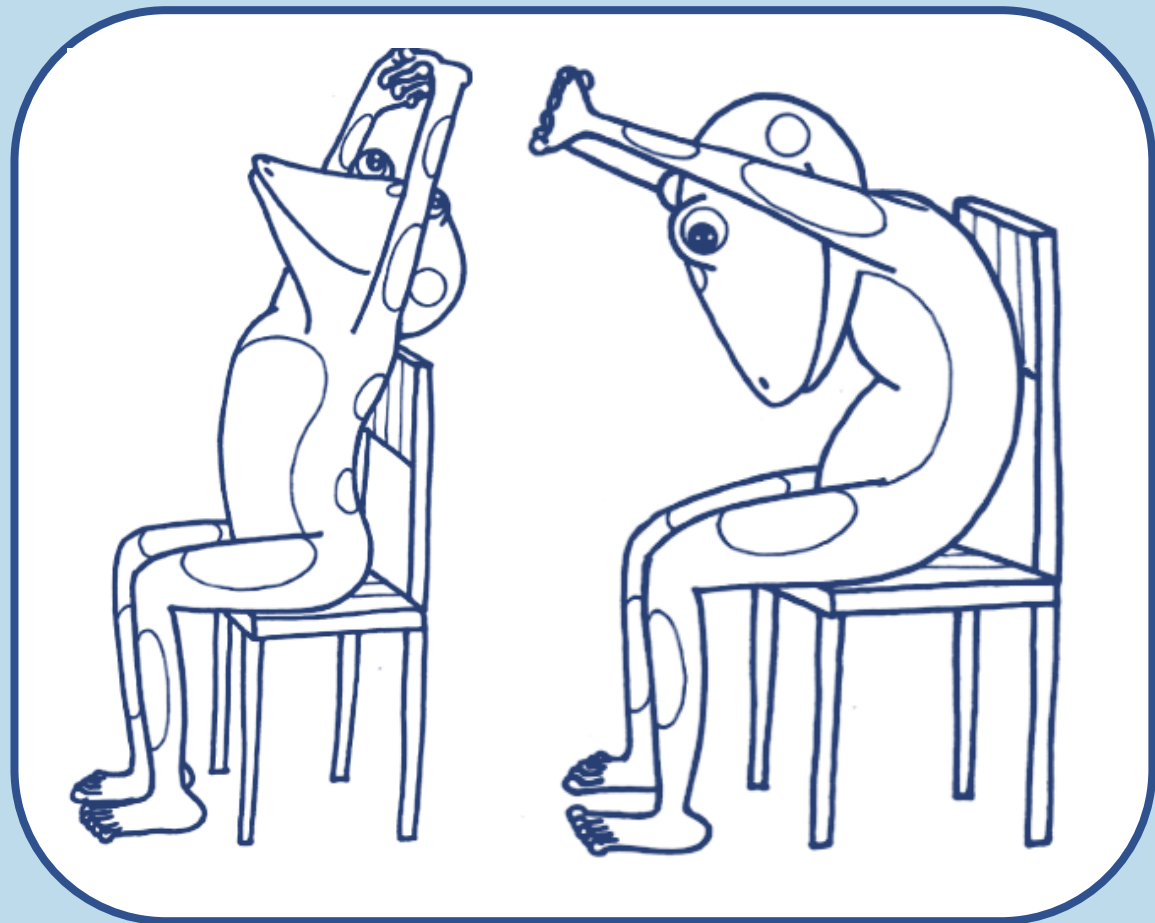


Engaging Activity: Even In – Even Out





Engaging Activity: Chair Cat/Cow





Engaging Activity: STOP





Engaging Activity: Think-Ink-Share



Where do you feel stress in your body?

Where do you feel joy in your body?

GOOD STRESS

- **Positive challenge**
- **Motivates us**
- **Promotes well-being**
- **Enhances performance**

BAD STRESS

- **No relief in sight**
- **Makes us physically sick**
- **Weakens immune system**
- **Impairs performance**

Self-management and Self-care

Allostatic load is "the wear and tear on the body" which accumulates as an individual is exposed to repeated or chronic stress.



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.

<https://www.cdc.gov/ncbddd/adhd/data.html>

<https://health.usnews.com/wellness/for-parents/articles/2019-04-22/teen-depression-is-on-the-rise>

https://ssir.org/articles/entry/five_ways_to_advance_conservation_entrepreneurship



Compassion Fatigue

Secondary Trauma



- ❖ *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.*
- ❖ *Approximately 10.2 million adults have co-occurring mental health and addiction disorders.*

Impact of Stress & Trauma on the Heart

After his death, Dr. Martin Luther King's autopsy found that while he was just 39 years old, he had the heart of a 60-year-old.



Self-care Practice



Breathe

Move

Rest



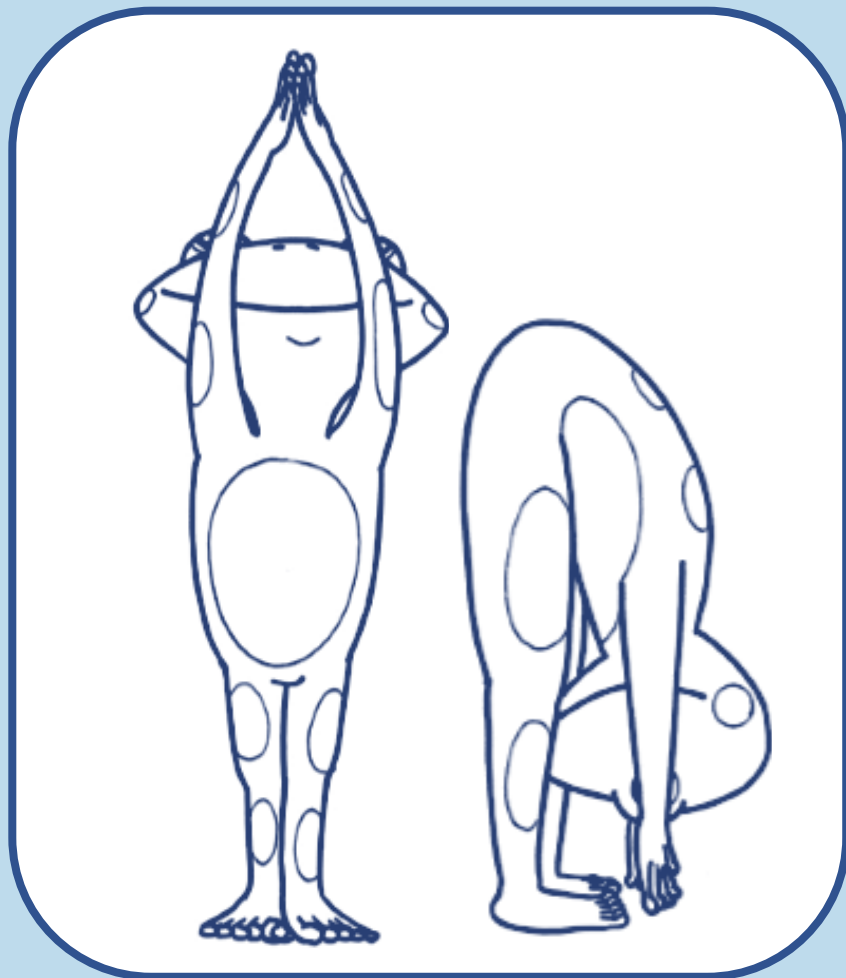


Engaging Activity: Alternate Nostril Breathing



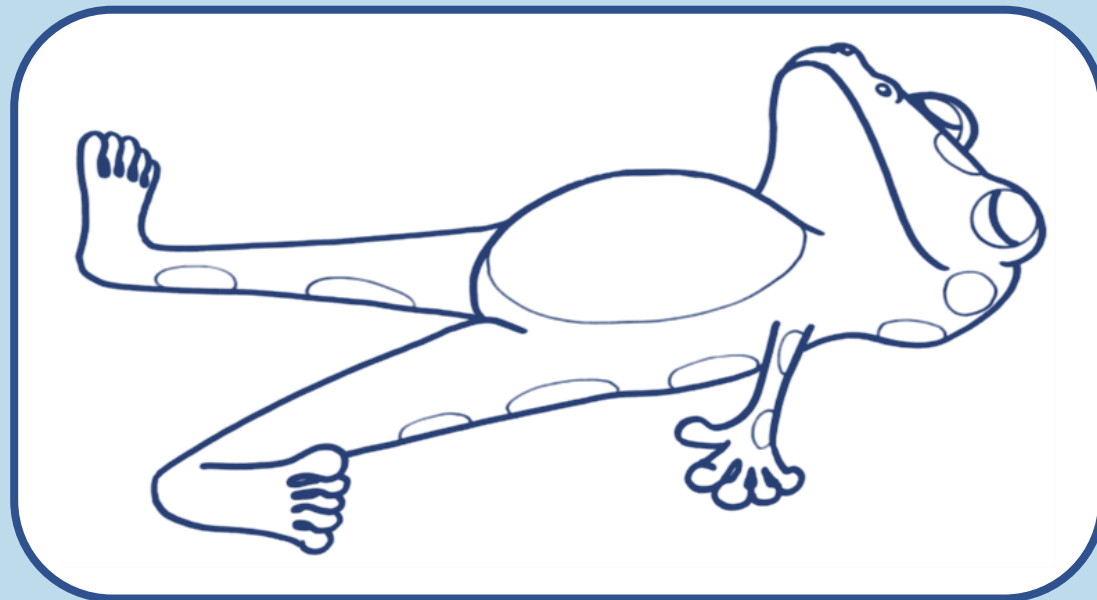


Engaging Activity: Sunrise/Sunset





Engaging Activity: Guided Rest / Body Scan



Optimistic Closure: Think – Ink



Reflection

Notice what is on your mind and write that down.

or

Write about how you are feeling right now.

pureedgeinc.org

Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



**Pure
Edge**

Success Through Focus

Strategies for educators and learners to develop social, emotional, and academic learning skills through mindful movement and rest.



●
breathe

●
move

●
rest





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