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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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Mission

Pure Edge, Inc. believes that all educators and learners deserve to be taught strategies that help combat stress and support the development of social, emotional, and academic learning competencies with an open heart and mind.



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Introductions



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Welcoming Activity: How are you feeling?

1  2  3  4  5 

6  7  8  9  10 


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Engaging Activity: Mindful Minute




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Learning Objectives

- ❖ Access Pure Edge Inc. open educational resources.
- ❖ Understand the impact of stress on educators and scholars.
- ❖ Experience Brain Breaks exercises as participant.
- ❖ Develop a self care implementation plan.
- ❖ This is session one of a three part series.



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pureedgeinc.org

Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training

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Online Curriculum Log Out + MENU



• breathe • move • rest



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Setting up a New Account

1. From homepage, click on **"Free Curriculum"** button in top right corner.



2. From curriculum page, click on **"Create Account"**



3. Fill out Registration Form
 - **Use Work Email**
 - **Approval takes 1-2 business days**

Register to Access Our Curriculum Library

[Already have an account? Log in here](#)

Pure Edge, Inc. Power Curriculum is available to any non-profit entity that strives to improve the lives of children by teaching critical strategies to enhance academic achievement. Power Curriculum is available to any non-profit entity that strives to improve the lives of educators and learners by providing access to high-quality, open educational resources (OER) and curriculum. Power Curriculum is available to any non-profit entity that strives to improve the lives of educators and learners by providing access to high-quality, open educational resources (OER) and curriculum.

Username *

Username

Password *

Password

Enter commercial email



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HEADSPACE: Mindfulness On Demand



Headspace is donating their app to all staff.

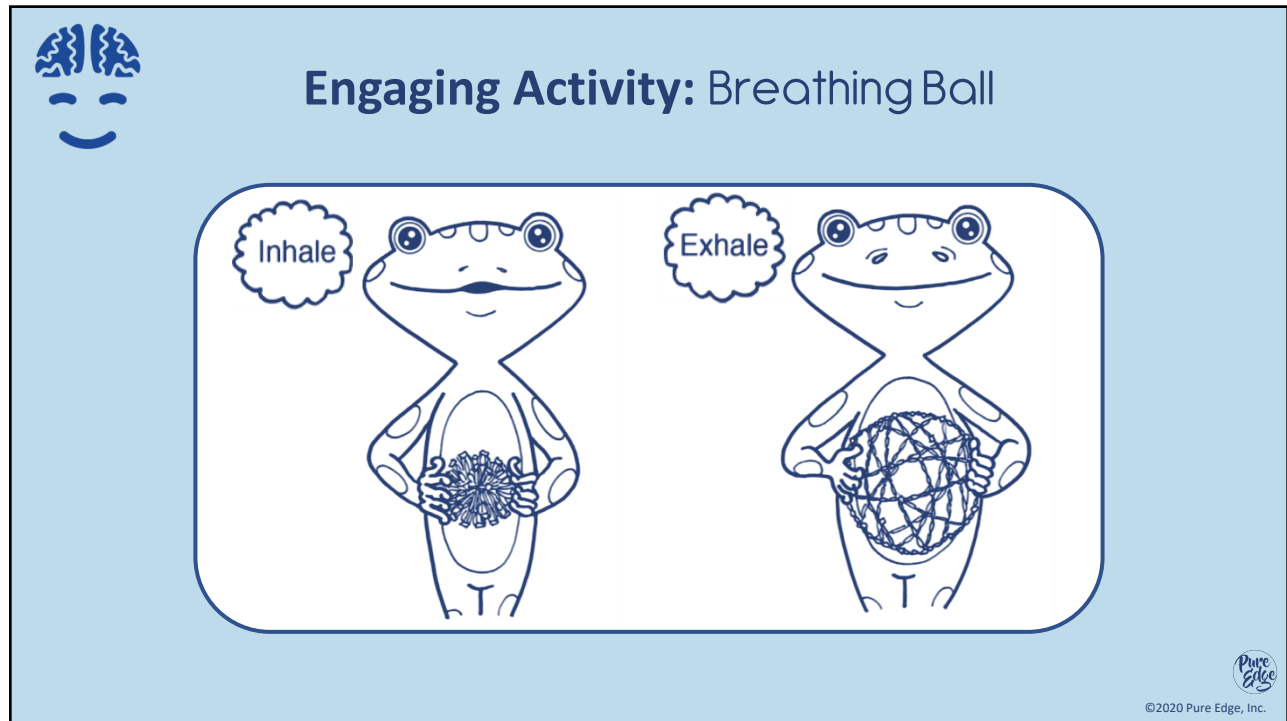
go.headspace.com/pureedge

Think of it as,
**A personal meditation guide,
right in your pocket.**

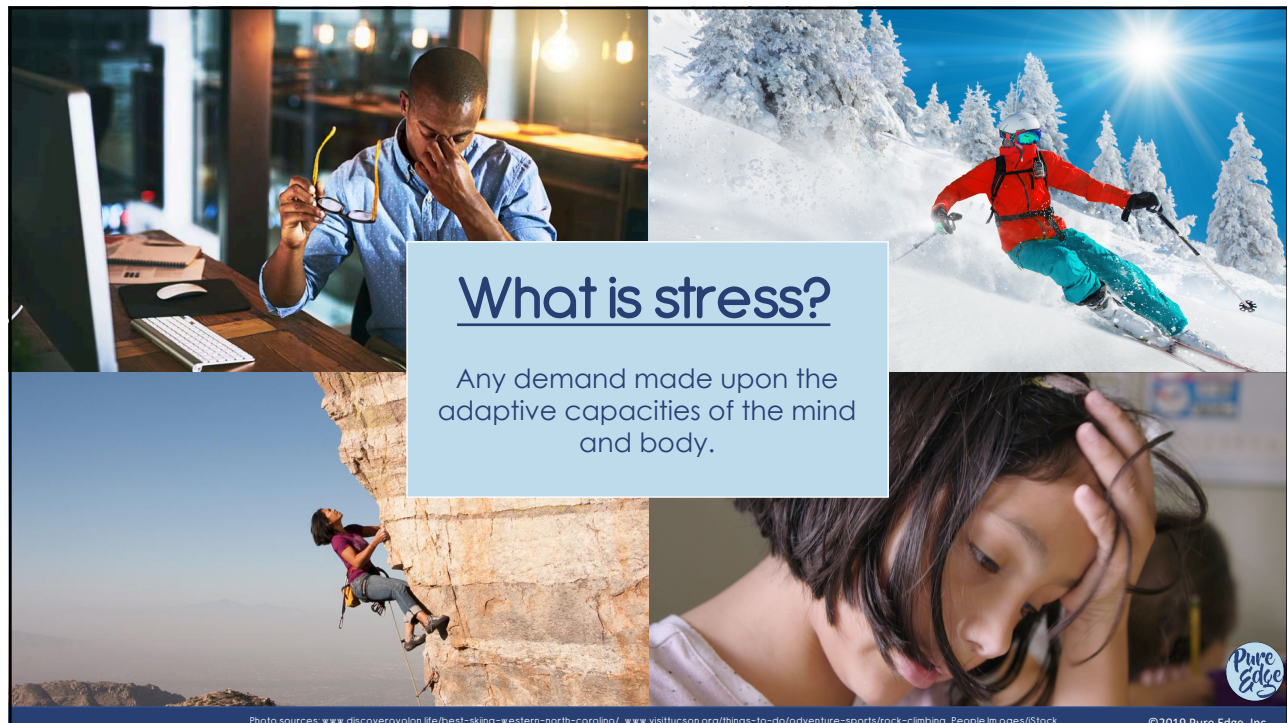


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| GOOD STRESS | BAD STRESS |
|---|--|
| <ul style="list-style-type: none"> • Positive challenge • Motivates us • Promotes well-being • Enhances performance | <ul style="list-style-type: none"> • No relief in sight • Makes us physically sick • Weakens immune system • Impairs performance |

Concept by Marc Brackett, Ph.D.
Yale Center for Emotional Intelligence

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Allostatic Load

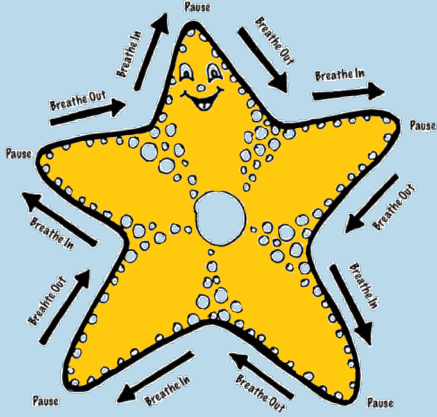
The illustration shows a young boy with a large, heavy blue backpack, looking down with a weary expression. He is surrounded by six large, brown, rectangular blocks, each representing a source of stress or pressure. The blocks are labeled: CRISIS, TRAUMA, FAMILY, HEALTH, WORK, and PEERS. The boy is positioned in the center, with the blocks arranged around him, symbolizing the cumulative burden of these factors leading to allostatic load.


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Engaging Activity: Starfish Breath







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Breathe







Move





Rest





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What we hope to do

Respond

Vs.

React

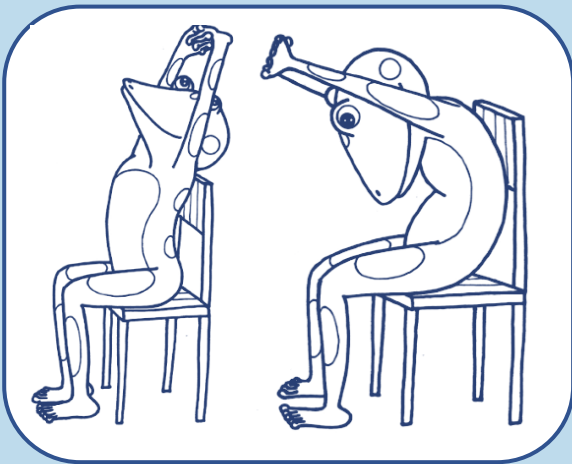


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Engaging Activity: Chair Cat/Cow



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Why Focus on School Stress?

In highly stressed school environments, teachers and learners pay the costs.

Teacher turnover:
\$2 BILLION
each year

"Stress and disappointments":
49% of teachers
say it isn't worth it.



40-50%
of **new teachers** leave
within first 5 years.

High DAILY levels of stress:
46% of teachers

New principals NOT retained
beyond third year:
50%

When teachers are highly stressed, students show lower levels
of both social adjustment and academic performance.



Sources (clockwise from 40-50%): Ingersoll, Merrill & Stuckey (2014), Greenberg, Brown, Abenavoli (2016), School Leaders Network (2014), Rentner, Kober, Frizzell, (2016), Alliance for Excellent Education (2014). © 2019 Pure Edge, Inc.

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**Disrupts relationships
between schools and
communities**

Turnover happens most in
poorly performing schools,
leading to destabilization of
low-income neighborhood
schools.



Issues Brief – Robert Wood Johnson Foundation, Teacher Stress and Health Effects on Teachers, Students, and Schools. The Pennsylvania State University © 2017
Photo: Why It's Okay to Feel "Teacher Burnout". 2015. <https://theartofeducation.edu/2016/09/29/why-its-okay-to-feel-teacher-burnout/>

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Stress Is Contagious



Higher cortisol levels were found in students whose teachers reported high levels of stress and burnout.

Researcher **Kimberly Schonert-Reichl** urges educators to be aware of their own mindsets and to practice mental wellness exercises to reduce their stress levels.

www.tricitynews.com/news/stress-is-contagious-education-leaders-told-1.24030014



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Self-care is
primary to
caring for
others.



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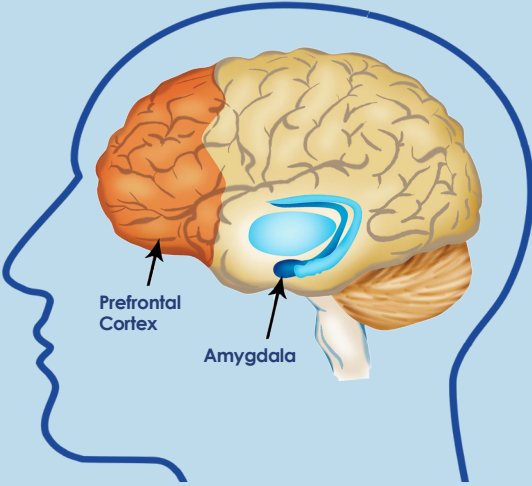
Engaging Activity: Chair Twist



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Self-Regulation & the Brain



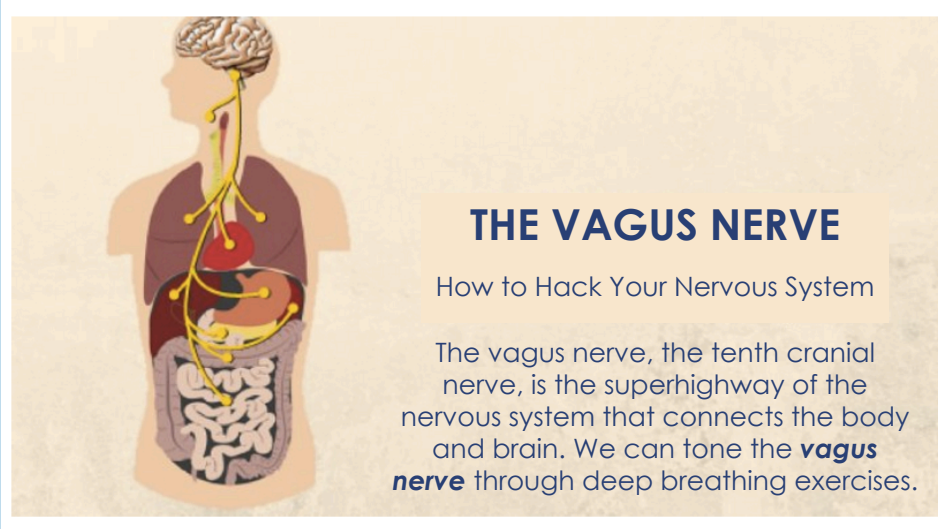
Prefrontal Cortex

Amygdala

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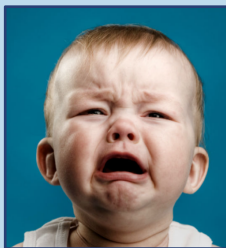
Neuroscience: Self-Care & Vagal Tone



<http://depressedisorder.blogspot.com/2015/09/7-ways-to-stimulate-your-vagus-nerve-to.html><https://www.yogauonline.com/yogau-wellness-blog/vital-vagus-what-vagus-nerve-and-what-does-it-do> ©2020 Pure Edge, Inc.

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Stress Response



“Gas Pedal”

Sympathetic Nervous System:
Fight or Flight



“Brake”

Parasympathetic Nervous System:
Rest and Digest



<https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>

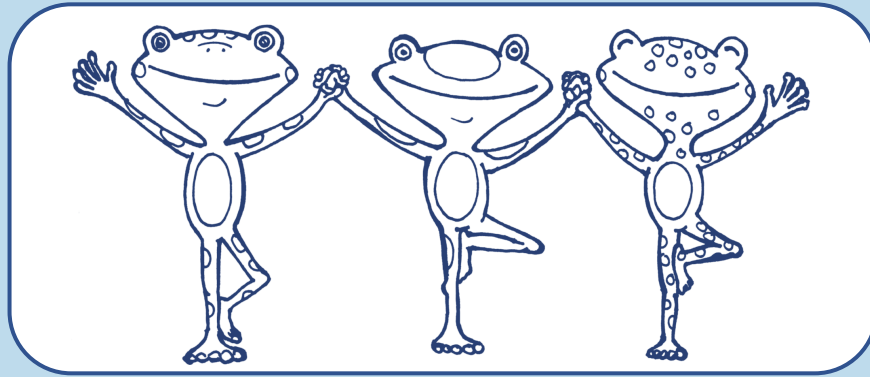


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Engaging Activity: Tree Pose



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Brain Breaks Implementation Tips

Establish A Consistent Routine
 Start of Day/End of Day/Transitions
 Start Small, Then Build
 Repeat, Repeat, Repeat
 Be Comfortable With the Exercises



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Did you know?

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/eiso.674>

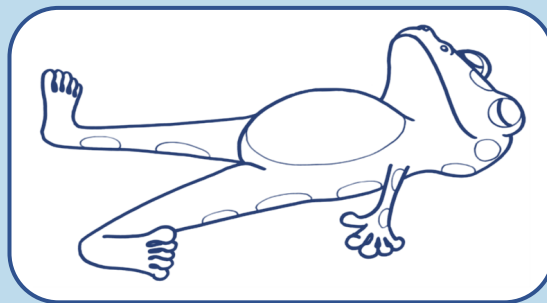


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Engaging Activity: Guided Rest / Body Scan



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Takeaways

Circle back:

- Use breathe, move, rest to alleviate Allostatic Load.
- When you “Flip your Lid,” breath is one tool to help bring the PFC back online.
- Be consistent with these strategies.
- Repetition is good.

Brain Breaks Review:

- ❖ Breathe
 - Breathing Ball
 - Starfish Breathing
- ❖ Move
 - Chair Cat-Cow
 - Chair Twist
 - Tree
- ❖ Rest
 - Guided Rest / Body Scan



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Optimistic Closure: One Word Takeaway

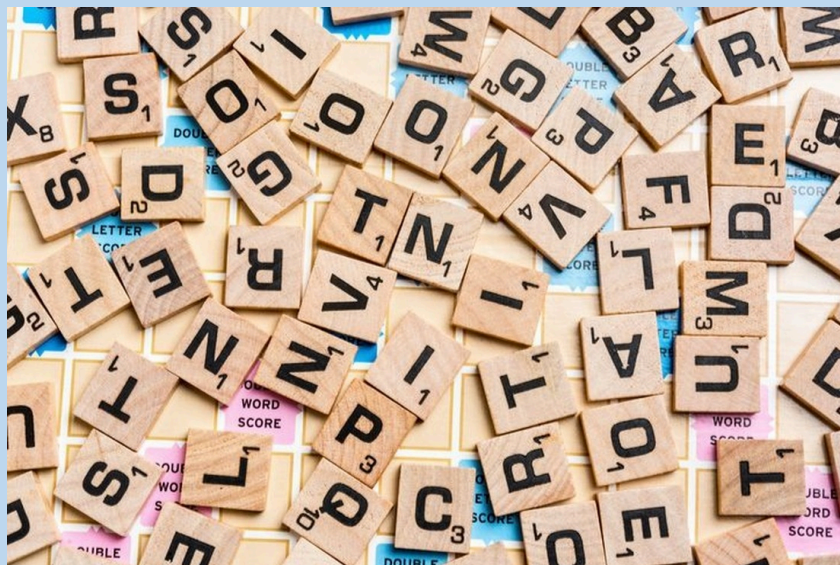


Photo: Juan Monino



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