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.
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.

Introductions

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Welcoming Activity: How are you feeling?

1. 😊
2. 😛
3. 😊😊
4. 😎
5. 😪
6. 😒
7. 😩
8. 😊
9. 😊😉
10. 😍

Engaging Activity: Mindful Minute
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.
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

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.
Engaging Activity: Breathing Ball

What is stress?
Any demand made upon the adaptive capacities of the mind and 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

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

Allostatic Load

CRISIS
TRAUMA
PEERS
FAMILY
WORK
HEALTH
Engaging Activity: Starfish Breath

Breathe

Move

Rest
What we hope to do

Respond  Vs.  React

Engaging Activity: Chair Cat/Cow
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.

Why Focus on School Stress?

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

Self-care is primary to caring for others.
Engaging Activity: Chair Twist

Self-Regulation & the Brain

Prefrontal Cortex
Amygdala
Neuroscience: Self-Care & Vagal Tone

THE VAGUS NERVE
How to Hack Your Nervous System

The vagus nerve, the tenth cranial nerve, is the superhighway of the nervous system that connects the body and brain. We can tone the vagus nerve through deep breathing exercises.

Stress Response

“Gas Pedal”
Sympathetic Nervous System: Fight or Flight

“Brake”
Parasympathetic Nervous System: Rest and Digest
Engaging Activity: Tree Pose

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
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.


Engaging Activity: Guided Rest / Body Scan
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

Optimistic Closure: One Word Takeaway