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 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.
Introductions

Gill McClean

gill@pureedgeinc.org

Director of Professional Development & National Trainer
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

Respond to the poll to share your response with our group.

Describe Your Mood Today

Sunshine  Rainy  Thundery  Cloudy  Rainbow
Engaging Activity: Mindful Minute
Learning Objectives

- Identify the aspects of self-awareness and self-management.
- Experience Brain Breaks practices throughout for self-care.
- Explore the interconnectedness of SEL and its competencies with a focus on self-awareness and self-management.
In order to have an impact on others, you must first have an impact on yourself.
What we hope to do

Respond Vs. React
Breathe

Move

Rest

©2020 Pure Edge, Inc.
Benefits of Nasal Breathing

- Filters dust and impurities from the air
- Warms the air to body temperature
- The diaphragm is more easily controlled, which supports the development of internal core strength
- More control over lengthening the breath (extended exhalations help activate the parasympathetic nervous system)
- Increased oxygen from nasal breath increases energy and vitality

Northwestern University. "Rhythm of breathing affects memory, fear: Breathing is not just for oxygen; it's also linked to brain function, behavior." ScienceDaily. ScienceDaily, 7 December 2016. www.sciencedaily.com/releases/2016/12/161207093034.htm

This Photo by Unknown Author is licensed under CC BY-SA

©2020 Pure Edge, Inc.
Engaging Activity: Even In – Even Out

1. Start in Seated Mountain with a tall spine, relaxed shoulders, and eyes gently closed.
2. Breathe naturally through the nose.
3. We are going to focus on making our inhales and exhales even.
4. Inhale deeply through the nose and exhale through the mouth for a count of one.
5. On the next breath, let's count to two on the inhale and the exhale.
6. Repeat, continuing to extend the breath up to a count of five.
Allostatic load is "the wear and tear on the body," which accumulates as an individual is exposed to repeated or chronic stress.

Impact of Stress & Trauma on the Heart

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

Image Source: https://www.nobelprize.org/prizes/peace/1964/king/biographical/
Educator Self-Care

Improved mood
Endorphins
Improved memory

Neurochemicals
Neurotransmitters

This Photo by Unknown Author is licensed under CC BY-NC
Engaging Activity: Starfish Breathing or Take Five
Social and Emotional Learning (SEL) Competencies

The Competencies serve as a framework for furthering social, emotional and academic learning within school contexts.

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

Pure Edge program touches on all five and especially promotes:
Self-Awareness, Self-Management, Relationship Skills

©2020 Pure Edge, Inc.
SEL emphasizes educational equity and excellence.

When we reflect on our existing views, assumptions, and perspectives, we employ components of two SE competencies: self-awareness and social awareness.

Educators have control over view of self, students, school community, world, and how one acts on their perspectives.

Educators and leaders who employ adult SE competencies are equipped to influence lasting changes to address inequities at the community, district, and State levels.
Self-Awareness & Self-Management

- Identifying emotions
- Self-perception/Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy
- Integrating personal and socio-cultural identities
- Analyzing of beliefs, mindsets, and biases
- Social interdependence

- Self-Awareness

- Self-Management

- Relationship Skills

- Responsible Decision-Making

- Social Awareness

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills
- Personal and collective agency
Social and Emotional Learning (SEL) Competencies

When people develop SEL competencies:

- they experience greater agency and well-being
- establish positive relationships with others from diverse backgrounds
- are more likely to achieve academic, career, and lifelong successes
- implement collaborative solutions that lead to a just, thriving society
Engaging Activity: Chair Sunrise Twist
The rational part of the brain, the Prefrontal Cortex, isn’t fully developed until age 25 or so.

Adults think with the prefrontal cortex, the brain’s rational part. This is the part of the brain that responds to situations with good judgment and an awareness of long-term consequences.

Children, teens, and young adults rely on the amygdala to process information; the emotional part of the brain.
Self-Awareness and the Body

• 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.
Mindfulness can be defined as “the ability to notice what is happening as it is happening.”

Mindfulness practice is one way to improve our ability to become more aware of what we are thinking.

“Through physical practice, we have learned how to exercise different muscles in the body, and now we will begin training our mindfulness muscle.”

Research shows that the average person has 50,000 to 70,000 thoughts per day.1

1: Bruce Davis, Ph.D., Retreat leader at Silent Stay Retreat Center, https://www.huffpost.com/entry/healthy-relationships_b_3307916
2: Sharon Salzberg, Real Happiness, 2010
Engaging Activity: Standing Half Moon
Mindfulness means noticing what is happening as it is happening. Mindfulness is about paying attention on purpose, with a sense of kindness and curiosity.
Self-Awareness and the Healing Factors

ACES Antidotes

- Sleep
- Mental Health
- Healthy Relationships
- Nutrition
- Exercise
- Mindfulness
...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
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.
Stress Response

“Gas Pedal”
Sympathetic Nervous System: 
Fight or Flight

“Brake”
Parasympathetic Nervous System: 
Rest and Digest
Blue Zone

Red Zone


©2020 Pure Edge, Inc.
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.
Engaging Activity: Guided Rest or Body Scan
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
HEADSPACE: Mindfulness On Demand

Headspace is donating their app to all Educators.

go.headspace.com/pureedge

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

©2020 Pure Edge, Inc.
Thank you for joining us!

Session: SEL and Educator Self-Care
Trainer: Gill McClean, Director of Professional Development