



Pure Community

Thank you for joining us!

Session: Neuroscience of Stress for Parents
Trainer: Anne Contreras, Director of Programs

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.

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Email: getmoving@pureedgeinc.org



Introductions



Respond to the poll
to tell us a little
about yourself.

Welcoming Activity



On the next slide, share which of the following images most accurately reflects your feelings right now.

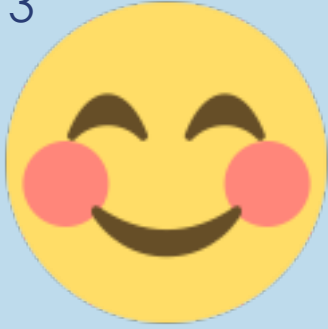
1



2



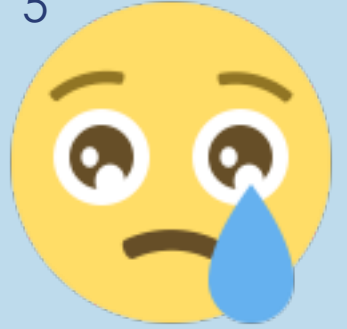
3



4



5



6



7



8



9



10





Engaging Activity: Mindful Minute



- Start in Seated Mountain.
- Bring your attention to the present moment. We are going to start by taking a Mindful Minute.
- Start bringing your attention to the breath, noticing its qualities (fast, slow, warm, cool, shallow, deep...).
- Continue to focus your attention on the breath and notice how you are feeling. Just notice.

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.



Introductions

Anne Contreras

anne@pureedgeinc.org

Director of Programs & National Trainer

MACP, MFTi #87444

Doctoral Studies

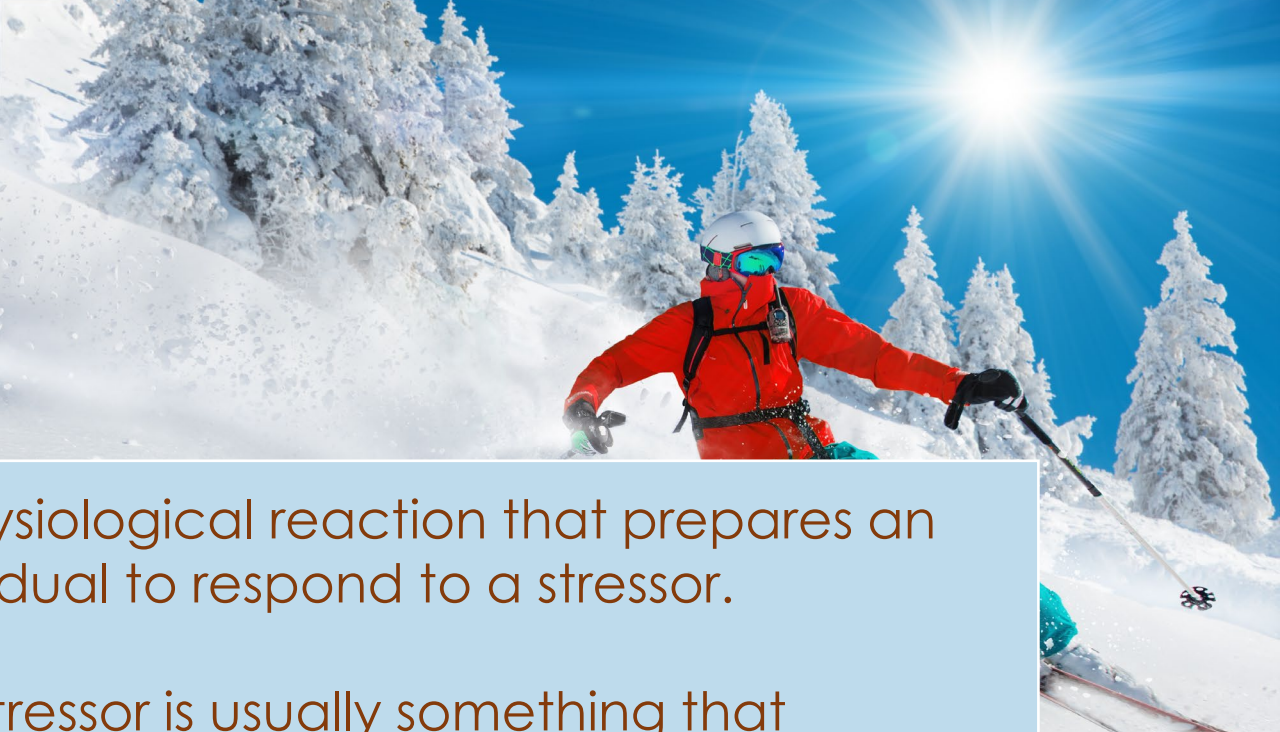
Somatic Psychology (Embodied States)

Foundation – Trauma



Learning Objectives

- Recognize the physiological response to stress.
 - Experience **self-care practices** throughout the session.
 - Explore the interconnectedness of stress and one's own self-care.
-



What is stress?

A physiological reaction that prepares an individual to respond to a stressor.

What is a stressor?

The stressor is usually something that threatens the well-being or homeostasis (stable equilibrium) of the individual.



STRESSOR: Pandemic (CDC)



Health-related fear



Worsening of chronic health problems



Sleep problems



Increased use of alcohol, tobacco, and other drugs



Eating problems



- Isolation
- 50% of 20K responders reported feeling lonely (Cigna Survey)



Concentration problems



Racial and ethnic minority groups

“

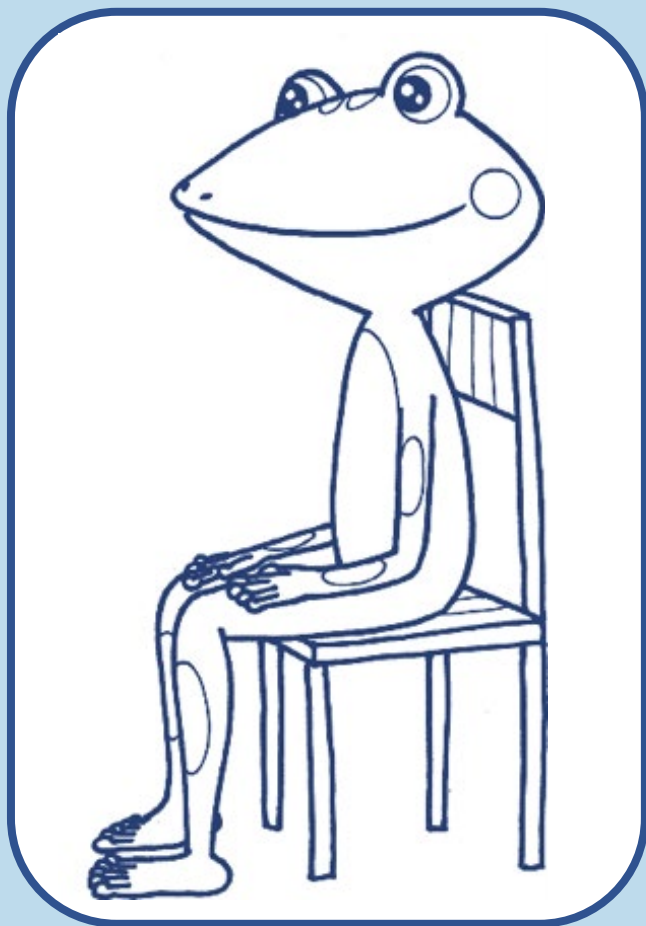
For many parents, **it can feel overwhelming** to face competing demands at home and work along with possible financial challenges during this crisis.

~Dr. Arthur C. Evans Jr., CEO
American Psychological Association

”



Engaging Activity: Even In – Even Out



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

Benefits

- ❖ Positive challenge
- ❖ Motivates us to take action
- ❖ Promotes well-being
- ❖ Enhances performance

Detriments

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

Stress Accumulates ↔ Allostatic Load

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



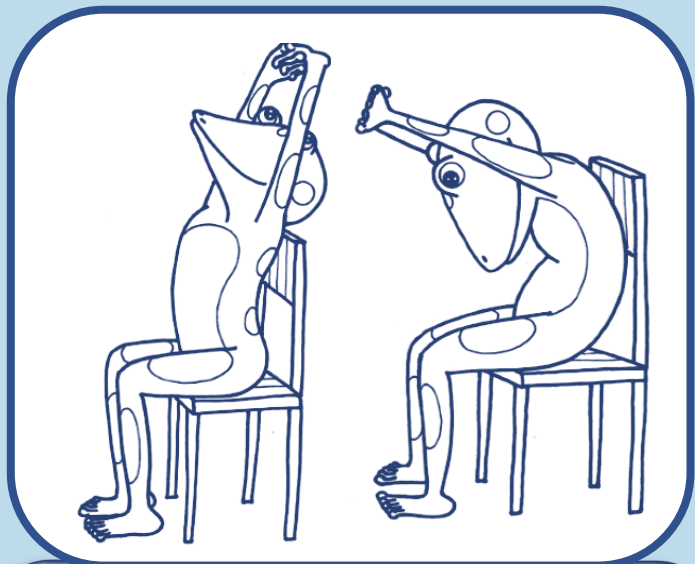
Impact of Stress & Trauma on the Heart

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.





Engaging Activity: Chair Cat/Cow



1. Sit in Seated Mountain with hands on knees.
2. As you inhale, stretch your arms overhead and interlace fingers. Reach the center of your chest up toward the ceiling, and lift your chin so that you are looking at the ceiling. (Cow)
3. As you exhale, in one movement bring your hands forward, round your spine and drop your chin toward your chest. (Cat)
4. Repeat for several breaths: inhale, arms up, gaze lifts, chest up. Exhale round the spine, chin tucks, hands forward.
5. Return to Seated Mountain.



**You can have young learners moo like a cow and meow like a cat. Just make sure they do a few rounds moving with the inhale and exhale first.*

**If on the floor, learners can come to hands and knees. Inhale, the belly drops down toward the floor and we look up toward the ceiling (Cow). Exhale, look at your belly button and round your spine (Cat). Repeat for several breaths.*

Stress Is Contagious



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

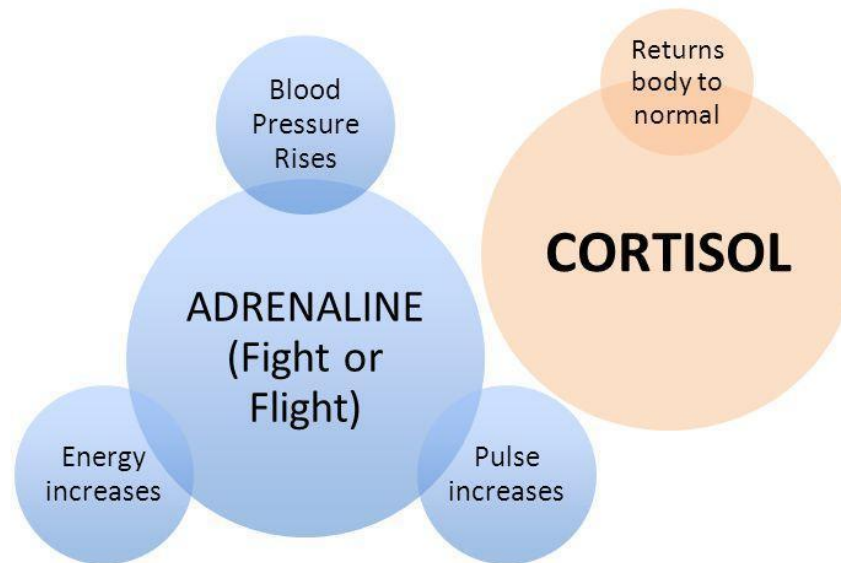
Researcher Kimberly Schonert-Reichl (University of British Columbia) urges educators to be aware of their own mindsets and to practice mental wellness exercises to reduce their stress levels.

Children are keen observers and often notice and react to stress or anxiety of their parents, caregivers, peers and community.

~Dr. Arthur C. Evans Jr., CEO
American Psychological Association

Stress Response

Stress Responses



- **Cortisol** and **adrenaline** are released when our environments demand that we are alert and focused.¹
- Which can result in being “stressed out” = when our nervous system **becomes accustomed** to constant flow of cortisol and adrenaline.
- Exercise and mindfulness practices/activities **help flush excess cortisol from our systems.**

Image Source: <https://www.valinschiropractic.com/blog/124988-balancing-hormones-for-energy-and-sculpting-your-perfect-body>

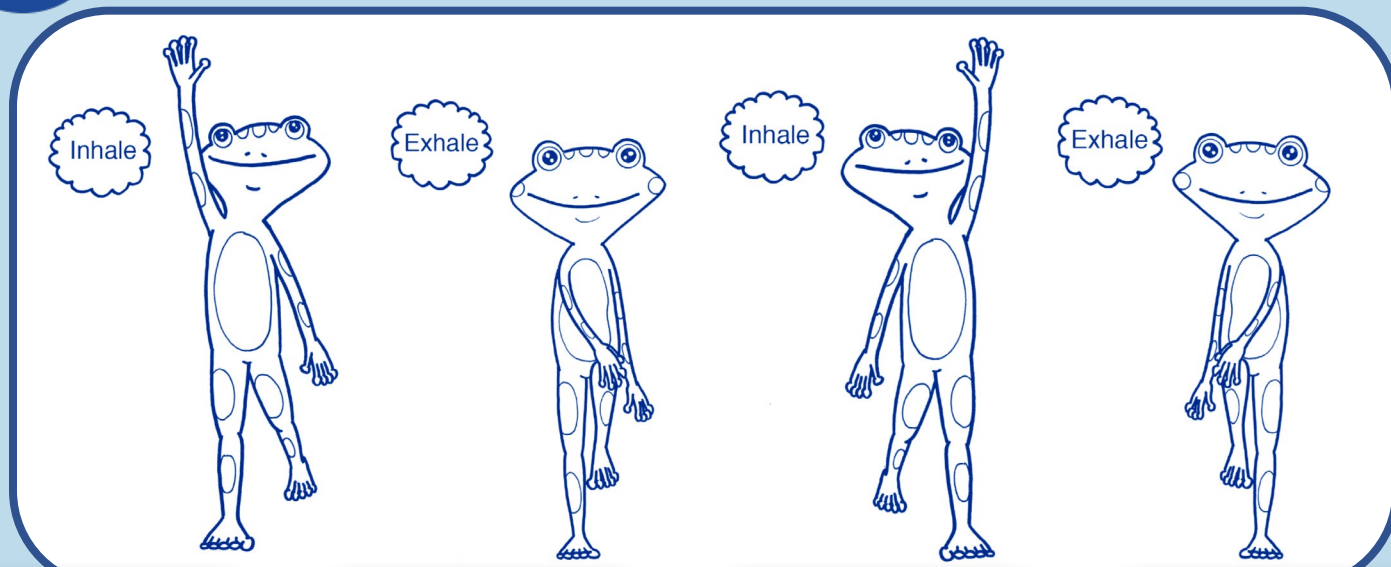
1: “Understanding the stress response,” Harvard Health Publications, 2016. <http://www.health.harvard.edu/staying-healthy/understand-ing-the-stress-response>

In order to have an impact on others,
you must first have an impact on yourself.





Engaging Activity: Brain Balance Sequence



1. Inhale, take the right arm overhead and the left foot slightly behind, placing only your toes on the floor.
2. Exhale, lift the left leg, knee bent, and touch the right hand to the inside of the left knee.
3. Inhale, return the right arm overhead and the left foot slightly behind placing only your toes on the floor.
4. Exhale and again lift the left leg, knee bent, and touch the right hand to the inside of the left knee.
5. Repeat on the other side.

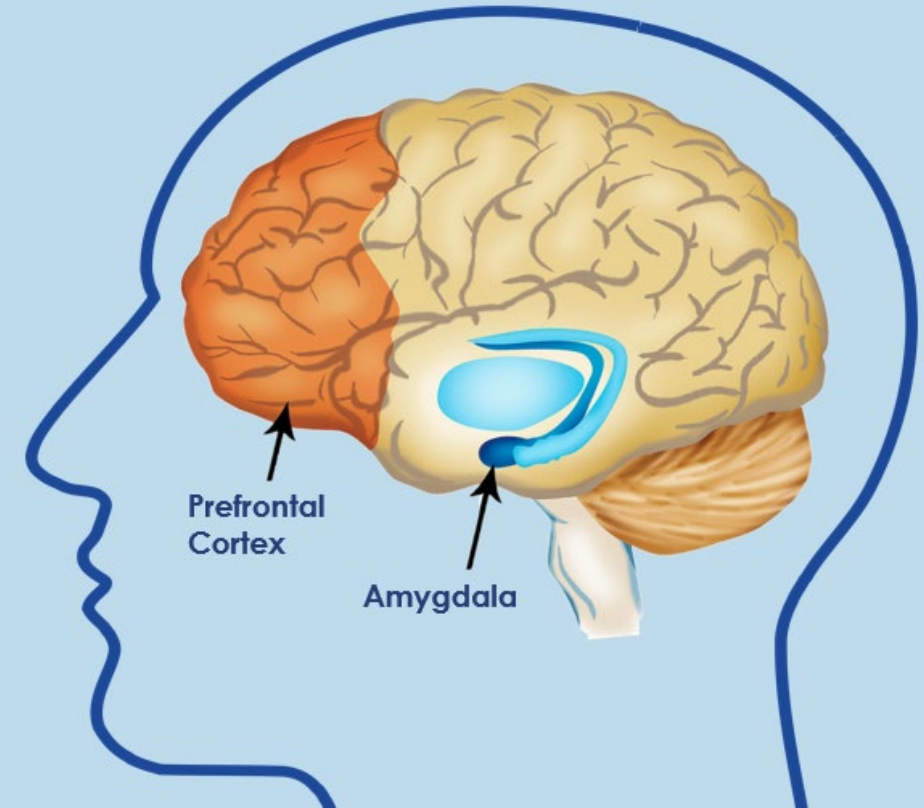


Neuroscience

Prefrontal Cortex: not fully developed until age 25 or so.

- 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.



Neuroscience: Vagal Tone

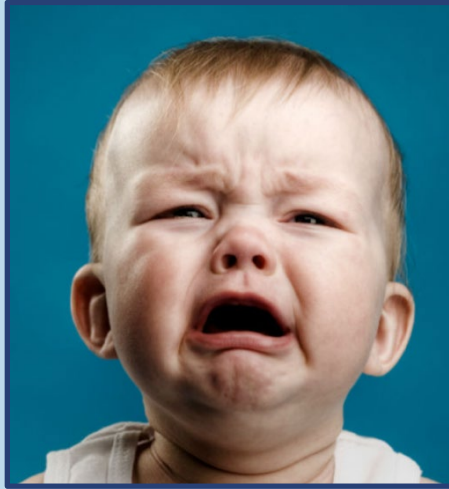


THE VAGUS NERVE

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.

Response



“Gas Pedal”

Sympathetic Nervous System:
Fight or Flight



“Brake”

Parasympathetic Nervous System:
Rest and Digest



What we hope to do

Respond

Vs.



Parents who cope with stress in healthy ways can not only **promote better adjustment and happiness for themselves**, but also promote the formation of critically **important habits and skills for children.**

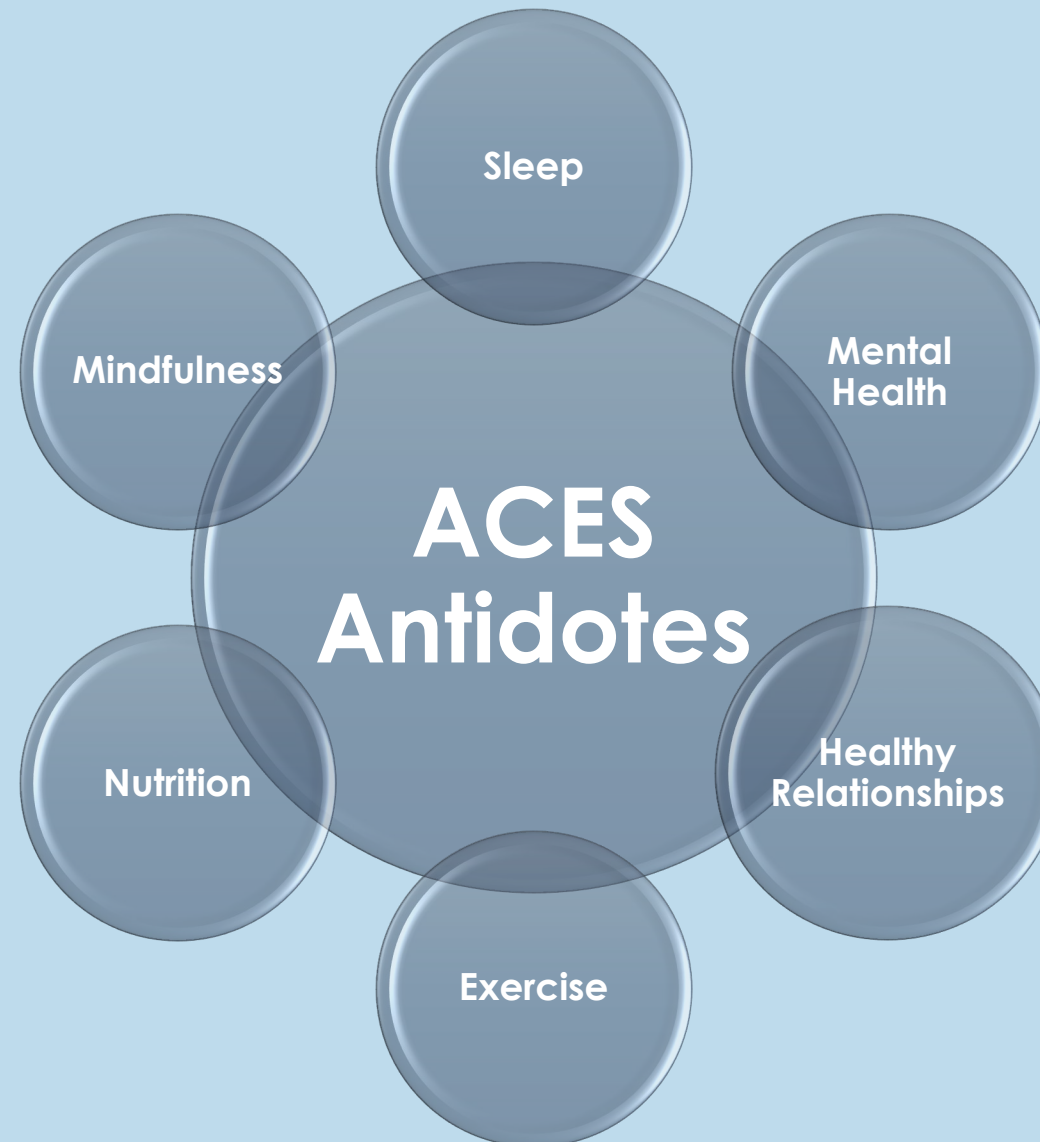
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Adult Modeling

Kids **absorb** the adults' mannerisms,
especially their
EMOTIONAL REGULATION
(the ability to manage their emotions).¹



Six Critical Healing Factors





Engaging Activity: Guided Rest or Body Scan



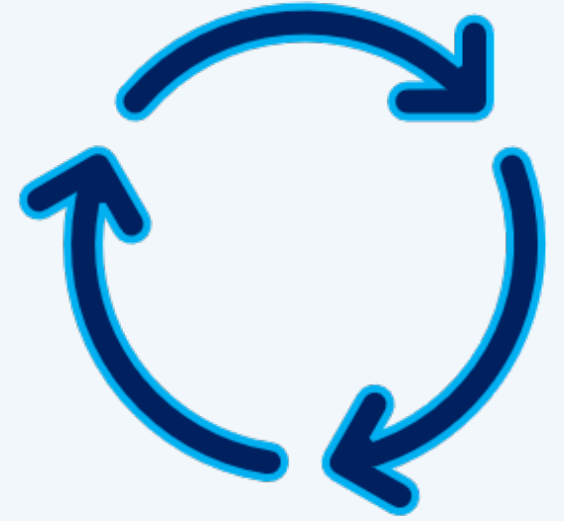
Brain Breaks Implementation Tips

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



Takeaways

- Stress/Stressors
- Nasal Breathing
- Allostatic Load
- Neuroscience: Brain, Vagus Nerve & Sympathetic vs. Parasympathetic.
- Taking in the Good



Brain Breaks Review



Breathe

- Mindful Minute
- Even In – Even Out



Move

- Chair Cat/Cow
- Brain Balance Sequence



Rest

- Guided Rest or Body Scan

Optimistic Closure: One word – how are you feeling?



Image: Rick Hanson and Rick Mendius, "Positive Emotions and Taking In the Good," 2007. <http://www.wisebrain.org/PositiveEmotions.pdf>



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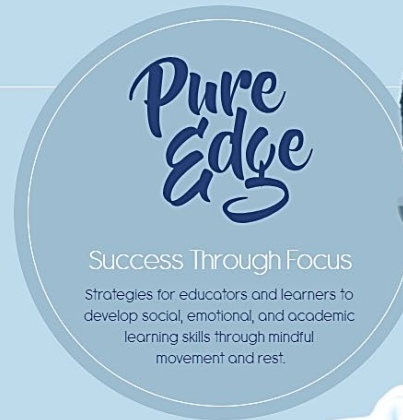
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest





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