



Thank you for joining us!

Session 2: Mindful Mondays

Trainer: Anne Contreras, Director of Programs

Getting Started:

1. If you have any questions, please type them into the Q&A box.
2. Remember to also sign up and register in your respective district/agency's system in order to receive credit if needed.
3. Since this is an **experiential activity**, please wear comfortable clothing to move in and arrange your space to allow for movement. Also, please have a four-legged chair with no wheels, close by.
4. After this session ends, Zoom pops up a link to a feedback survey. Please complete this, as this helps us further support you.



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Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org



Welcoming Activity

Respond to the poll to share which of the following images most accurately reflects your feelings right now.

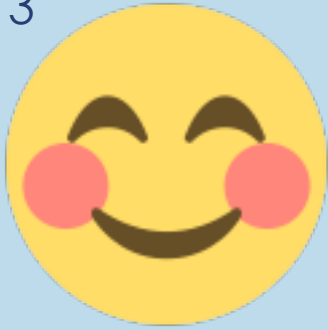
1



2



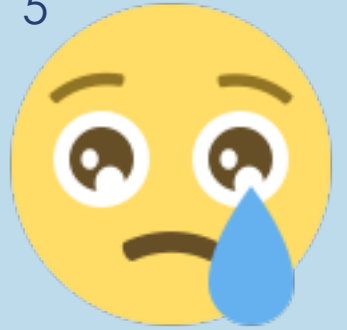
3



4



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6



7



8



9



10



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

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Director of Programs & National Trainer

MACP, MFTi #87444

Doctoral Studies

Somatic Psychology (Embodied States)

Foundation – Trauma





Engaging Activity: Mindful Listening



Session Objectives

- Practice nasal breathing as an aspect of self-awareness toward being mindful.
 - Experience a brief self-care practice.
 - Practice “Taking in the Good.”
-

Nasal Breathing



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

Practice





Engaging Activity: Breathing Ball





Engaging Activity: Chair Opening A





Engaging Activity: Guided Rest



Optimistic Closure: How to “Take in the Good”



1. Look for good facts and turn them into good experiences.
2. Really enjoy the experience.
3. Intend and sense that good experiences are sinking into you.¹

¹: Rick Hanson and Rick Mendius, “Positive Emotions and Taking In the Good,” 2007. <http://www.wisebrain.org/PositiveEmotions.pdf>

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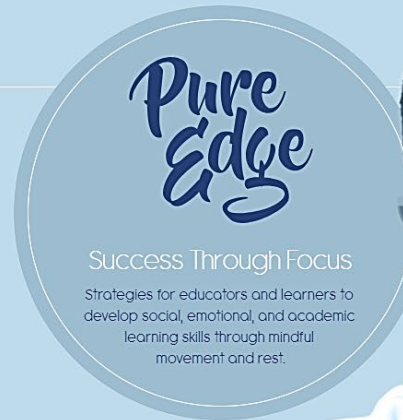
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest





Pure Community

Please Note: You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance.

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