



Pure Community

Thank you for joining us!

Session: Self-Care and Understanding Stress
Trainer: Gill McClean

Getting Started:

1. If you have any questions, please type them into the Q&A box.
2. Place a pen/pencil/paper nearby to jot down your thoughts.
3. At the end of this session, please complete the Feedback Form.

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Introductions

Gill McClean

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Director of Professional Development &
National Trainer



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Introductions



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



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.



Learning Objectives

- ❖ Understand the impact of stress on educators and scholars.
- ❖ Understand how brain break strategies can help us manage stress and powerful emotions.
- ❖ Experience Brain Breaks exercises as participant.



Engaging Activity

Please respond to the poll on the next slide to share which of the following images most accurately reflects how you are feeling right now:



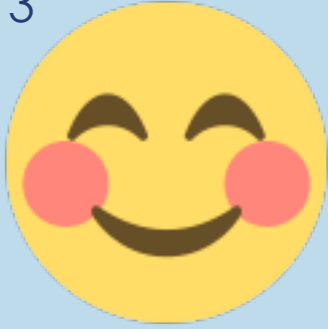
1



2



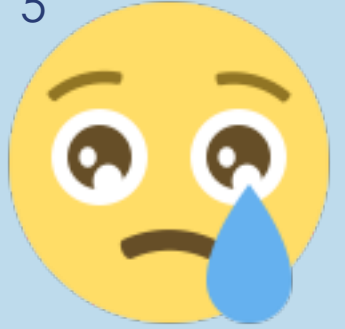
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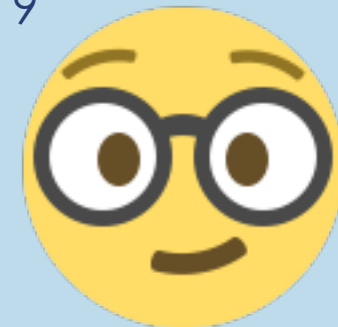
7



8



9



10



Engaging Activity: Mindful Minute



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Breathe

Move

Rest



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



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

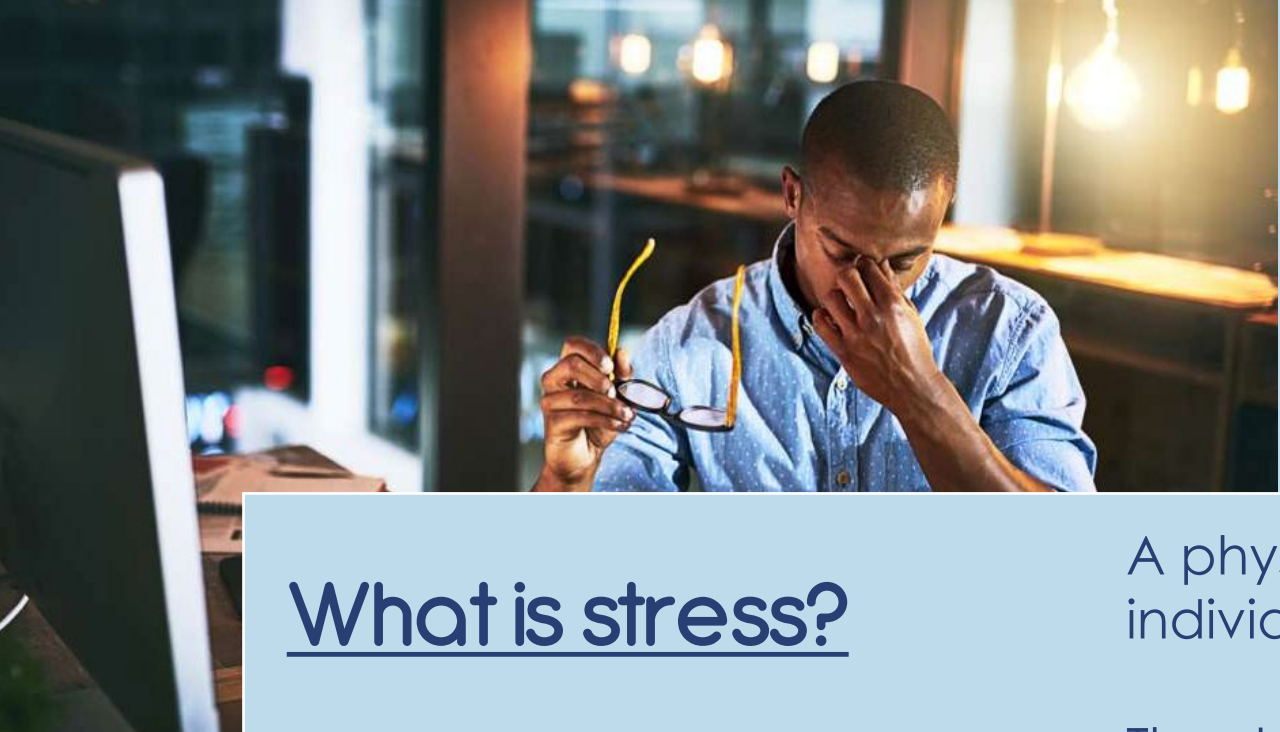




Engaging Activity: Even In – Even Out

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, lets count to two on the inhale and the exhale.
6. Repeat, continuing to extend the breath up to a count of five.





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.





Engaging Activity: Think-Ink-Share



Where do you feel
stress in your body?

Where do you feel
joy in your body?

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



STRESSOR: Pandemic (CDC)



- Health-related fear



- Sleep problems



- Eating problems



- Concentration problems



- Worsening of chronic health problems

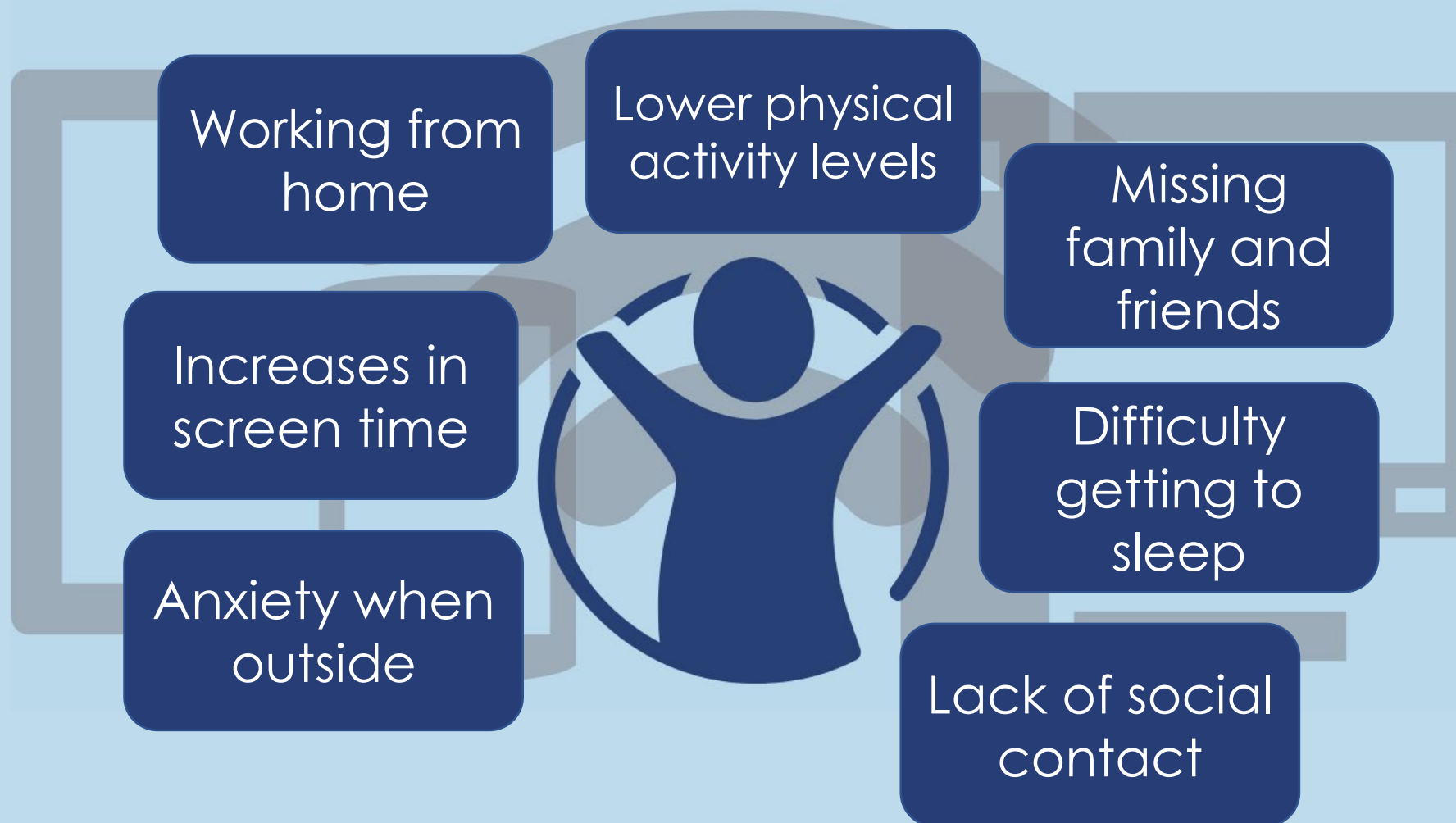


- Increased use of alcohol, tobacco, and other drugs



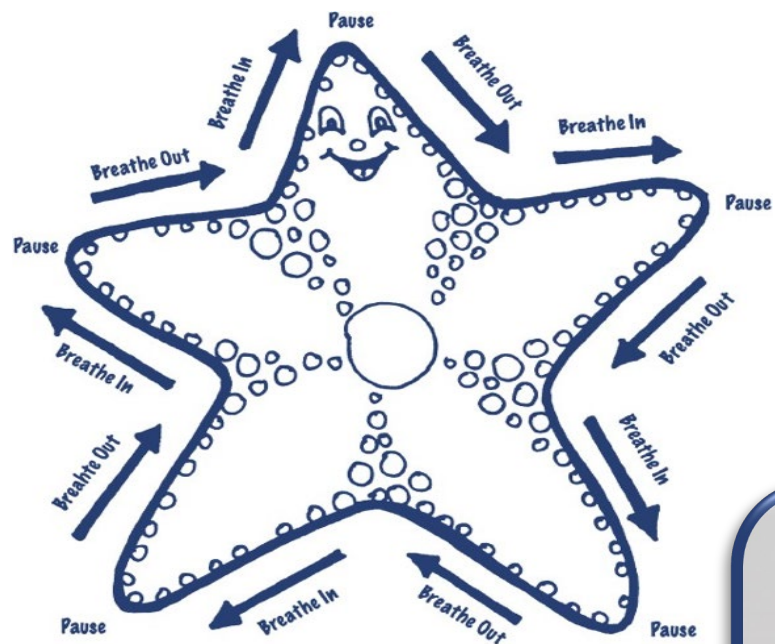
- Isolation
 - 50% of 20K responders reported feeling lonely (Cigna Survey)

Issues we face...





Engaging Activity: Starfish Breathing or Take Five



1. Lift one hand, fingers spread wide.
2. Put the index finger from the other hand on the outer base of the thumb.
3. We are going to trace the outline of our hand. Keep looking at your pointer finger while you do your breathing.
4. Inhale (finger traces to top of thumb).
5. Exhale (finger traces down the other side of thumb).
6. Repeat until you have traced the outline of the hand.



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.



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McEwen, BS; Stellar, E (Sep 27, 1993). "Stress and the individual. Mechanisms leading to disease". Archives of Internal Medicine. 153 (18): 2093-101.



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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.



What we hope to do

Respond

Vs.

React







Engaging Activity: Chair Twist



1. Sit in Seated Mountain.
2. Inhale, sit up tall.
3. Exhale, touch your right knee with your left hand and put your right hand on your hip (or the back of the chair).
4. Inhale, sit up tall.
5. Exhale, look over your right shoulder.
6. Stay still and take 3 relaxed breaths.
7. Inhale, come back to Seated Mountain.
8. Exhale, repeat to other side.



It is essential for adults working with young children to be well physically and emotionally.

Better health enables better relationships with children, and research has long demonstrated that good relationships are crucial for children's learning and social-emotional development.

Dr. Kate Gallagher
Director of Research and Evaluation,
Buffett Early Childhood Institute, University of Nebraska



Stress Is Contagious

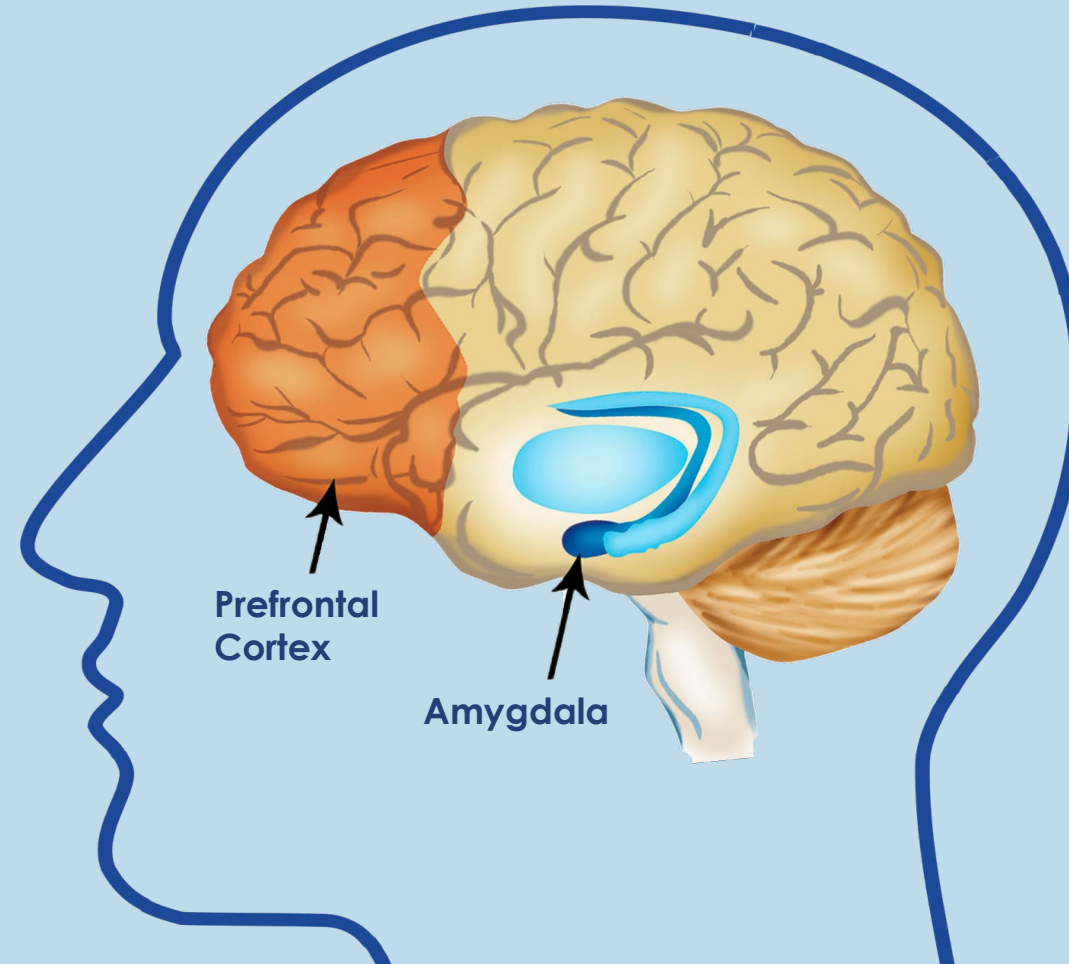


Higher cortisol levels were found in students whose teachers reported high levels of stress and burnout.

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



Self-regulation & the Brain



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.



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<http://depresseddisorder.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>



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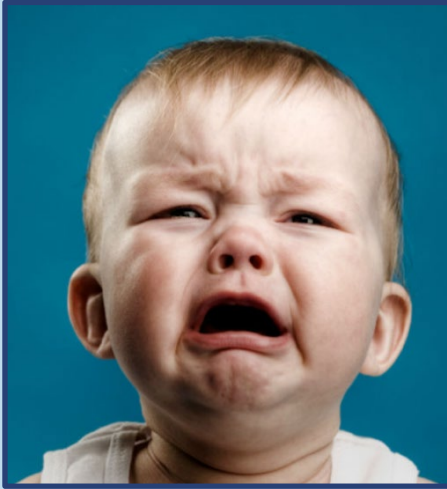
Engaging Activity: Chair Cat/Cow



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.



Stress Response



“Gas Pedal”

Sympathetic Nervous System:
Fight or Flight



“Brake”

Parasympathetic Nervous System:
Rest and Digest



Emotional Regulation

Learning to identify and regulate symptoms of stress, so we must also **learn how to identify and regulate one's own emotions.**

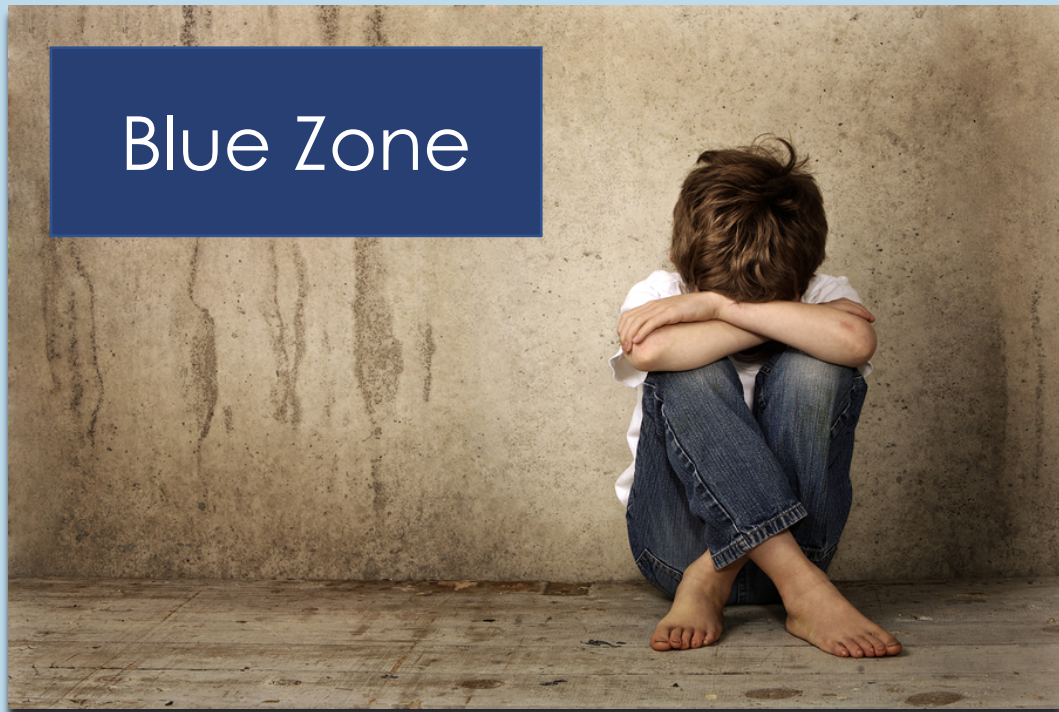


Adult Modeling

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



Blue Zone



Red Zone



Green Zone



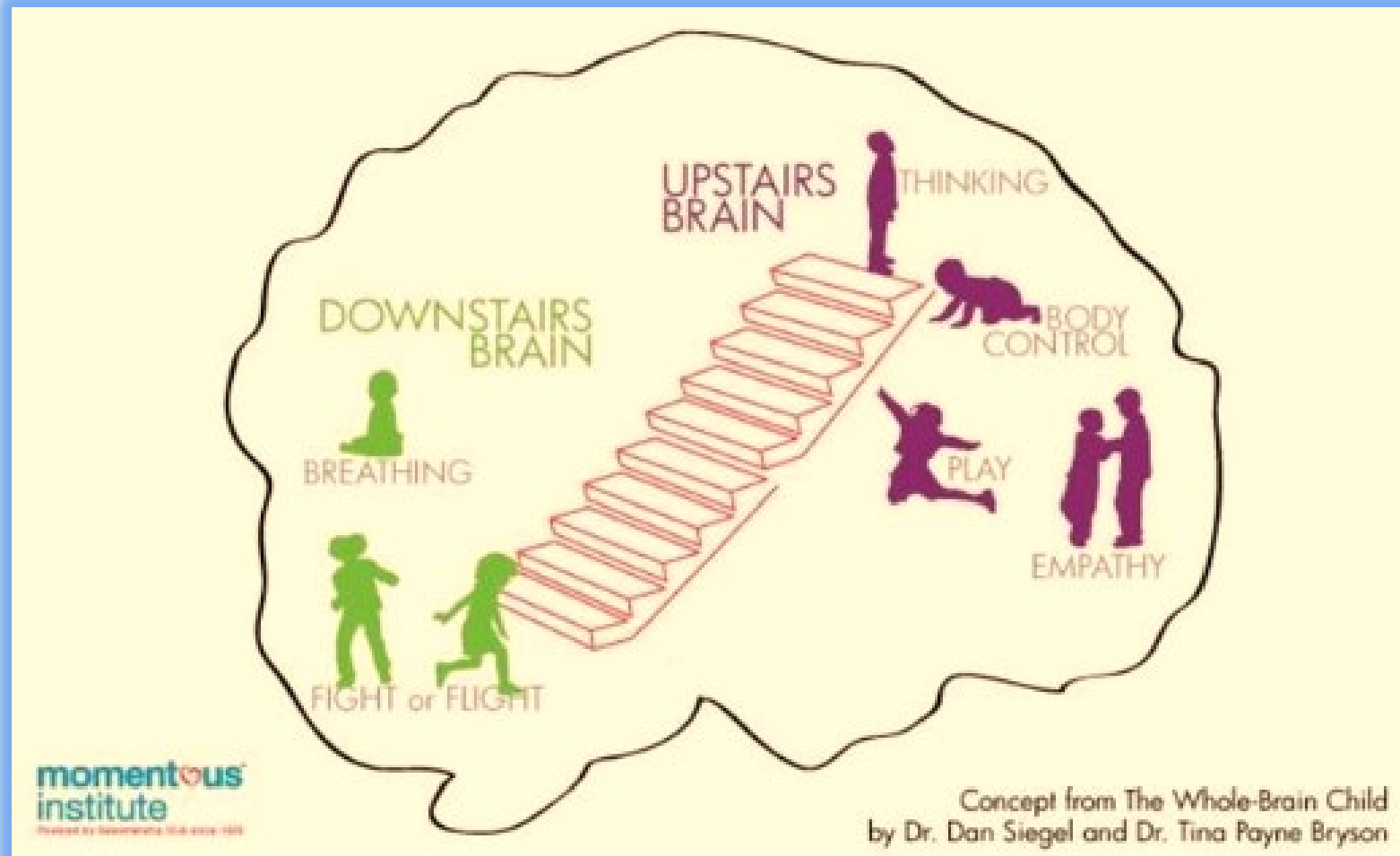
Image source: <https://happykids.hu>

Source: Siegel, Daniel J., and Tina Payne Bryson. *The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child*. First edition. New York: Bantam, 2018. Print.



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Upstairs Brain – Downstairs Brain



Upstairs Brain – Downstairs Brain

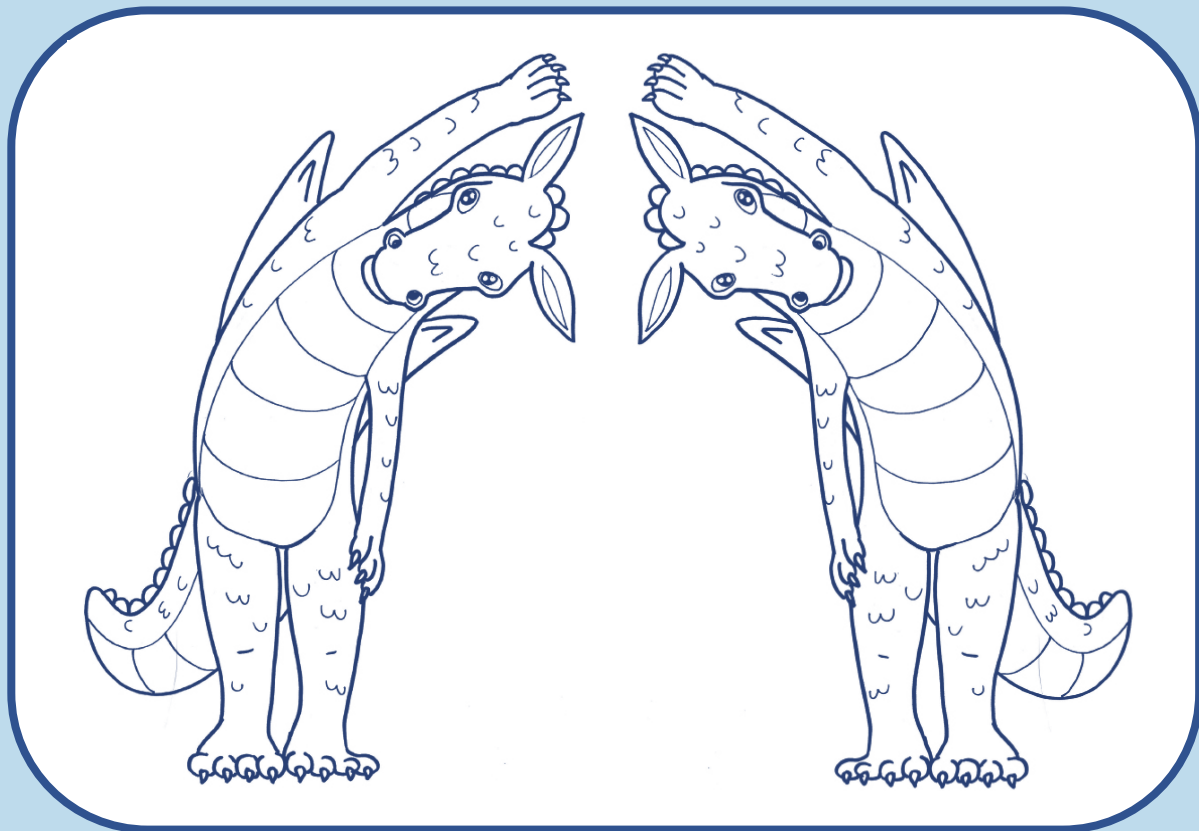
Integrating upstairs downstairs strategies:

1. **CONNECT, THEN REDIRECT:** Be present with your child's feelings, help them get into the "green zone."
2. **Breathing** will help bring the prefrontal cortex ("upstairs brain") back online.
3. **Move** it or lose it: Get child moving and their mood will change.





Engaging Activity: Standing Half Moon

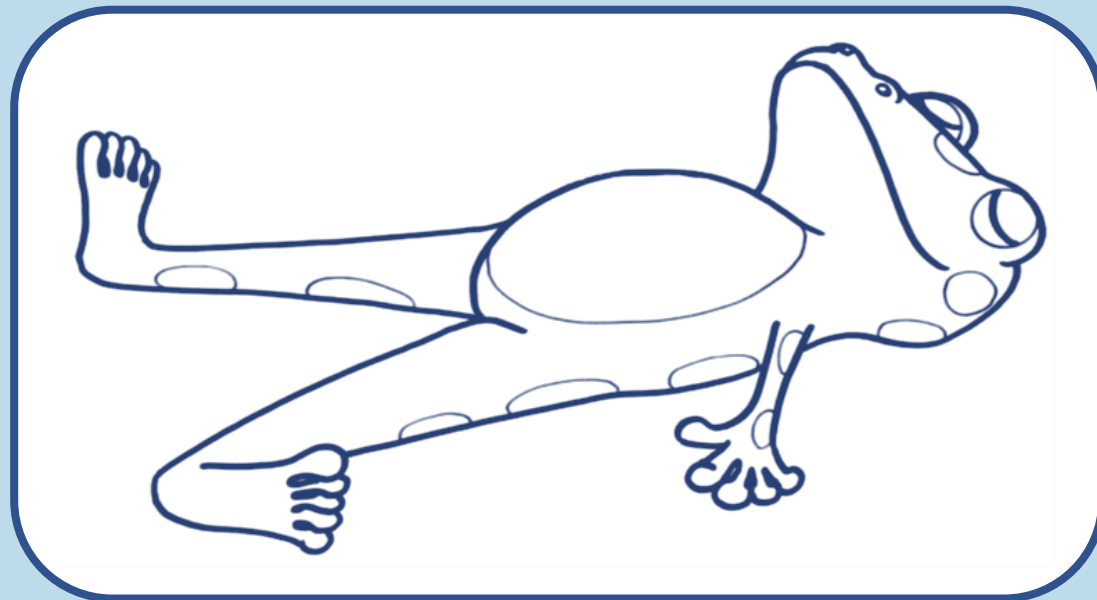


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Engaging Activity: Guided Rest or Body Scan



Brain Breaks Review



Breathe

- ❖ Mindful Minute
- ❖ Even In – Even Out
- ❖ Starfish Breathing or Take Five



Move

- ❖ Chair Twist
- ❖ Chair Cat/Cow
- ❖ Standing Half Moon



Rest

- ❖ Guided Rest or Body Scan



Takeaways

- ❖ Stress impacts us physically and mentally.
- ❖ We can use the breath and body to decrease Allostatic Load.
- ❖ The “Brain” muscle needs exercise too.
- ❖ Self-care strategies build resilience.



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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



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Success Through Focus

Strategies for educators and learners to
develop social, emotional, and academic
learning skills through mindful
movement and rest.

•
breathe

•
move

•
rest



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Trainer: Gill McClean, Director of Professional Development

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