



# Thank you for joining us!

**Session 3: 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.



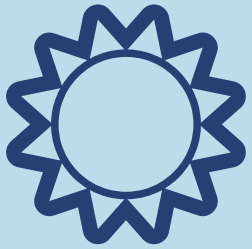
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Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)



# Welcoming Activity

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

## Describe Your Mood Today



Sunshine



Rainy



Thundery



Cloudy



Rainbow



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# Who We Are

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**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.

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# Introductions

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**Anne Contreras**

[anne@pureedgeinc.org](mailto:anne@pureedgeinc.org)

*Director of Programs & National Trainer*

MACP, MFTi #87444

Doctoral Studies

Somatic Psychology (Embodied States)

Foundation – Trauma

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# Engaging Activity: One Minute Reflection



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# Session Objectives

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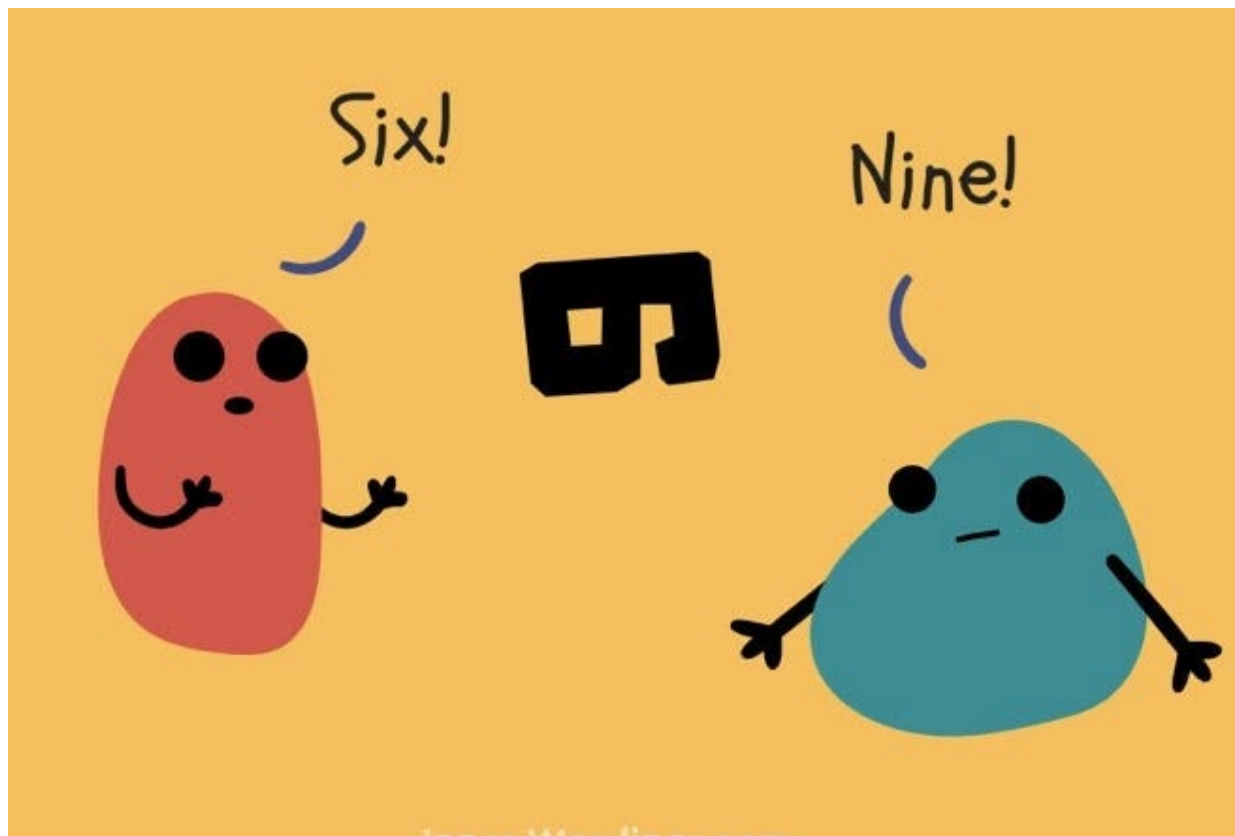
- Touch upon Bias > Negativity Bias
  - Experience a brief self-care practice.
  - Practice: What Am I Grateful For?
- 



# Bias

An inherent or learned prejudice against a thing, person, or group when compared with another.<sup>1</sup>

Nearly all humans share a **negativity bias**, that is our tendency to hold on to or collect negative information in the form of **memories** or **impressions**.



1: Bias | Definition of Bias by Merriam-Webster

# Negativity Bias

Negativity bias can take the shape of:

- Excessive worry
- Anxiety
- Frustration
- Aggression
- Judgement

**Sometimes it leads us to look for or expect danger.**



# Negativity Bias

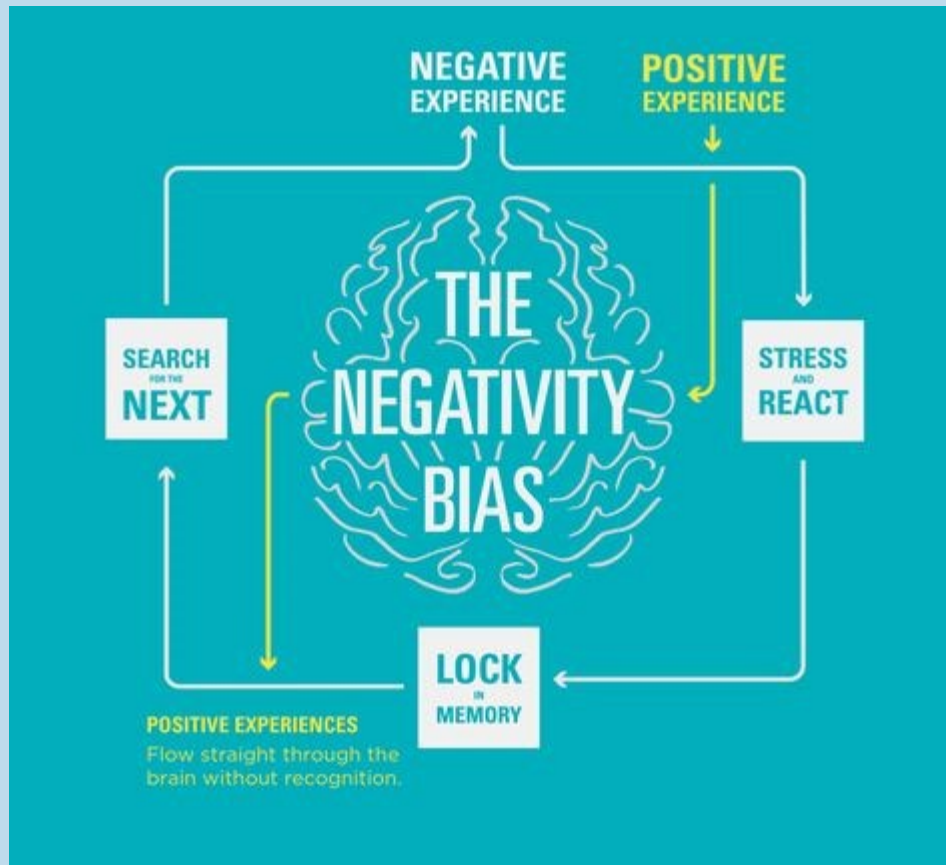
Example, studies have found that:

- **In a relationship**, it typically takes five good interactions to make-up for a single bad one.
- People will work much harder to **avoid losing \$100** than they will work to gain the same amount of money.
- **Painful experiences** are much more memorable than pleasurable ones.<sup>1</sup>



<sup>1</sup>: Hanson, Dr. Rick, Take in the Good, May 5, 2020.

“The brain is like Velcro for negative experiences and like Teflon for positive ones.”<sup>1</sup>



- Meaning, unpleasant experiences stick to the brain's longer-term memory.
- While pleasant experiences are less likely to stay put.

It takes **2-3 seconds** for one's brain to remember something **unpleasant**.

It takes **20-30 seconds** for your brain to remember something **pleasant**.



# Practice





# Engaging Activity: Belly-Heart Breathing



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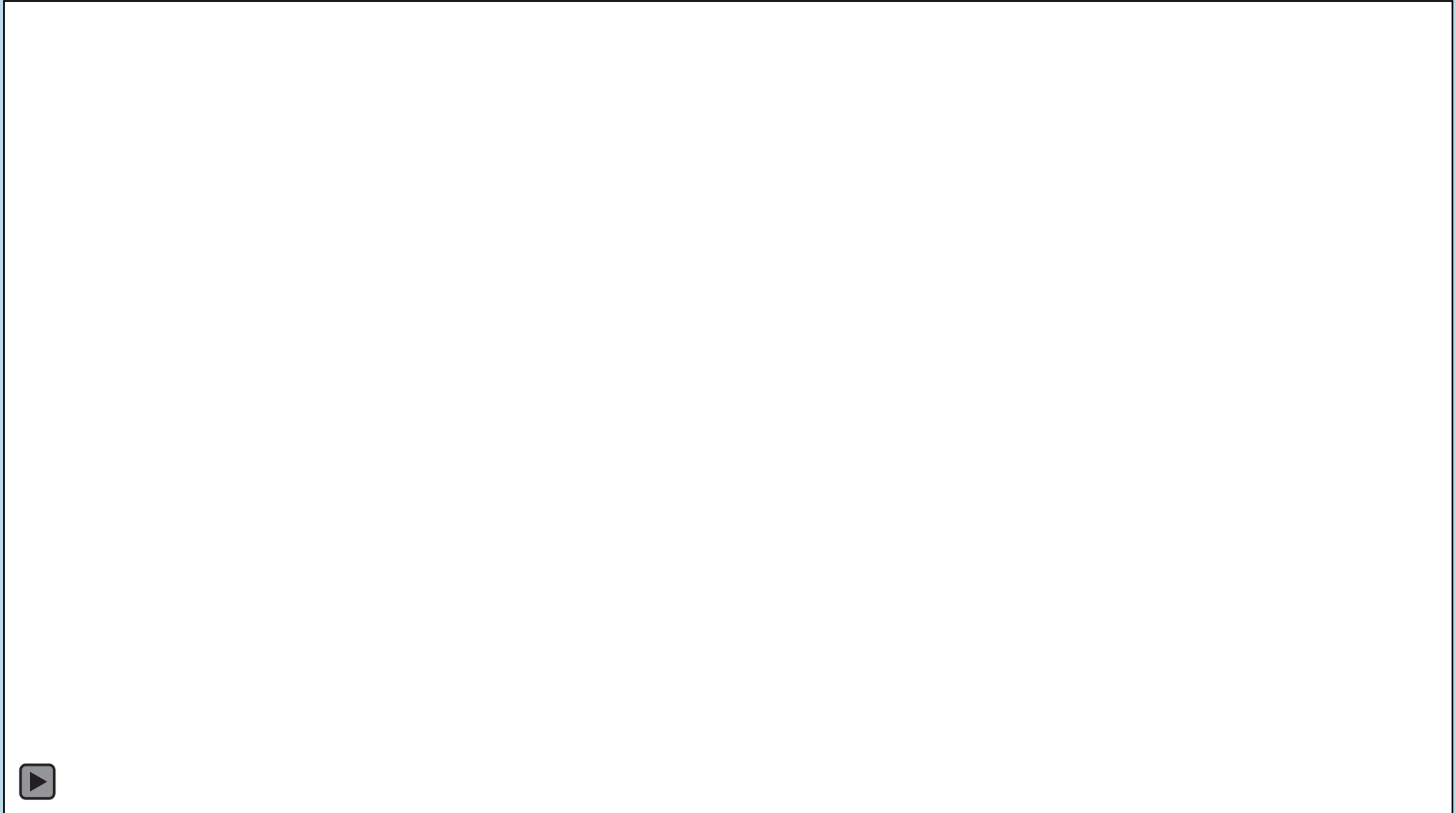


# Engaging Activity: Chair Sunrise Twist





# Engaging Activity: Chair Eagle





# Engaging Activity: Guided Rest



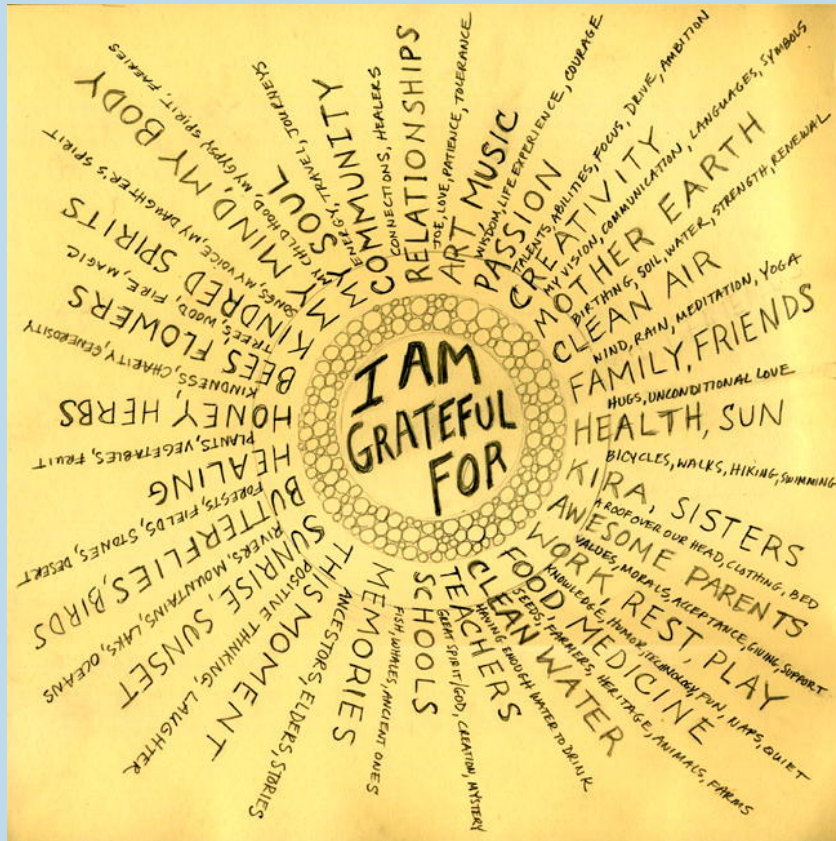
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# Optimistic Closure:

## List 5 things you are Grateful



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Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training



Online Curriculum

Log Out

+ MENU



•  
breathe

•  
move

•  
rest



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Pure Community

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

*Thank you for joining us!*

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