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.
Welcoming Activity

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

Describe Your Mood Today

Sunshine  Rainy  Thundery  Cloudy  Rainbow
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
Engaging Activity: One Minute Reflection
Session Objectives

• 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.¹

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.
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.¹

¹: Hanson, Dr. Rick, Take in the Good, May 5, 2020.
Taking In the Good

“The brain is like Velcro for negative experiences and like Teflon for positive ones.”

- 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**.

Engaging Activity: Belly-Heart Breathing
Engaging Activity: Chair Sunrise Twist
Engaging Activity: Chair Eagle

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Engaging Activity: Guided Rest
Optimistic Closure:
List 5 things you are Grateful

Images: Seven Ways to Cultivate Gratitude, https://www.mindsoother.com/blog/seven-ways-to-cultivate-gratitude

Follow us @PureEdgeInc
Thank you for joining us!

Session 3: Mindful Mondays

Trainer: Anne Contreras, Director of Programs

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