



# Thank you for joining us!

**Session 2:** Educator Self-Care and Self-Management  
**Trainer:** Michelle Kelsey Mitchell,  
Director of Partnerships

## Getting Started:

1. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion.
2. If you have any questions, please type them into the Q&A box.
3. Remember to also sign up and register in your respective agency's system in order to earn credit hours.
4. If you'd like, grab a pen/pencil/paper to jot down your thoughts.



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# Introductions

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Michelle Kelsey Mitchell  
**[michelle@pureedgeinc.org](mailto:michelle@pureedgeinc.org)**  
Director of Partnerships &  
*National Trainer*

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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.



# Welcoming Activity: Follow Along



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# Session 1 Review

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# Social and Emotional Learning (SEL) Competencies

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*The Competencies serve as a framework for furthering social, emotional, and academic learning within school contexts.*

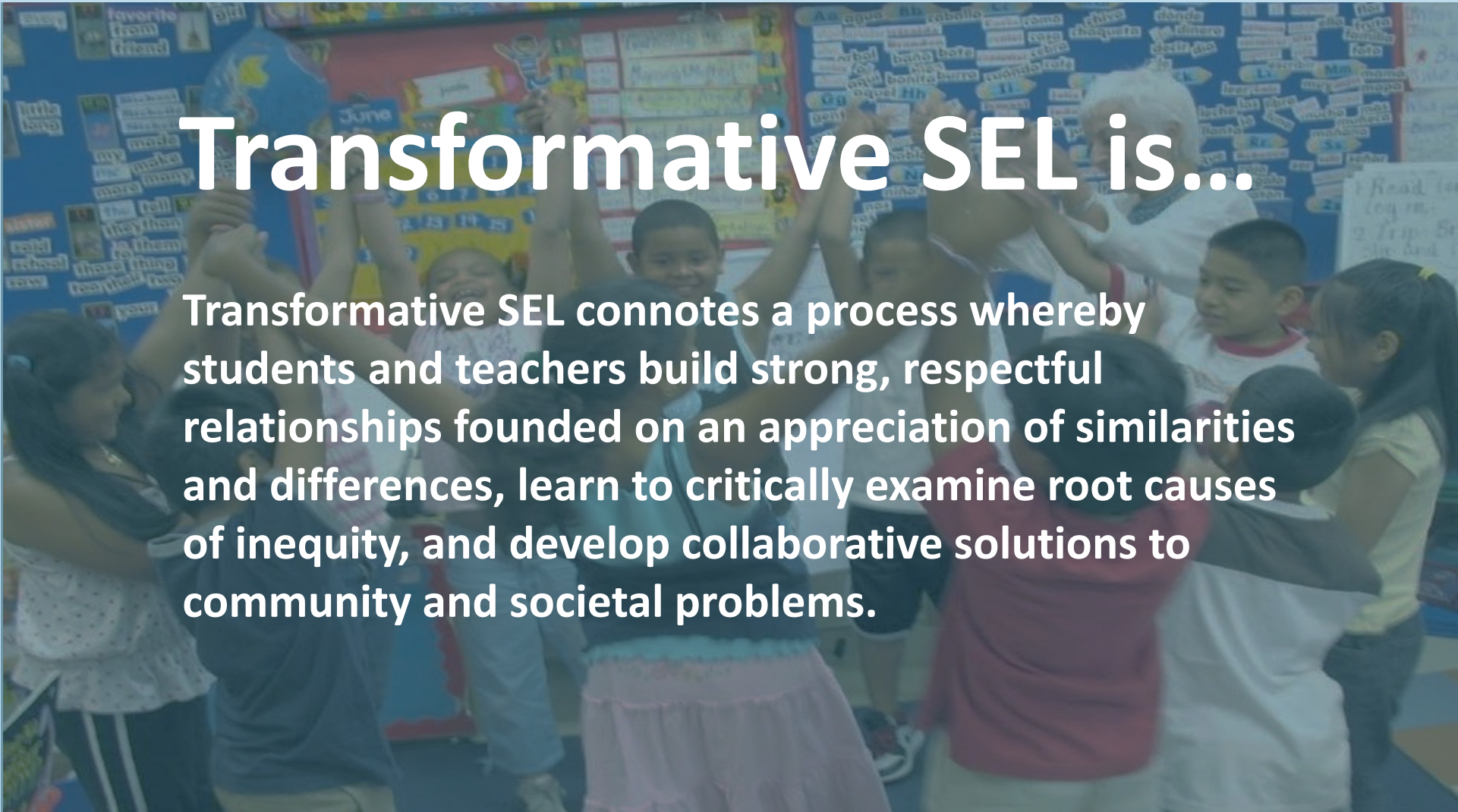
SEL involves the processes through which children **and** adults acquire and effectively apply the knowledge, skills, and attitudes to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible decisions.



*The Pure Edge program touches on all five and especially promotes:  
Self-Awareness, Self-Management, and Relationship Skills*







# Transformative SEL is...

Transformative SEL connotes a process whereby students and teachers build strong, respectful relationships founded on an appreciation of similarities and differences, learn to critically examine root causes of inequity, and develop collaborative solutions to community and societal problems.



# Social and Emotional Learning Competencies

- Identifying emotions
- Self-perception/Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy
- *Integrating personal and socio-cultural identities*
- *Analyzing of beliefs, mindsets, and biases*
- *Social interdependence*





# Self-Awareness and the Body

Research shows that the average person has **50,000 to 70,000** thoughts per day.<sup>1</sup>



- Mindfulness can be defined as “**the ability to notice what is happening as it is happening.**”
- **Mindfulness practice** is one way to improve our ability to become more aware of what we are thinking.

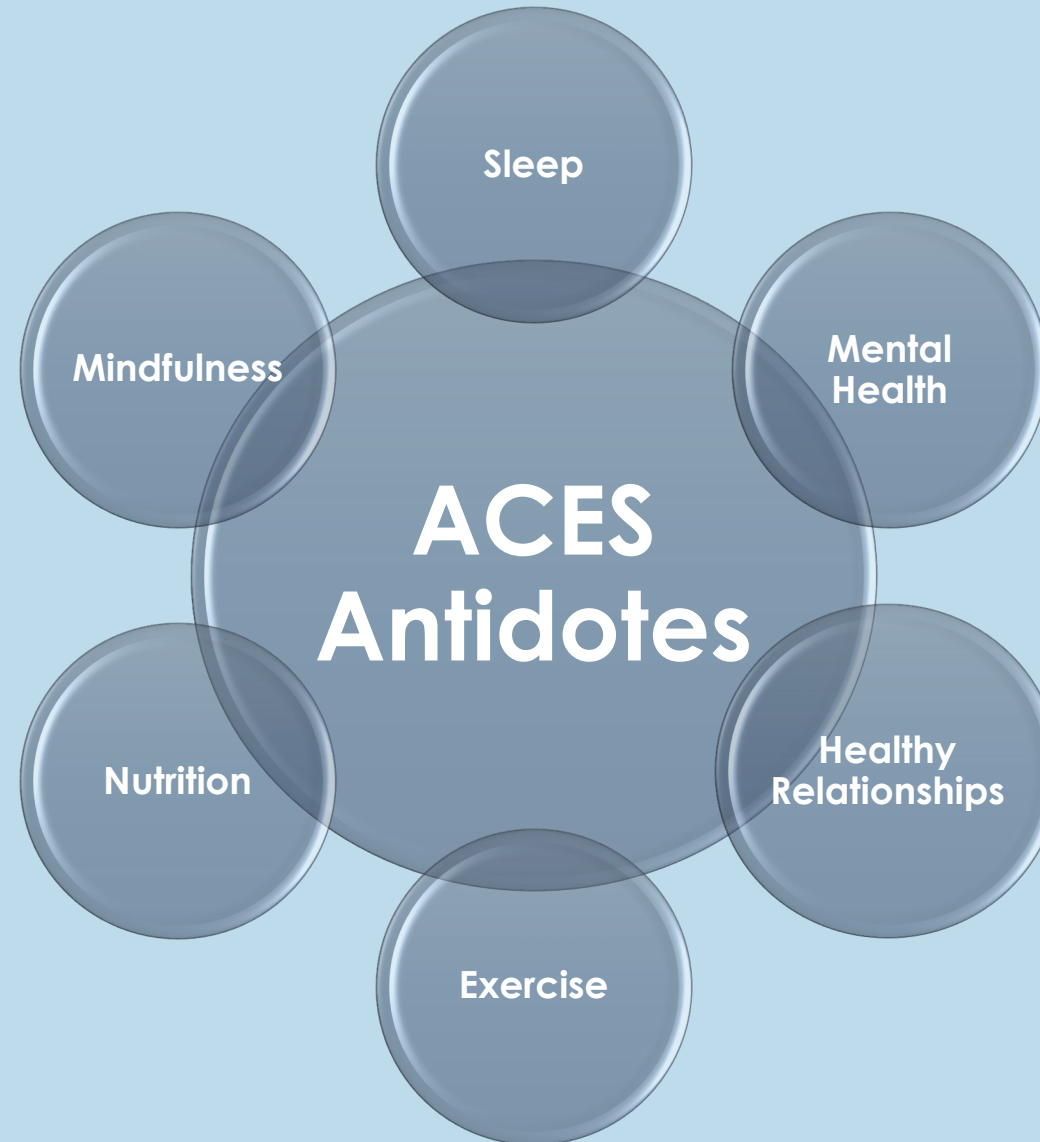
“Through physical practice, we have learned how to exercise different muscles in the body, and now we will begin training our mindfulness muscle.”<sup>2</sup>

1: Bruce Davis, Ph.D., Retreat leader at Silent Stay Retreat Center, [https://www.huffpost.com/entry/healthy-relationships\\_b\\_3307916](https://www.huffpost.com/entry/healthy-relationships_b_3307916)

2: Sharon Salzberg, Real Happiness, 2010



# 6 Critical Healing Factors



# Dysregulated Stress Response

“

...the literature provided evidence of why these things were effective. Fundamentally, they all targeted the underlying biological mechanism – a dysregulated stress response system and the neurologic, endocrine, and immune disruptions that ensued.

Dr. Nadine Burke Harris, M.D.  
The Deepest Well

”



# Self-Care Practice



# Breathe

# Move

# Rest



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# 3 Signature Practices



## Welcoming/Inclusion Activities

(1-9 minutes)

- Support contribution by all voices
- Set norms for respectful listening
- Create connection and belonging
- i.e. Class Circles, Morning Meeting, Partner Discussions, etc.

## Engaging Strategies

(1-15 minutes)

- Brain Breaks
- Sense-making
- Opportunities for Interactions
- Intentionally build SEL skills
- i.e. Brain Breaks, Directly teach SEL skills through evidence-based programs

## Optimistic Closure

(3-5 minutes)

- Provides positive closure
- Reinforces learning
- Reflection and looking forward
- Intentional closure
- Topic reinforcement
- i.e. Reflective questions



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Source: SEL 3 Signature Practices Playbook 2019



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# Learning Objectives

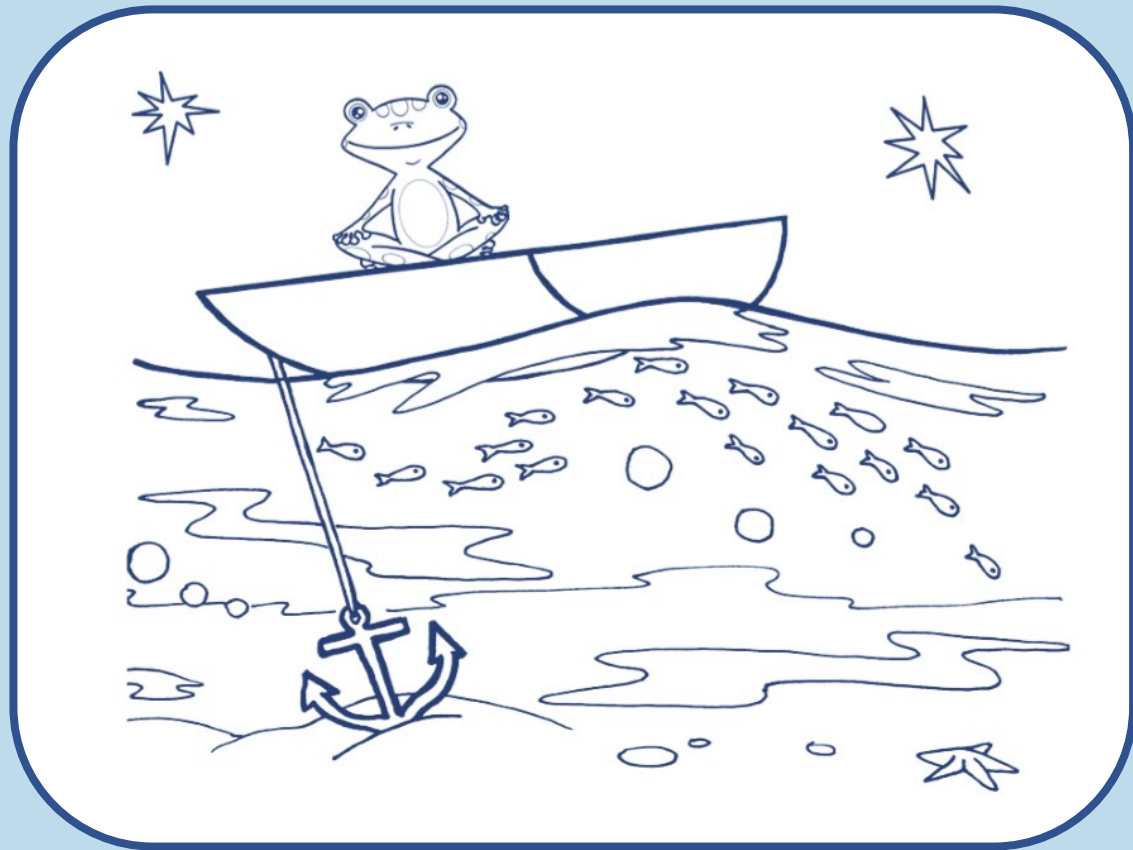
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- ❖ Explore the interconnectedness of sleep, physical activity, and the **aspects of self-awareness**.
  - ❖ Experience a **simple self-care practice** throughout.
  - ❖ Describe SEL and its competencies with a focus on **self-awareness**.
- 





# Engaging Activity: Anchor Breathing



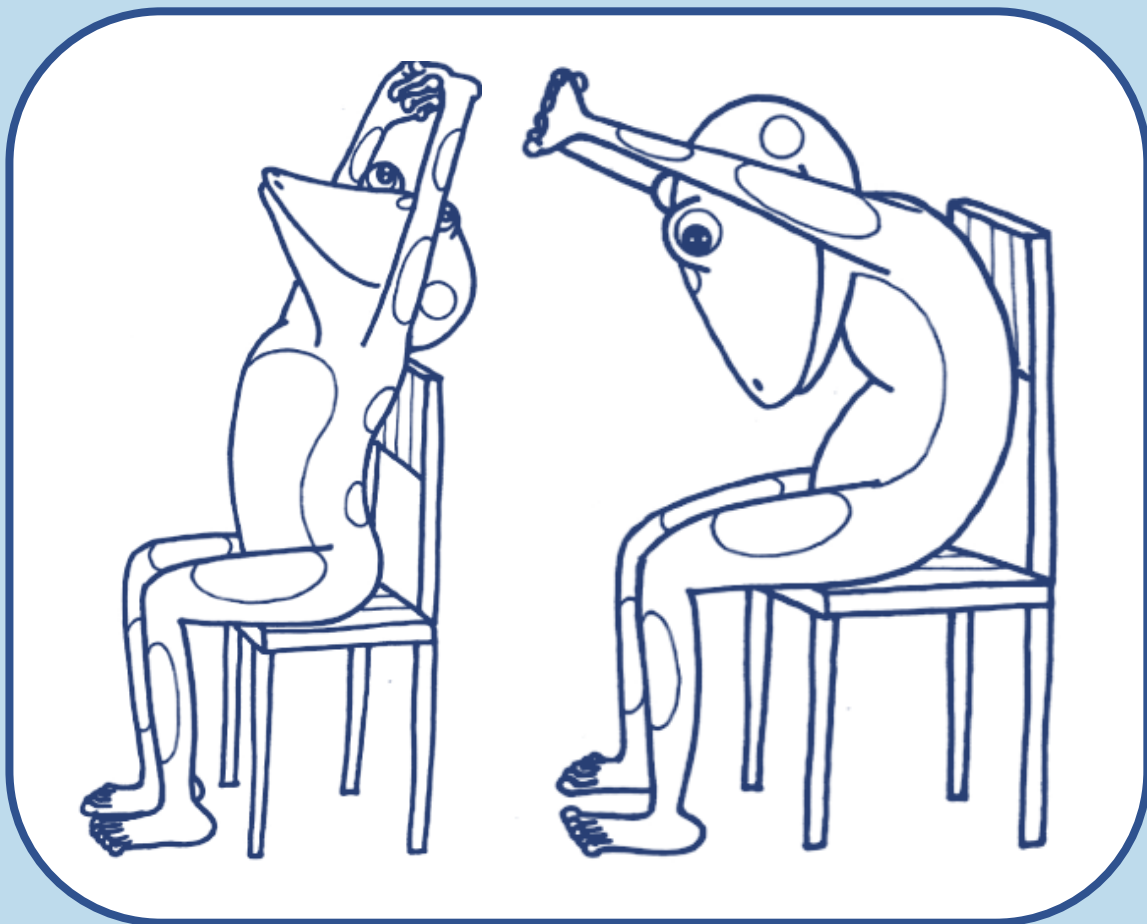
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# Engaging Activity: Chair Cat/Cow



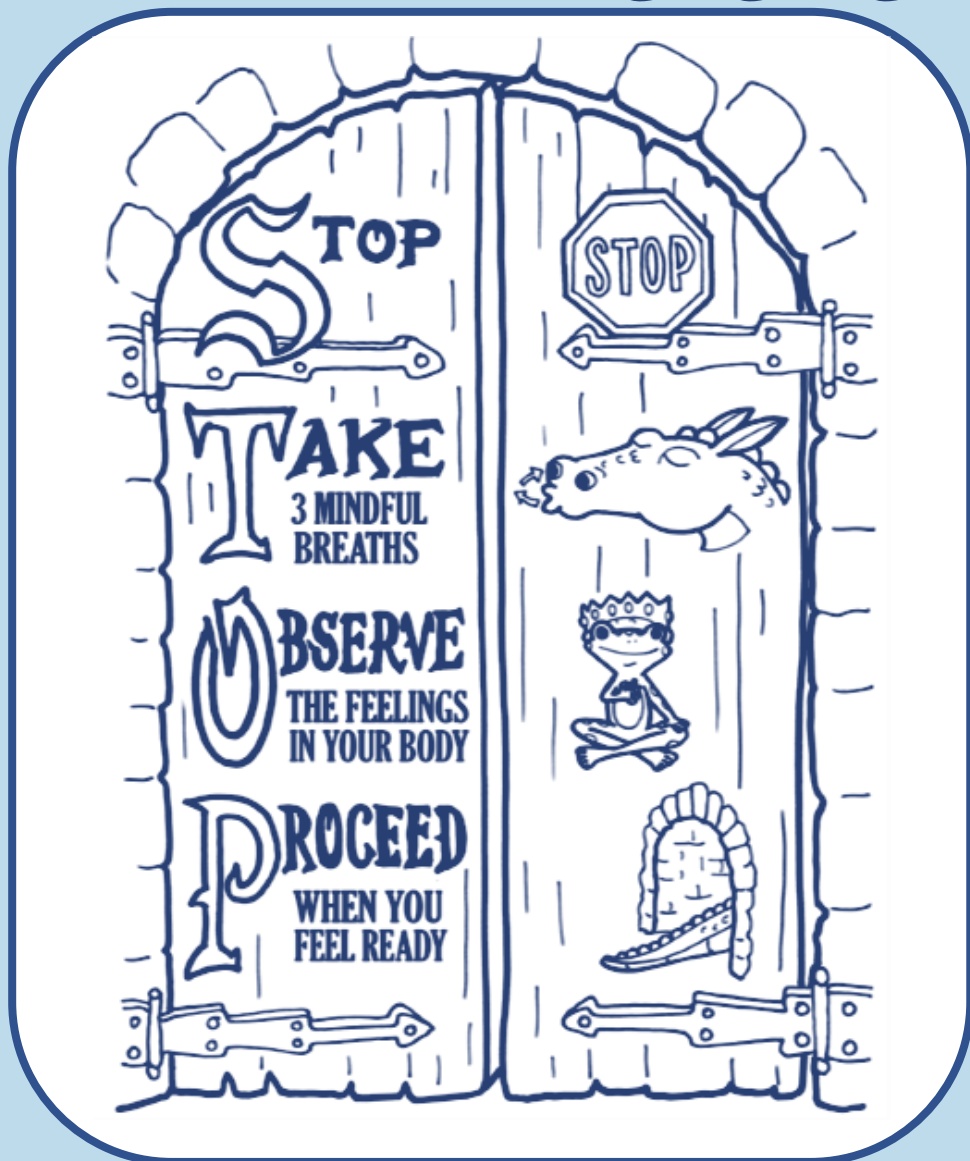
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# Engaging Activity: STOP





# Your Brain on Exercise

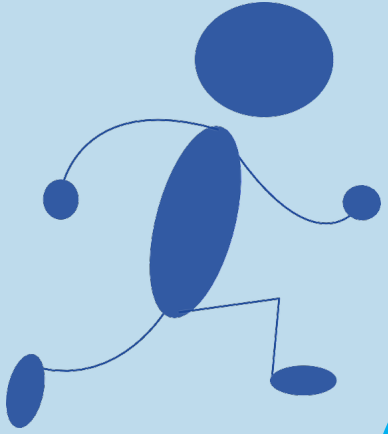


**#FITBRAINFACT**  
Exercise increases  
cerebral blood flow.



- ❖ Movement addresses the needs of the whole person.
- ❖ *Aerobic movement that increases your heart rate for over thirty minutes is beneficial for cardiovascular health*
- ❖ *Less aerobic activities that strengthen muscles and require mindful attention actually supports how your brain functions.*





# Physical Activity

*Physical activity enhances neuroplasticity —your memory is sharpened, neurological connections are forged, and existing connections are fortified. As Dr. John Ratey says, “That which makes us think, also makes us move.”*





# Benefits of Exercise

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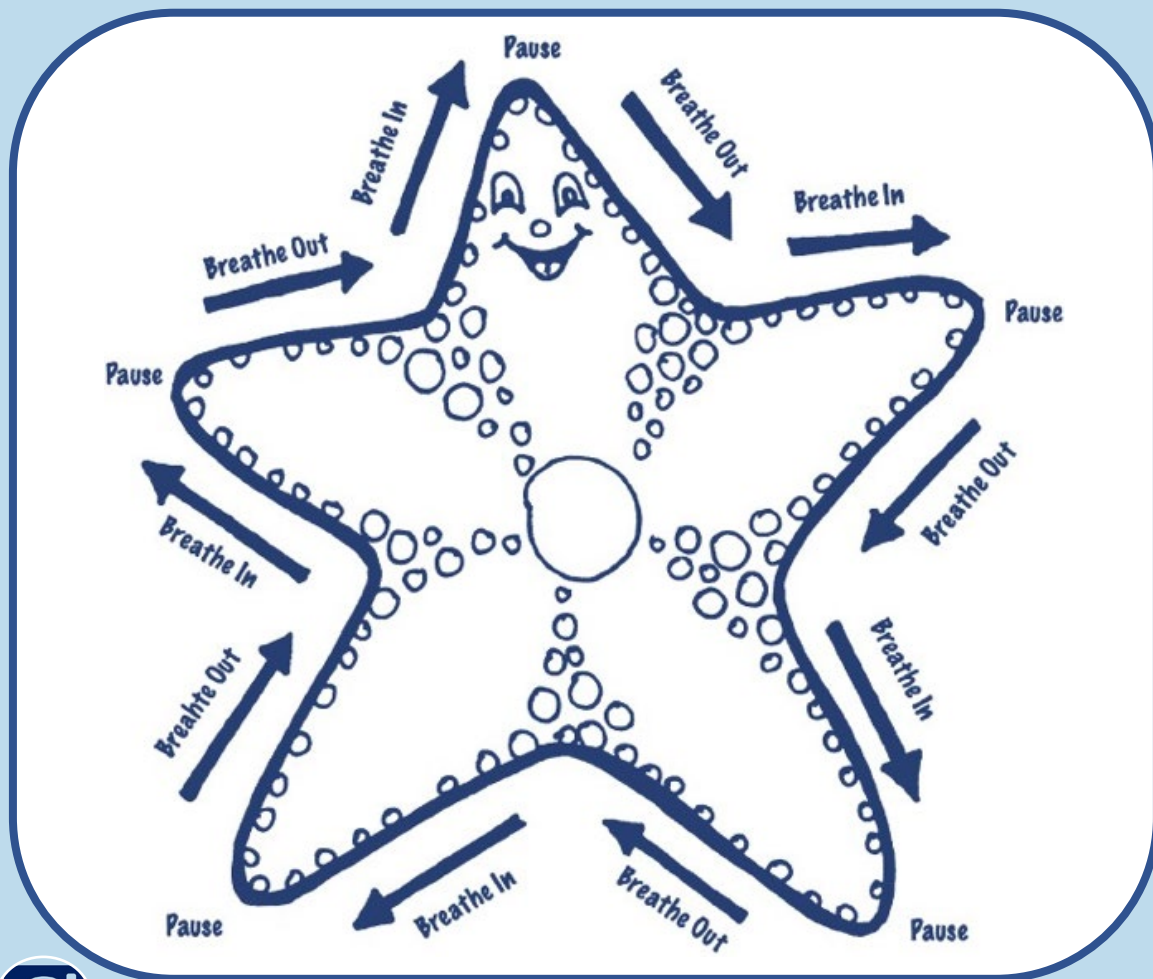


- ❖ Exercise fuels the brain's stress buffers
- ❖ Exercise can boost mental health
- ❖ Exercise can build the mind's muscles
- ❖ Exercise can sharpen memory



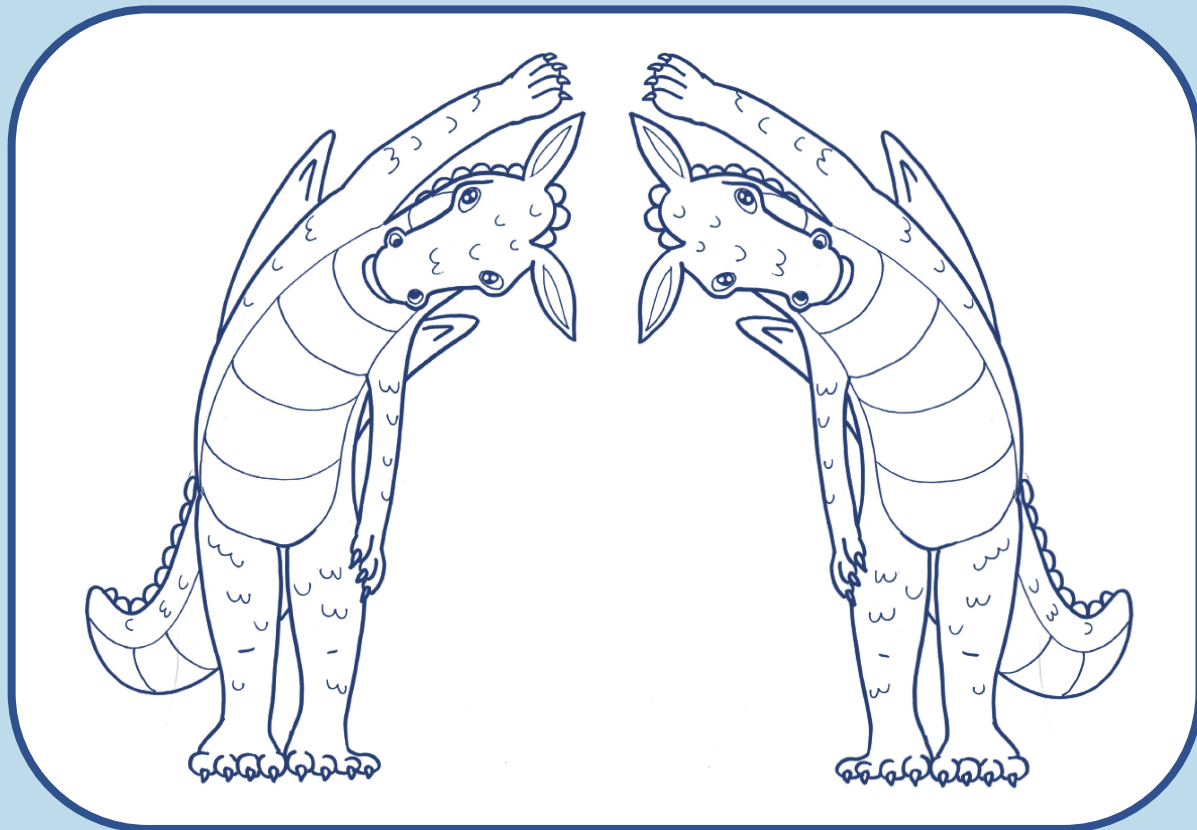


# Engaging Activity: Starfish Breathing or Take Five





# Engaging Activity: Standing Half Moon



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# Engaging Activity: One Minute Reflection





# Power of Sleep

“  
Anyone who's had a rough night's sleep  
knows that it has a negative impact on  
every aspect of your functioning.

Dr. Ruth O'Hara  
Stanford University

”





# Sleep Recommendations

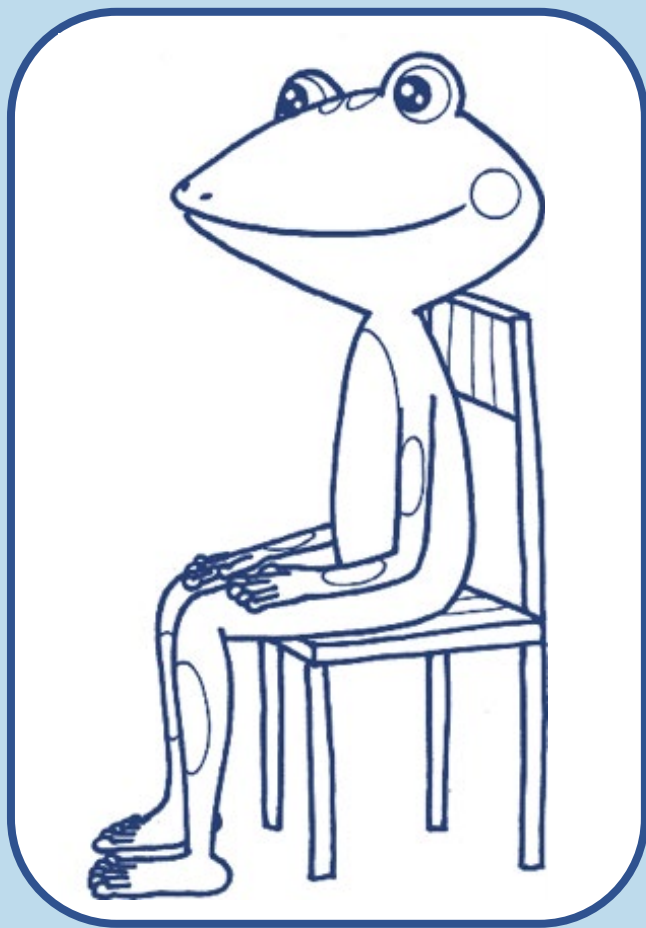
Age Group	Hours Per Day	Age Group	Hours Per Day
Newborns (0-3 months)	14-17 hours	Teenagers (14-17 years)	8-10 hours
Infants (4-11 months)	12-15 hours	Young Adults (18-25 years)	7-9 hours
Toddlers (1-2 years)	11-14 hours	Adults (26-64 years)	7-9 hours
Preschoolers (3-5 years)	10-13 hours	Senior Adults (65+ years)	7-8 hours
Children (6-13 years)	9-11 hours		





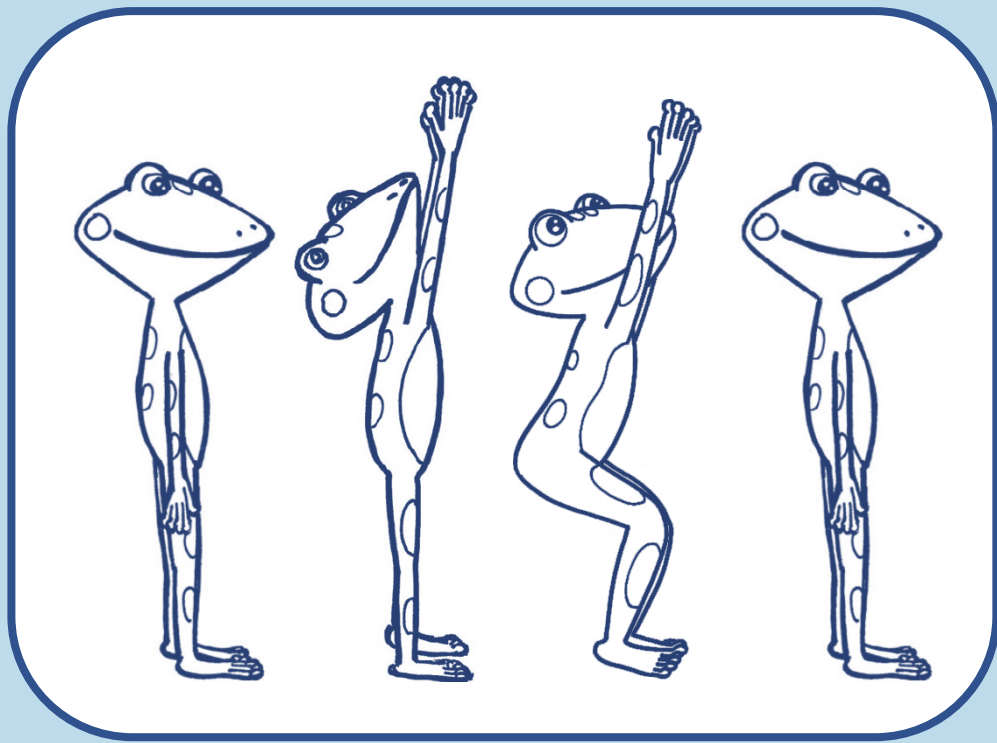


# Engaging Activity: Easy In, Extend Out





# Engaging Activity: Mountain/Chair Strength Sequence



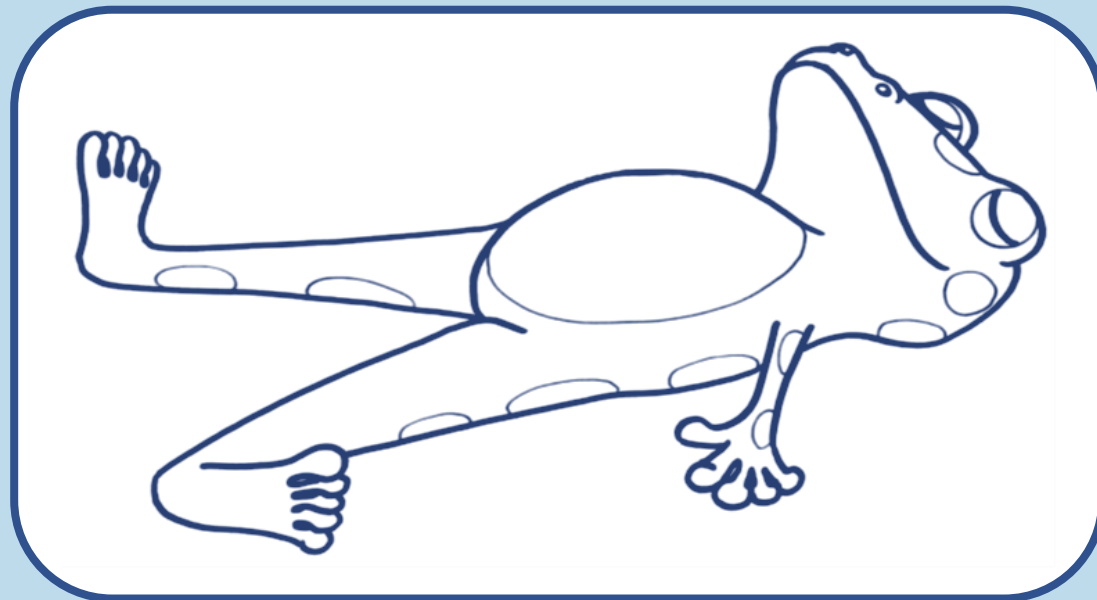
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# Engaging Activity: Guided Rest or Body Scan



# Power of Sleep

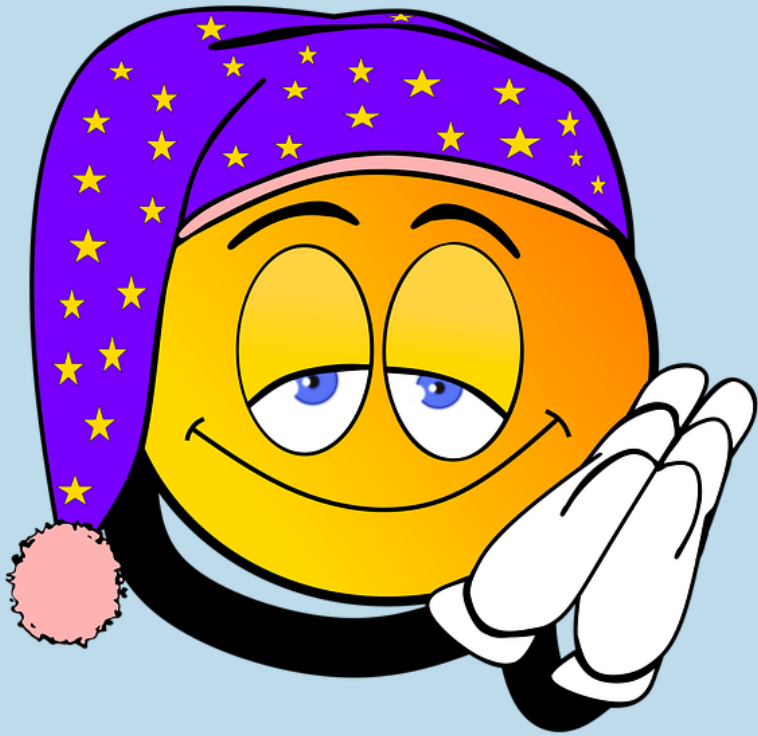
“ There's so many aspects of brain functioning that we have no idea how to change. But, sleep is actually a domain area where there's an awful lot we can do right off the bat.

Dr. Ruth O'Hara  
Stanford University”



# Healthy Sleep Tips

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- ❖ Stick to a sleep schedule, even on the weekends
- ❖ Practice a relaxing bedtime ritual
- ❖ Exercise Daily
- ❖ Evaluate your bedroom to ensure ideal temperature, sound, and light
- ❖ Sleep on a comfortable mattress and pillows
- ❖ Beware of hidden sleep stealers, like alcohol and caffeine
- ❖ Turn off electronics before bed





# Optimistic Closure: My Next Step







Pure Community

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*Thank you for joining us!*

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