



Thank you for joining us!

Session 4: 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, place a pen/pencil/paper nearby to jot down your thoughts.



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



Introductions



Please respond to
the poll to tell us a
little about yourself.

Introductions

Michelle Kelsey Mitchell
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Director of Partnerships &
National Trainer



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.



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Learning Objectives

- ❖ Explore the **aspects of self-management**.
 - ❖ Experience **self-care practices** throughout.
 - ❖ Describe SEL and its competencies; focusing on **self-management**.
-



Welcoming Activity: Synectics

“Habits” are like...

1



3



4



5



Because...

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Review



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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

”



Brain Breaks and Key Concepts



Breathe

- ❖ Anchor Breathing
- ❖ Starfish Breathing or Take Five
- ❖ Even In - Even Out
- ❖ Alternate Nostril Breathing



Move

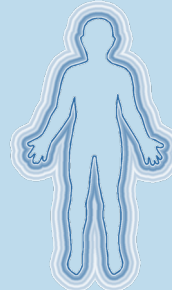
- ❖ Stork
- ❖ Eagle – Chair & Standing
- ❖ Chair Cat/Cow
- ❖ Sunrise/Sunset



Rest

- ❖ Mindful Listening
- ❖ STOP
- ❖ Guided Rest or Body Scan

-
- ✓ *Allostatic Load*
 - ✓ *Body Awareness*
 - ✓ *Transformative SEL*
 - ✓ *6 Critical Healing Factors*



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*



- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills
- *Personal and collective agency*



STRESSOR: Pandemic (CDC)



- Health-related fear



- Worsening of chronic health problems



- Sleep problems



- Increased use of alcohol, tobacco, and other drugs



- Eating problems



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



- Concentration problems



- Racial and ethnic minority groups

Self-Care Practice



Breathe

Move

Rest



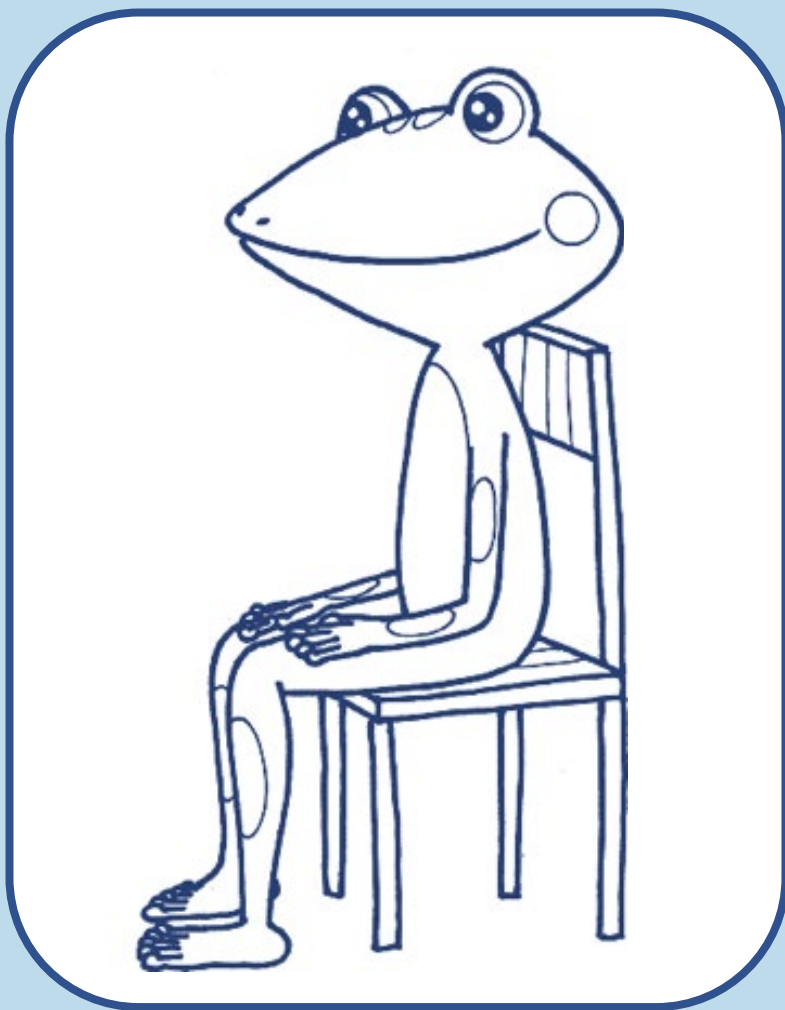
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Engaging Activity: Easy In, Extend Out





Engaging Activity: Ocean Breath



Nasal Breathing



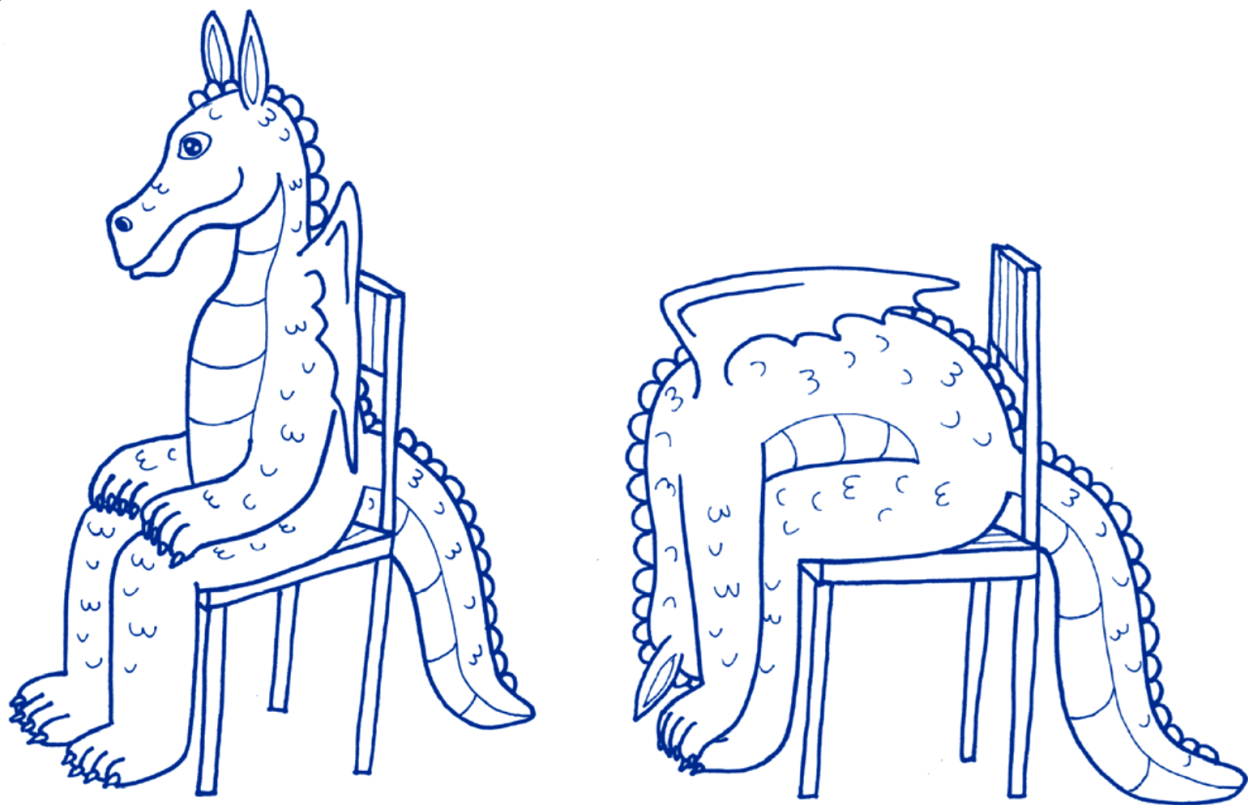
Benefits of Nasal Breathing

- **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



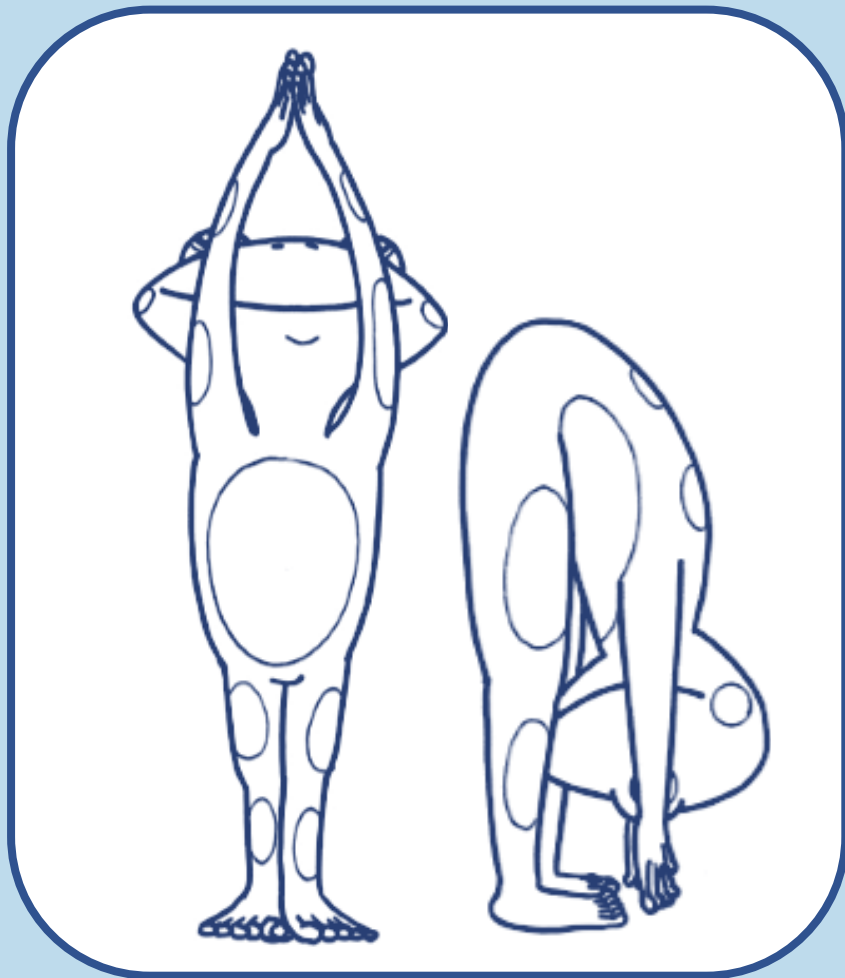


Engaging Activity: Seated Forward Bend



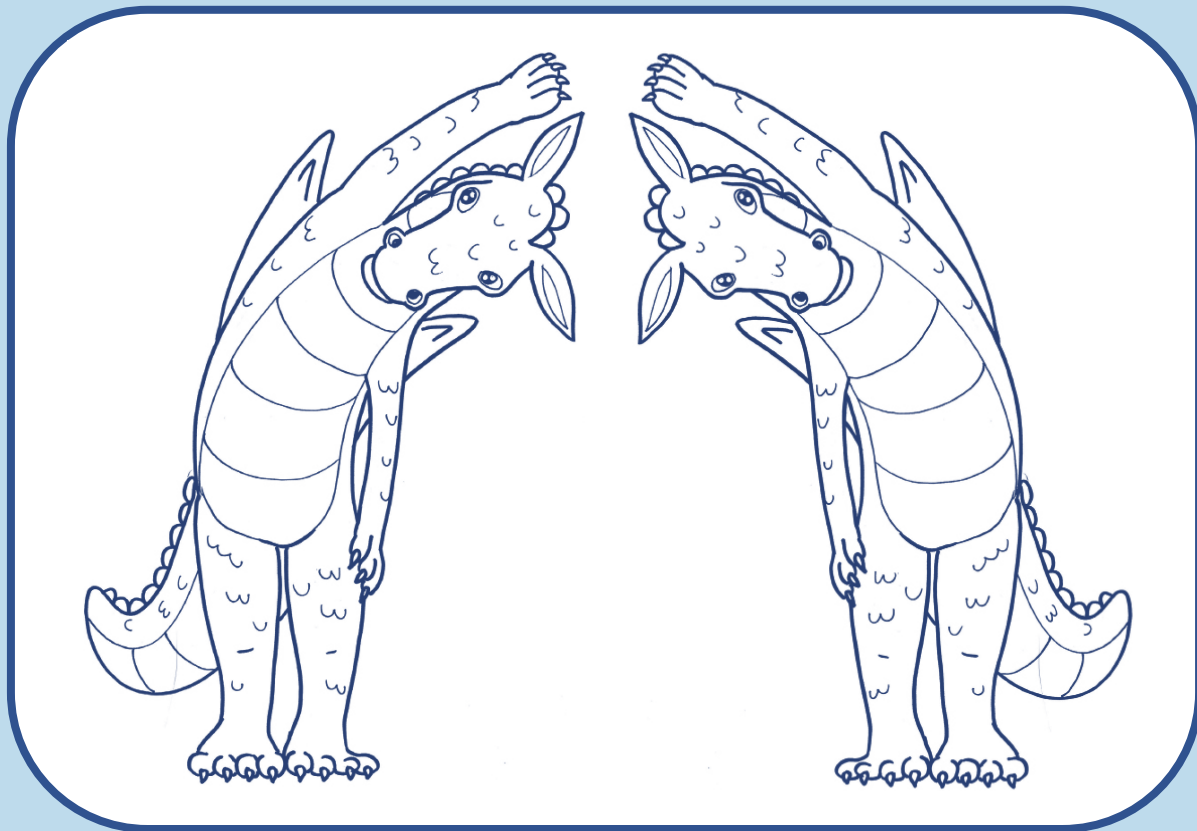


Engaging Activity: Sunrise/Sunset





Engaging Activity: Standing Half Moon



Self-Management and Creating Healthy Habits



Focusing on Self-Care isn't about avoiding every kind of stressful emotion, it's about building resilience.

Resilience doesn't mean we'll be happy all the time, but it does mean we have the energy and mindset to help us cope.



Self-Management and Creating Healthy Habits



- ❖ **Plan**
- ❖ Change Your Surroundings
- ❖ **Ask for Support**
- ❖ Fill Your Time with Healthy Activities
- ❖ Track Your Progress
- ❖ Imagine the Future
- ❖ Reward Yourself
- ❖ **Be Patient**



Self-Management and Creating Healthy Habits



Implementation Tips

1. Establish A **Consistent** Routine
2. Start of Day/End of Day/Transitions
3. Start **Small**, Then Build
4. **Repeat, Repeat, Repeat**
5. Be Comfortable With the Exercises



Did you know?

Give yourself time to develop these new patterns/habits. There's a wide range (18-200+ days) in how long it takes to develop a new habit; average time being 66 days.



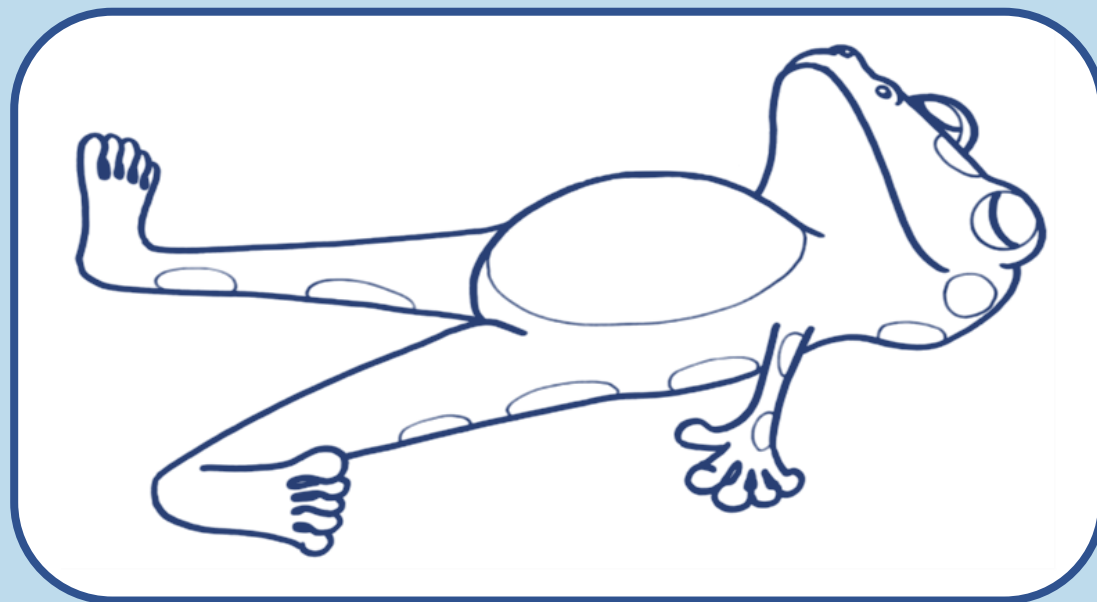


Engaging Activity: One Minute Reflection





Engaging Activity: Guided Rest or Body Scan



Optimistic Closure: Future Me

- ❖ Write a message to your future self.
- ❖ What reminders of how you are feeling right now do you want to capture in writing?
- ❖ What message of encouragement do you want to send to yourself?
- ❖ If you want to share with us, please use the Q & A box.



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Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU

Pure
Edge

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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SEL Series, Session 4: Educator Self-Care and Self-Management
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