



# Thank you for joining us!

**Session 2: 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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# Welcoming Activity

**Which Brain Break do you enjoy the most?**

1. Anchor Breathing
2. Breathing Ball
3. Chair Pose
4. Chair Twist
5. Even In – Even Out
6. Seated Cat/Cow
7. Seated Figure Four
8. Starfish Breathing
9. Sunrise/Sunset
10. This is my first webinar



# 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**

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*Director of Programs & National Trainer*

MACP, MFTi #87444

Doctoral Studies

**Somatic Psychology** (Embodied Scholarship)  
**Foundation** – Trauma

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# Engaging Activity: Mirror Movement



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# Toolkit for a Balanced Life

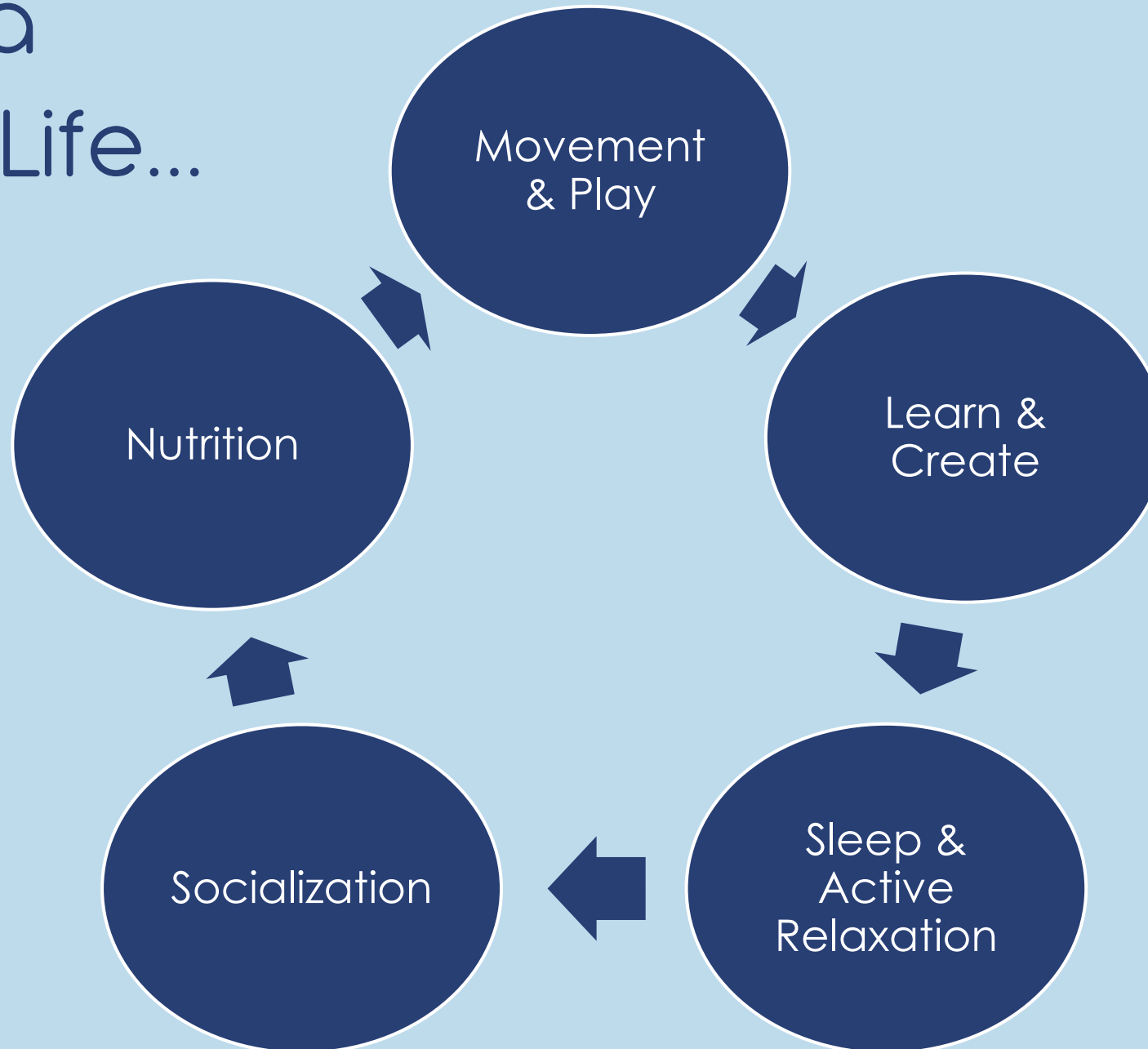
Today we will talk about how habits are formed and what we can do to participate in the process of creating new habits.

Like skyscrapers, statues, and houses, **we require the proper internal and external supports when building new habits.**

The scaffolding underlying successful habit formation is made up of: **motivation, preparation, repetition, and perseverance.**



# Toolkit for a Balanced Life...





# Movement and Play

- When we feel playful and joyful, we tend to be more open to new ideas and experiences.
- Spontaneity and openness are often aspects of creative and collaborative processes.
- Play allows the brain to become active in fresh ways; enhancing existing connections and sparking new ones.
- Play means having **fun**, and having **fun** is one of the best parts of life!







# Engaging Activity: Brain Balance Sequence



# Learn and Create

1. The natural outcome of **learning is creativity**.
2. Our brilliant brains have the **capacity to covert ideas and concepts into new, innovative forms** according to our unique perspectives and experiences.
3. **Without openness**, you are more likely to become drained, less inspired, and less motivated.
4. You **don't have to be** an “artist to be creative.



# Socialization

When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and **reinforce the brain's relational circuitry**.



**When we enjoy healthy social lives, we constantly exercise our social-emotional skills.** We maintain connections that feed our senses of caring and being cared for. Some studies have even shown that there is a link between friendship and longevity.





# Engaging Activity: Seated Figure Four



# Sleep and Active Relaxation



*Active relaxation, does not mean zoning out in front of a computer, television, phone, or other source of entertainment. It doesn't mean anxiously puttering around looking for something to do in order to avoid boredom.*

***Active relaxation means having no plans, no goals, no distractions. It might look like sitting still or lying down and simply breathing.***







# Engaging Activity: Even In – Even Out



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# *Did you know?*

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- 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.
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# Engaging Activity: Guided Rest



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# Optimistic Closure: Taking in the Good



# pureedgeinc.org

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.

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