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

**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 Scholarship)
Foundation – Trauma
Engaging Activity: Mirror Movement
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
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.
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
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
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.

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Engaging Activity: Guided Rest
Optimistic Closure: Taking in the Good
Thank you for joining us!

Session 2: 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.