Midday Reset
Session 1

Why do we need a midday reset?
Introductions

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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.
What is your Energy Level right now?
Engaging Activity: Mindful Minute
Breathe

Move

Rest
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

Northwestern University. “Rhythm of breathing affects memory, fear; Breathing is not just for oxygen; it’s also linked to brain function, behavior.” ScienceDaily. ScienceDaily, 7 December 2016. <www.sciencedaily.com/releases/2016/12/161207093034.htm>
Breathing properly can allow us to live longer and healthier lives."

- James Nestor

Breathing poorly can exacerbate or cause:
- asthma
- anxiety
- attention deficit hyperactivity disorder
- hypertension
- and more.

Poor breathing habits can even change the physical structure of our skeletons, depleting essential minerals and weakening our bones.
The Midday Slump

What causes our decline in energy?

- Productivity fades after lunch
- No planned breaks
- Pushing through until 5pm
- Disrupted by additions to your to do list
- Easier to plan first thing in the day
Not all working hours are created equal!

Chart your productivity
Engaging Activity: Easy In, Extend Out

1. Breathe in naturally.
2. Breathe out slowly, making the exhalation longer than the inhalation.
3. Keep going, making the exhalation longer than the inhalation.
4. Notice how you feel.

*Lengthening the exhalation tends to have a calming effect on the mind and body.*
Afternoon Slump

How do you make your afternoon hours as productive as your morning hours?
The neuroscience shows that how we think is affected by how we feel.

Dr. Kimberly Schonert-Reichl
Engaging Activity: Standing Half Moon
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: Rest Your Eyes
“Almost everything will work again if you unplug it for a few minutes, including you.”

- Ann Lamott

Takeaways

Circle Back:
- Try to notice if/when your energy levels change throughout the day.
- Choose one or two of today's strategies and use them when you feel tired.

Review:
- Breathe
  - Mindful Minute
  - Easy In – Extend Out
- Move
  - Standing Half Moon
- Rest
  - Rest Your Eyes
Please Note: You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance. This is for live webinars via Zoom only.

Thank you for joining us!

Session: Midday Reset
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