Midday Reset
Session 2

We need more than lunch?
Introductions

Gill McClean
gill@pureedgeinc.org
Director of Professional Development
& 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.
Engaging Activity: One Minute Count

*Breathe in and out mindfully and count each cycle of breath. One inhalation and one exhalation counts as one cycle. Let’s see how many breaths you take in one minute.
# Does It Matter How We Breathe?

## Nasal Breathing & Extended Breaths
- Lung capacity increases
- 18% more oxygen absorbed
- Heart relaxes
- Respiratory & nervous systems cohere
- Blood pressure decreases

## Mouth Breathing
- Body moisture sapped
- Lungs irritated
- Soft tissue of mouth flexes, leaving less space to breathe

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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
“… effective energy management has two key components. The first is the rhythmic movement between energy expenditure (stress) and energy renewal (recovery), which we term “oscillation.”

- Jim Loehr & Tony Schwartz

Engaging Activity: Chair Sunrise Twist
Plan your breaks in advance!

Get to know your highs and lows.
Engaging Activity: Mountain/Chair Strength Sequence

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Similar to 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
- perseverance.
Engaging Activity: Taking in the Good

1. Think of one thing from the day that you feel good about, and be specific—for example, you listened, you were more creative, you lent a helping hand, or someone smiled at you, etc.

2. Hold on to that memory for the next 30 seconds. Remember it in as much detail as you can.

3. Allow the feeling associated with the memory to sink in your mind. Act as a sponge, absorbing the memory and the feeling together.
Taking in the Good entails:

• focusing on the positive in what is occurring or has already occurred.

• absorbing and appreciating the experience itself of a positive thought or memory in order to cultivate resilience and gratitude.

This differs from positive thinking methods in which one hopes for a particular outcome.
Takeaways

Circle Back:
- Make a recharge plan.
- Which strategy will help boost your energy the most? Breathe, Move, or Rest.

Brain Breaks Review:
- Breathe
  - One Minute Count
- Move
  - Chair Sunrise Twist
  - Mountain/Chair Strength Sequence
- Rest
  - Taking in the Good
Thank you for joining us!

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Trainer: Gill McClean, Director of Professional Development

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