Midday Reset
Session 3

Connect & Conquer
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.
Engaging Activity: Rest Your Eyes
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
- Working on your own.
Engaging Activity: Castle Breathing
Human beings are social beings. In fact, the branch of our nervous system called the Vagus nerve, is now recognized as our “social nervous system,” or the original social network.

Nowadays, we think of Facebook and Instagram as social networks, but social media platforms are just technological imitations of something that we already have built into us — the desire and the capacity to connect, express, empathize, emote, and respond.
Socialization

- When we connect with other people, ideally in person, and connect 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.

- Some studies have even shown that there is a link between friendship and longevity.
Engaging Activity: Seated Figure Four

*Use this sequence to release the back, which can get tired from sitting.

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The vagus nerve, the tenth cranial nerve, is the superhighway of the nervous system that connects the body and brain. We can tone the vagus nerve through deep breathing exercises.
Engaging Activity: Wave Sequence

*This sequence can be used to invigorate when tired or lethargic.
Physical Regulation

Through practices of:

- Breathe
- Move
- Rest

We learn again and again, what it feels like to move through our experiences in thoughtful, nonreactive way.
Engaging Activity: Guided Rest
Takeaways

Brain Breaks Review:

- Breathe
  - Castle Breathing
- Move
  - Seated Figure Four
  - Wave Sequence
- Rest
  - Rest Your Eyes
  - Guided Rest

Circle Back:

- Take a break, grab a chat.
- Collaborate for an energy boost.
Thank you for joining us!

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Trainer: Gill McClean, Director of Professional Development

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