Midday Reset
Session 4

Rest is Best
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.
Breathe  Move  Rest
The Midday Slump

What causes our decline in energy?

- Productivity fades after lunch
- No planned breaks
- Lack of quiet time/down time
- Disrupted by additions to your to do list
- Easier to plan first thing in the day
Engaging Activity: Alternate Nostril Breathing

- Inhalation and exhalation should be the same duration.

- The hand movements will take some practice to feel comfortable.

- Once you have mastered the hand movements, helpful verbal cues are: inhale right, close, exhale left. Inhale left, close, exhale right.
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.
True relaxation requires commitment and action.

Michael Olpin & Margie Hesson
Stress Management for Life: A Research-Based Experiential Approach
Engaging Activity: Chair Eagle
Active Relaxation

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

- Active relaxation does not mean zoning out in front of a computer, television, phone, or other source of entertainment.

- Studies show that active relaxation allows the body and the brain to shift into parasympathetic gear.
Benefits of Relaxation

Body's response to relaxation includes:
- Slower heart rate, allowing your heart to not have to work as hard
- Reduced blood pressure
- Slower breath rate
- Lessening of muscle tension
- Improved sleep quality

This may lead to:
- Improved concentration
- More energy
- Decrease in anger and frustration
- More efficiency in daily activities
- and, more!

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Source: "Relaxation Techniques: Try These Steps to Reduce Stress," by Mayo Clinic staff.

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Engaging Activity: Attitude of Gratitude
Gratitude Effects

- **Decreases heart rate** – this may be due to activating the Parasympathetic Nervous System.
- Increases our ability to **regulate our emotions**.
- Enhances **motivation**.


Engaging Activity: Guided Rest
“Everything in nature needs to rest. The Earth cannot exist without deep pauses. Farmers allow the soil to rest before planting seeds. Our bodies deserve nothing less.”

Tricia Hersey
@thenapministry
“How beautiful it is to do nothing, and then rest afterwards.”

- Spanish Proverb
Takeaways

Brain Breaks Review:

- Breathe
  - Alternate Nostril Breathing

- Move
  - Chair Eagle

- Rest
  - Attitude of Gratitude
  - Guided Rest

Circle Back:

- Which was your favorite “rest” exercise.
- Plan to start and end your workday with a rest strategy.
Success Through Focus

Strategies for educators and learners to develop social, emotional, and academic learning skills through mindful movement and rest.
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Thank you for joining us!

Session: Midday Reset
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