Getting Started:

1. If you have any questions, please type them into the Q&A box.

2. Place a pen/pencil/paper nearby to jot down your thoughts.

3. We will be doing a gentle movement practice. Set up your space so you have room to stand, sit, and lie down on the floor if you choose to do so. (You can also use a chair for seated postures if that is more comfortable for you). If you like to use an exercise mat or a towel, have one handy.
Today’s Topics:

Taking in the Good &
Six Critical Healing Factors
Introductions

Respond to the poll to tell us a little about yourself.
Introductions

Michelle Kelsey Mitchell
michelle@pureedgeinc.org
Director of Partnerships & 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.
Welcoming Activity

Share on the poll what you notice first about the picture on the next slide.
Welcoming Activity

Image: https://www.illusionsindex.org/i/duck-rabbit
Engaging Activity: Mindful Minute

• Start in Seated Mountain.
• Bring your attention to the present moment. We are going to start by taking a Mindful Minute.
• Start bringing your attention to the breath, noticing its qualities (fast, slow, warm, cool, shallow, deep…).
• Continue to focus your attention on the breath, and notice how you are feeling. Just notice.
Session 3 Learning Objectives

- Practice “Taking in the Good” to counter the brain’s negativity bias.
- Explore a framework for creating healthy habits.
- Identify the Six Critical Healing Factors.
- Examine the impact of toxic stress on development.
Series Learning Objectives

- Illustrate the interconnectedness of SEL and self-care.
- Practice and implement Breathe, Move, and Rest strategies for Self-Awareness and Self-Management.
- Identify CASEL competencies.
- Acquire skills to train colleagues in SEL, evidence-based curricula.
We will always practice

1. Self-Care 🌱
2. Brain Breaks 😊
3. Modeling SEL Lesson Structure
Review
Self-Regulation & the Brain

Prefrontal Cortex

Amygdala
NEUROPLASTICITY

the brain’s capacity to change and rewire according to environment and experience

https://www.projectrex.org/adolescent-brain-cognitive-development-abcd-study/
Growth Mindset: Considerations & Strategies

- "I Can’t – Yet" Strategy
- "Thought Stopping Strategy"
  2. Stop the negative self-talk.
  3. Replace it with positive self-talk.
- Recognize mistakes as an opportunity for learning, self-improvement, and growth

Strategies can be found in the Pure Power Curriculum: Grades 3-5, Unit 4 & Grades K-2, Unit 4

Engaging Activity: Wave Sequence

1. Begin in Mountain Pose.
2. Inhale, step your left foot wide to the side, exhale and turn your right foot out and bend the right knee. Inhale, raise both arms to a T-shape at shoulder height. Exhale and hold for 2 breaths. This is Surfer.
3. Inhale, take your left arm back towards your left calf and raise your right arm straight up towards the ceiling, exhale here. Look up at your hand and take 2 breaths.
4. Inhale and return to Surfer.
5. Exhale, place your right arm on your right thigh, and raise your left arm overhead. Look towards your left hand and take 2 breaths. This is Wave.
6. Inhale and return to Surfer.
7. Exhale and step feet together in Mountain Pose.
8. Repeat on the other side.

*This sequence can be used to invigorate when tired or lethargic.*
Guiding Questions

What is a habit?
K-2, 1.4

Why is it important to think about and replay positive experiences, several times in your mind?
3-5, 4.3

How can we apply our understanding of wellness practices to create new, positive habits?
6-12, 5.1
Taking in the Good and Self-Care

- Improved mood
- Endorphins
- Improved memory

Neurochemicals

Neurotransmitters
We interpret situations, people's actions, and even pictures differently.

- Sometimes, we're too quick to judge a situation.
- We don't always take the time to fully consider other perspective.
Bias

An inherent or learned prejudice against a thing, person, or group when compared with another.¹

Nearly all humans share a negativity bias, that is...our tendency to hold on to or collect negative information in the form of memories or impressions.
Engaging Activity: Mountain/Chair Strength Sequence

1. Begin in Mountain Pose.
2. Inhale, raise your arms overhead.
3. Exhale, bend your knees and sit back as though you were going to sit in an imaginary chair.
4. Hold for 3 breaths.
5. Inhale, come back to Mountain Pose.
6. Increase hold to 5 breaths as stamina increases.

*This sequence can be used to strengthen the lower back and legs. It’s also re-energizing after sitting in a chair for awhile.*
Negativity bias can take the shape of:

- Excessive worry
- Anxiety
- Frustration
- Aggression
- Judgement

Sometimes it leads us to look for or expect danger.
Negativity Bias

For example, studies have found that:

• **In a relationship**, it typically takes five good interactions to make-up for a single bad one.

• People will work much harder to **avoid losing $100** than they will work to gain the same amount of money.

• **Painful experiences** are much more memorable than pleasurable ones.¹

¹: Hanson, Dr. Rick, Take in the Good, May 5, 2020.
“The brain is like Velcro for negative experiences and like Teflon for positive ones.”

Rick Hanson, Ph. D.

Negativity Bias

• Unpleasant experiences stick to the brain’s longer-term memory, while pleasant experiences are less likely to stay put.

• Negativity Bias shades “implicit memory” – your underlying expectations, beliefs, action strategies, and mood – in an increasingly negative direction.

It takes 2-3 seconds for one’s brain to remember something unpleasant.

It takes 20-30 seconds for your brain to remember something pleasant.

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.
Toxic positivity is the assumption that despite a person’s emotional pain and turmoil, they should only have a positive mindset.

The best way to deal with negative emotions is to let yourself feel the emotions you’re feeling and let them pass, not push them under the rug.
**Engaging Activity: Starfish Breathing or Take Five**

1. Make a starfish with one hand, fingers spread wide.
2. Put the index finger from the other hand on the outer base of the thumb.
3. We are going to trace the outline of our starfish hand. Keep looking at your pointer finger while you do your breathing.
4. Inhale (finger traces to top of thumb).
5. Exhale (finger traces down the other side of thumb).
6. Repeat until you have traced the outline of the starfish hand.

*Learners are synchronizing their movement, breath, and gaze. On the inhale, index finger and eyes trace upward along a finger; on the exhale, index finger and eyes trace downward along a finger. Each upward movement is coupled with an inhale, whereas each downward movement is coupled with an exhale.*

*After Starfish Breathing, you can have learners rest their hands on their chest, continuing to breathe mindfully, as they silently recall three things for which they are thankful.*
Engaging Activity: Synectics

“Habits” are like...

1. [Image of a person with multiple paths]
2. [Image of a heart and a brain]
3. [Image of a person with a checklist]
4. [Image of a red easy button]
5. [Image of a sunset]

Because...
The real enemy of high performance is not stress... the problem is the absence of disciplined, intermittent recovery. Chronic stress without reserves depletes energy reserves, leads to burnout and breakdown, and ultimately undermines performance.”

Jim Loehr & Tony Schwartz
The Making of a Corporate Athlete
Engaging Activity: Think-Ink-Share

How do you manage your 1440 to give you maximum recovery?

If you would like, please share your response in the Q&A box.

https://www.hollister.com/en/OstomyCare/OstomyLearningCenter/LivingWithAnOstomy/Top6HealthyEatingTipsForPeopleWithOstomies

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The Corporate Athlete

The Body
The Emotions
The Mind
The Spirit

The High Performance Pyramid

- Spiritual Capacity: Provides a powerful source of motivation, determination, and endurance
- Mental Capacity: Focuses physical and emotional energy on the task at hand
- Emotional Capacity: Creates the internal climate that drives the ideal Performance State
- Physical Capacity: Builds endurance and promotes mental and emotional recovery


How DO you manage your 1440 to give you maximum recovery?

The Healthy Mind Platter

- Physical Time
- Sleep Time
- Focus Time
- Connecting Time
- Time In
- Down Time
- Play Time

The Healthy Mind Platter for Optimal Brain Matter. Copyright © 2011 David Rock and Daniel J. Siegel, M.D. All rights reserved.

Six Critical Healing Factors

- Sleep
- Nutrition
- Mental Health
- Exercise
- Mindfulness
- Healthy Relationships


The Big 7

- Mindful breathing
- Sleep
- Nutrition
- Exercise
- Building and maintaining positive relationships
- Doing things that are meaningful to you (hobbies/entertainment)
- Positive self-talk, including self- and other-compassion, acceptance, reappraisal, visualization, and problem-solving.
Engaging Activity: Chair Sunrise Twist

1. Sit in Seated Mountain.
2. Inhale, stretch arms overhead for Chair Sunrise.
3. Exhale, twist to the right, placing left hand on right knee and right hand on right hip or back of the chair. Keep right shoulder relaxed. Take a few breaths here.
4. Inhale, back to Seated Sunrise.
5. Exhale, twist to the left, placing right hand on left knee and left hand on left hip or back of chair. Keep left shoulder relaxed. Take a few breaths here.
6. Inhale back to Seated Sunrise.
7. Exhale to Seated Mountain.
Toolkit for a Balanced Life…

- Movement & Play
- Learn & Create
- Socialization
- Sleep & Active Relaxation

Source: Pure Power Curriculum, 6-12, Unit 5
Movement & Play

- Play allows the brain to become active in fresh ways; enhancing existing connections and sparking new ones.
- Physical activity enhances neuroplasticity—your memory is sharpened, neurological connections are forged, and existing connections are fortified.
- 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 means having fun, and having fun is one of the best parts of life.
Just **11 minutes** of **exercise** can reverse the health effects of sitting all day.

30 to 40 minutes is even better, but small doses of **moderate-to-vigorous exercise** have an impact.


Image sources: Pure Edge, Inc. ©2021 Pure Edge, Inc.
Learn & Create

❖ The natural outcome of learning is creativity.

❖ Our brilliant brains have the capacity to convert ideas and concepts into new, innovative forms according to our unique perspectives and experiences.

❖ Without openness, you are more likely to become drained, less inspired, and less motivated.

❖ You don’t have to be an “artist” to be creative.
Engaging Activity: Anchor Breathing

1. Sit down and get comfortable.
2. Rest your hand on your chosen breathing space: tummy, chest or your nose.
3. Do your breathing and keep your attention on your breathing space.
4. When your attention wanders, gently bring it back to your breathing space.
5. Can you be mindful of your breathing for 5 breaths? For 1 minute?
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.

When we maintain connections, we feed our senses of caring and being cared for.

Some studies have even shown that there is a link between friendship and longevity.
Sleep

- The health of both the brain and the body depend on the quality of our sleep.

- Highly important mental functions can all be impaired due to lack of sleep:
  - focusing attention, thinking, remembering
  - problem solving, emotional regulation
  - connecting with others

- Sticking to a regular bedtime helps stabilize the systems of the body that control the chemicals necessary for sleep.

- Research shows that screens—computers, televisions, and phones—trick the body into believing it needs to remain alert and active. It is imperative that we put aside our screens a good 2–3 hours before bed.
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.

- During sleep we are unconscious; during active relaxation, we are mindfully aware of what is happening in the body and mind while refraining from trying to fix, change, or interrupt.

- Studies show that active relaxation allows the body and the brain to shift into parasympathetic gear.
Engaging Activity: Think-Ink-Share

1. Which category or categories of your toolkit do you feel good about?

2. Which category or categories would you like to spend more time on?

3. Share in the Q/A box
Architecture of healthy habits

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.

Follow us @PureEdgeInc
https://www.wasatchsteel.com/learning-about-steel-scaffolding-for-construction/
Creating Healthy Habits

- Plan
- Change Your Surroundings
- Ask for Support
- Fill Your Time with Healthy Activities
- Track Your Progress
- Imagine the Future
- Reward Yourself
- Be Patient

This Photo by Unknown Author is licensed under CC BY-SA-NC. https://newsinhealth.nih.gov/2018/03/creating-healthy-habits
Habit Development

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.

## Sample: Self-Care Template for Implementation

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breathe: Choose 1</strong></td>
<td>Anchor Breathing</td>
<td>Even In – Even Out</td>
<td>Starfish Breathing or Take Five</td>
<td>Other</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Move: Choose 2</strong></td>
<td>Recharge Sequence</td>
<td>Mountain/Chair Strength Sequence</td>
<td>Tree Pose; Stork Pose</td>
<td>Chair Cat/Cow</td>
<td>Chair Sunrise Twist</td>
<td>Other</td>
<td></td>
</tr>
<tr>
<td><strong>Rest: Choose 1</strong></td>
<td>Guided Rest</td>
<td>Attitude of Gratitude</td>
<td>Taking in the Good</td>
<td>Other</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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1. Before leaving school take a moment to pause and reflect on today.

2. Sit comfortably, either at your desk or on the floor.

3. Were there things you did today that you are proud of? Let them soak in for 20-30 seconds.

4. Feel good about your accomplishments.

5. Were there things you felt you could have done better or differently? It’s ok to make mistakes or missteps.

6. Tomorrow, with a fresh mind and even breathing, you can try again.
If you are just joining us, we are on a 5 minute break.

Part 2 will start momentarily.
Introductions

Erin Cooney
erin@pureedgeinc.org
Director of Curriculum & Instruction; National Trainer
Engaging Activity: Poll

Are you an Early Bird or a Night Owl?

https://themedallion.ndahingham.com/5920/creative-corner/night-owl-vs-early-bird/
Engaging Activity: Poll

What happens when your alarm goes off?

https://www.success.com/the-5-am-club/
Largest Multi-Method CONTROLLED Longitudinal YOUTH Yoga Study in US

Dr. Victor G. Carrion, John A. Turner, M.D. Professor and Vice Chair of Psychiatry and Behavioral Sciences at Stanford University and Director of the Stanford Early Life Stress and Pediatric Anxiety Program.
Amygdala activation is associated with emotional responses: in particular fear, anxiety, and aggression. Amygdala hyperactivity is seen in a variety of psychopathologies including PTSD and exposure to early life stress. After the mindfulness intervention, children in the intervention group showed decreased amygdala reactivity to aversive images.

Dr. Victor G. Carrion, John A. Turner, M.D. Professor and Vice Chair of Psychiatry and Behavioral Sciences at Stanford University and Director of the Stanford Early Life Stress and Pediatric Anxiety Program.
Increased Total Sleep Time (Minutes) Following Curriculum (p=.04)

Pre-Curriculum

Curriculum: Dose-Response
Increased REM Sleep (Minutes) Following Curriculum (p=.04)

Pre-Curriculum

Curriculum: Dose-Response
Pure Edge curriculum when implemented with fidelity and systematic supports has statistically significant efficacy.

Statistically Significant Findings from the Study

**Sleep**
- Improved Sleep Consolidation
- Increased REM

**Social Emotional**
- Curriculum MAY protect against development of anxiety.
- "The Pure Edge curriculum buffers the ill effects of severe or toxic stress."

**Neuroimaging**
- Decreased Distraction
- Increased Cognitive Control

Dr. Victor G. Carrion, John A. Turner, M.D. Professor and Vice Chair of Psychiatry and Behavioral Sciences at Stanford University and Director of the Stanford Early Life Stress and Pediatric Anxiety Program.
Engaging Activity: Standing Kite Sequence

1. Inhale, take both arms overhead.
2. Exhale, lean to the right side.
3. Inhale, come back to center, arms overhead.
4. Exhale, lean to the left side.
5. Repeat a few times.
Guiding Questions

How does it feel to be in balance?
Or, how does it feel to be imbalanced?
Grades 6-12, Lesson 4.1

How can being mindful shape our experiences?
Grades 3-5, Lesson 4.1
Grades K-5 Unit 4
Power to Grow and Stretch

Grades 6-12
Unit 4
Power of a Balanced Life
Six Critical Healing Factors

- Sleep
- Nutrition
- Mental Health
- Exercise
- Mindfulness
- Healthy Relationships

Sources: CDC YRBS 2015; https://www.kidsdata.org/; Cavanaugh et al., 2016

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Adverse Childhood Experiences (ACES)

**ABUSE**
- Physical
- Emotional
- Sexual

**NEGLECT**
- Physical
- Emotional

**HOUSEHOLD DYSFUNCTION**
- Incarcerated relative
- Divorce
- Mother treated violently
- Substance abuse
- Mental illness

ACES and Outcome Risk

As the number of ACEs increases, so does the risk for negative health outcomes.

0 ACEs
1 ACE
2 ACEs
3 ACEs
4+ ACEs

ACES and Health Outcomes

Possible Risk Outcomes:

**Behavior**
- Lack of Physical Activity
- Smoking
- Alcoholism
- Substance Abuse
- Missed Work

**Physical & Mental Health**
- Severe Obesity
- Diabetes
- Depression
- Suicide Threats
- STIs
- Heart Disease
- Cancer
- Stroke
- COPD
- Broken Bones

Image source: https://advokids.org/adverse-childhood-experience-study-aces/
Engaging Activity: Alternate Nostril Breathing

1. Let’s start with a few deep breaths through the nose.
2. Inhale, close the right nostril by pressing the side of the nose with the right thumb.
3. Exhale out the left nostril.
4. Inhale through the left nostril.
5. Close the left nostril by pressing the side of the nose with your right pinky and fourth finger. At the same time, take your thumb off of your right nostril.
6. Exhale out the right nostril.
7. Inhale through the right nostril.
8. Close the right nostril with your thumb again and exhale through the left (removing the pinky and fourth finger).
9. This is one round. Complete 2 or 3 rounds by repeating steps 2-8. End on a left exhalation.
10. Take a few regular breaths.
11. Notice how you feel.

- The hand movements will take some practice to feel comfortable.
- If thumb and pinky are too hard for learners to coordinate, you could use right thumb to close right nostril and left thumb to close left nostril.
- Once your learners have mastered the hand movements, helpful verbal cues are: inhale right, close, exhale left. Inhale left, close, exhale right.
- This exercise can take 1 to 3 minutes.
Are ACEs really that common?

The chart shows the ACE Score Prevalence for CDC-Kaiser ACE Study Participants, waves 1 & 2.

64% of participants reported having experienced one or more ACEs.

Source: https://www.cdc.gov/violenceprevention/aces/resources.html
Toxic Stress Response

Almost every cell in your body has a receptor for cortisol. When the stress response is triggered too frequently, or too severely, it can change the structure and function of children’s developing brains, their immune and hormonal systems—and even the way their DNA is read and transcribed. Those changes are what we now refer to as a toxic stress response.

Nadine Burke-Harris, MD
What’s the key?

When children overcome these burdens, they have typically been the beneficiaries of exceptional efforts on the part of supportive adults.

When relationships are reliably responsive and supportive, they can actually buffer young children from the adverse effects of other stressors.
Healing Interactions

Educators can deliver the daily doses of healing interactions that truly are the antidote to toxic stress. And just as the science shows that it’s the cumulative dose of early adversity that’s most harmful, it also shows that the cumulative dose of healing nurturing interactions is most healing.

Nadine Burke-Harris, MD
Self-Care Practice
Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory

Please take out your phone, laptop or notebook for a two-minute free write. The goal is to check in with yourself.

What is on your mind?

or

How are you feeling?
Movement Sequence

Mountain
Half Opening Sequence A
Star into Triangle
Tree or Forest
Sandwich
Table
Butterfly
Seated Mountain
Guided Rest
Mindful Movement: Mountain
Mindful Movement: Half Opening Sequence A

[Images of a person performing yoga poses with corresponding inhalation and exhalation labels]
Mindful Movement: Star into Triangle

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Mindful Movement: Sandwich
Mindful Movement: Table
Mindful Movement: Butterfly
Mindful Movement: Seated Mountain
Engaging Activity: Guided Rest

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Please take out your phone, laptop or notebook for a two-minute free write. The goal is to check in with yourself.

What is on your mind?

or

How are you feeling?
Optimistic Closure: Jeopardy
Optimistic Closure

The essential ingredient that catalyzes human development and learning.
Optimistic Closure

These are just 3 examples: Even In – Even Out, Ocean Breath, and Seated Forward Bend
Optimistic Closure

Sleep, Healthy Relationships, Mental Health Support, Exercise, Nutrition, and Mindfulness
Optimistic Closure

The wear and tear on the body which accumulates as an individual is exposed to repeated or chronic stress.
Brain Breaks Review

**Breathe**
- Starfish Breathing or Take Five
- Anchor Breathing
- Alternate Nostril Breathing

**Move**
- Wave Sequence
- Mountain/Chair Strength Sequence
- Chair Sunrise Twist
- Standing Kite Sequence
- Movement Sequence

**Rest**
- Mindful Minute
- Taking in the Good
- One Minute Reflection

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Takeaways

- Building healthy habits takes time.
- The brain is like Velcro for negative experiences.
- The brain can change from the impact of toxic stress.
- The Six Critical Healing Factors are:
  - Sleep
  - Mental Health
  - Healthy Relationships
  - Exercise
  - Nutrition
  - Mindfulness
- It takes one caring adult to make difference.
Today’s Reflection

Self:
Reflect on your day. Then, identify and briefly journal about one good thing/goal/accomplishment.

Online Class:
Based on the 6 Critical Healing Factors, identify one strategy that you can implement with your students in a virtual classroom that supports either mindfulness practices or healthy relationship building.

Together in Class:
Identify a place in your classroom/building/office that can be used to support healthy habits.
HEADSPACE: Mindfulness On Demand

Headspace is donating their app to all Educators.

[Link to website]
go.headspace.com/pureedge

Think of it as,
A personal meditation guide, right in your pocket.
Thank you for joining us!

Session 3: Culture of Care Institute
Trainers: Michelle Kelsey Mitchell & Erin Cooney

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.

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