Turnkey Deck 8

Toolkit for a Balanced Life & Creating Healthy Habits
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.
Welcoming Activity: Poll

Are you an Early Bird or a Night Owl?

https://themedallion.ndahingham.com/5920/creative-corner/night-owl-vs-early-bird/
Learning Objectives

- What are the components of the Toolkit for a Balanced Life.
- Explore a framework for creating healthy habits.
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.
Guiding Questions

What is a habit?
(Grades K-2, Lesson 1.4)

How can we apply our understanding of wellness practices to create new, positive habits?
(Grades 6-12, Lesson 5.1)
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
- Nutrition
- 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.
Engaging Activity: Brain Balance Sequence

1. Inhale, take the right arm overhead and the left foot slightly behind, placing only your toes on the floor.

2. Exhale, lift the left leg, knee bent, and touch the right hand to the inside of the left knee.

3. Inhale, return the right arm overhead and the left foot slightly behind placing only your toes on the floor.

4. Exhale and again lift the left leg, knee bent, and touch the right hand to the inside of the left knee.

5. Repeat on the other side.
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.
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.

- 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.
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?
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.
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.
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

Rituals


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

Physical Time
Sleep Time
Focus Time
Connecting Time

Down Time
Play Time

The Healthy Mind Platter

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.

The Healthy Mind Platter for Optimal Brain Matter. Copyright © 2011 David Rock and Daniel J. Siegel, M.D. All rights reserved.
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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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**
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.
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>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>
| **Breathe: Choose 1**  
Anchor Breathing  
Even In – Even Out  
Starfish Breathing or Take Five  
Other | | | | | | |
| **Move: Choose 2**  
Recharge Sequence  
Mountain/Chair Strength Sequence  
Tree Pose; Stork Pose  
Chair Cat/Cow  
Chair Sunrise Twist  
Other | | | | | | |
| **Rest: Choose 1**  
Guided Rest  
Attitude of Gratitude  
Taking in the Good  
Other | | | | | | |
Engaging Activity: Guided Rest
Reflecting on what we explored today; in the days ahead, consider your responses to these questions:

- What are examples of healthy ways to relax for you?
- What do you do to relax?
- What are the connections between sleep and your overall well-being?
- How can you share today’s relaxation technique with others?

And, consider keeping a sleep journal or a movement and active relaxation journal. Journaling can be an effective way to track your progress and most importantly, allow you to make more coherent correlations between basic, yet crucial, habits and what is going on in the rest of your life.
Today’s Reflection

Self-Care:
1. Choose 2 Breathe, Move, and/or Rest Brain Breaks to practice independently. Note how you feel before (pre) and after (post) your practice.

2. Review the 5 SEL competencies and objectives. List which competencies/objectives are strengths for you. List the competencies/objectives where you feel you need additional support.

Classroom Planning:
Identify and list 3 SEL signature practices in each category that you can implement in an online or in-person classroom setting. You should have a total of 9 strategies upon completion. (3 Welcoming, 3 Engaging, and 3 Optimistic Closure)

Pro-tip: Differentiate between virtual and in-person settings
Consult www.schoolguide.casel.org for the SEL 3 Signature Practices Playbook