



Thank you for joining us!

Series: Meditation Series:
Maintaining a Self-Care Practice
Trainer: Anne Contreras, Director of Programs

Getting Started:

1. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion. This is for live webinars only.
2. Remember to also sign up and register in your respective district/agency's system in order to receive credit if needed.
3. If you have any questions, please type them into the Q&A box.



Follow us @pureedgeinc
Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org



Introductions

Anne Contreras

anne@pureedgeinc.org

Director of Programs & National Trainer

MACP, MFTi #87444

Doctoral Studies

Somatic Psychology (Embodied Scholarship)

Foundation: Trauma



Establishing A Practice

1. Making the **TIME** to meditate
2. Creating **SPACE** to practice
3. Setting an **INTENTION**
4. Building **CONSISTENCY**
5. Finding a **FRIEND**
6. Keeping a **JOURNAL**



Sequence

1. Video Instruction on Breath
2. Move Into Guided Meditation
3. 20-Minutes



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Sokolov, Matthew, *Practicing Mindfulness to Reduce Stress, Improve Mental Health, and Find Peace in the Everyday*. 2018 Althea Press, Emeryville, CA.



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Aspects/Benefits

- Being Full Present
- Seeing Clearly
- Letting Go of Judgement
- Being Equanimous
- Allowing Everything to Belong
- Cultivating Beginner's Mind
- Being Patient
- Making a friend
- Honoring Yourself
- Stress Reduction
- Improved Working Memory & Focus
- Physical Benefits
- Better Sleep
- Creative Problem Solving
- Fewer Feelings of Loneliness
- Improved Self-Esteem
- Mood Regulation





Practice: Meditation 20-minutes



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HEADSPACE: Mindfulness On Demand



Headspace is donating their app
to all Educators.

go.headspace.com/pureedge

Think of it as,
**A personal meditation guide,
right in your pocket.**





Pure Community

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