



Welcoming Activity:
Reflection Check-In

What is on your mind?

Or

How are you feeling?



Thank you
for joining us!

Thrive Thursday: Higher Education

Presenter: Michelle Kelsey Mitchell





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.





Thank you for joining us!

Presenter: **Michelle Kelsey Mitchell**

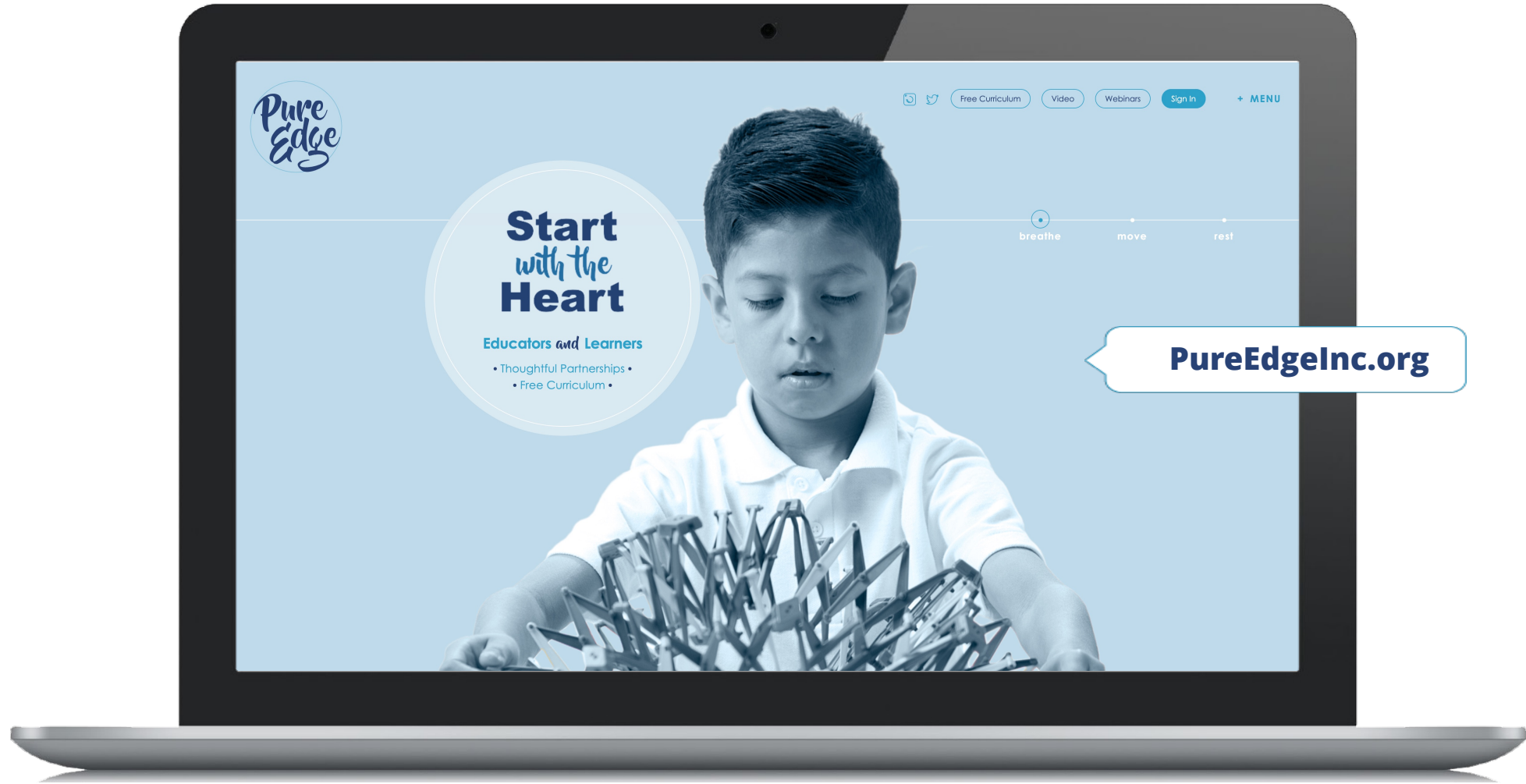
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Pure Edge Programs





Learning Objectives

- Explore Pure Edge resources.
- Identify ways to build intentional routines through Breathe, Move, and Rest.
- Practice Brain Break strategies.



Breathe

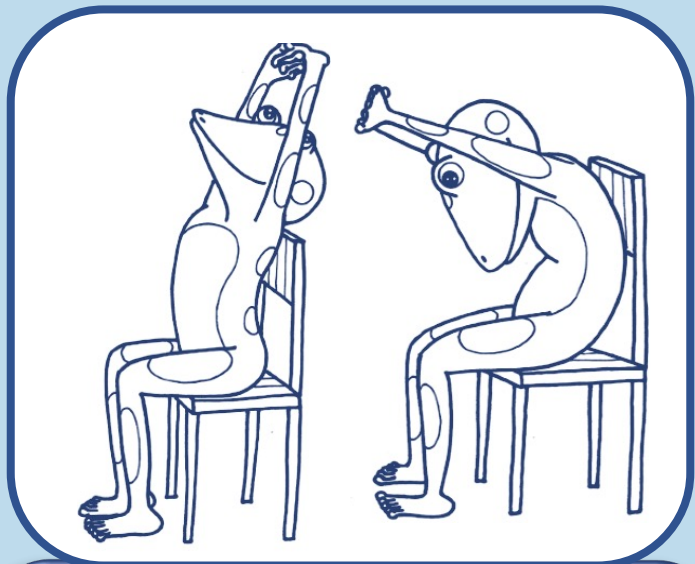
Move

Rest





Engaging Activity: Chair Cat/Cow



1. Sit in Seated Mountain with hands on knees.
2. As you inhale, stretch your arms overhead and interlace fingers. Reach the center of your chest up toward the ceiling, and lift your chin so that you are looking at the ceiling. (Cow)
3. As you exhale, in one movement bring your hands forward, round your spine and drop your chin toward your chest. (Cat)
4. Repeat for several breaths: inhale, arms up, gaze lifts, chest up. Exhale round the spine, chin tucks, hands forward.
5. Return to Seated Mountain.

**You can have young learners moo like a cow and meow like a cat. Just make sure they do a few rounds moving with the inhale and exhale first.*

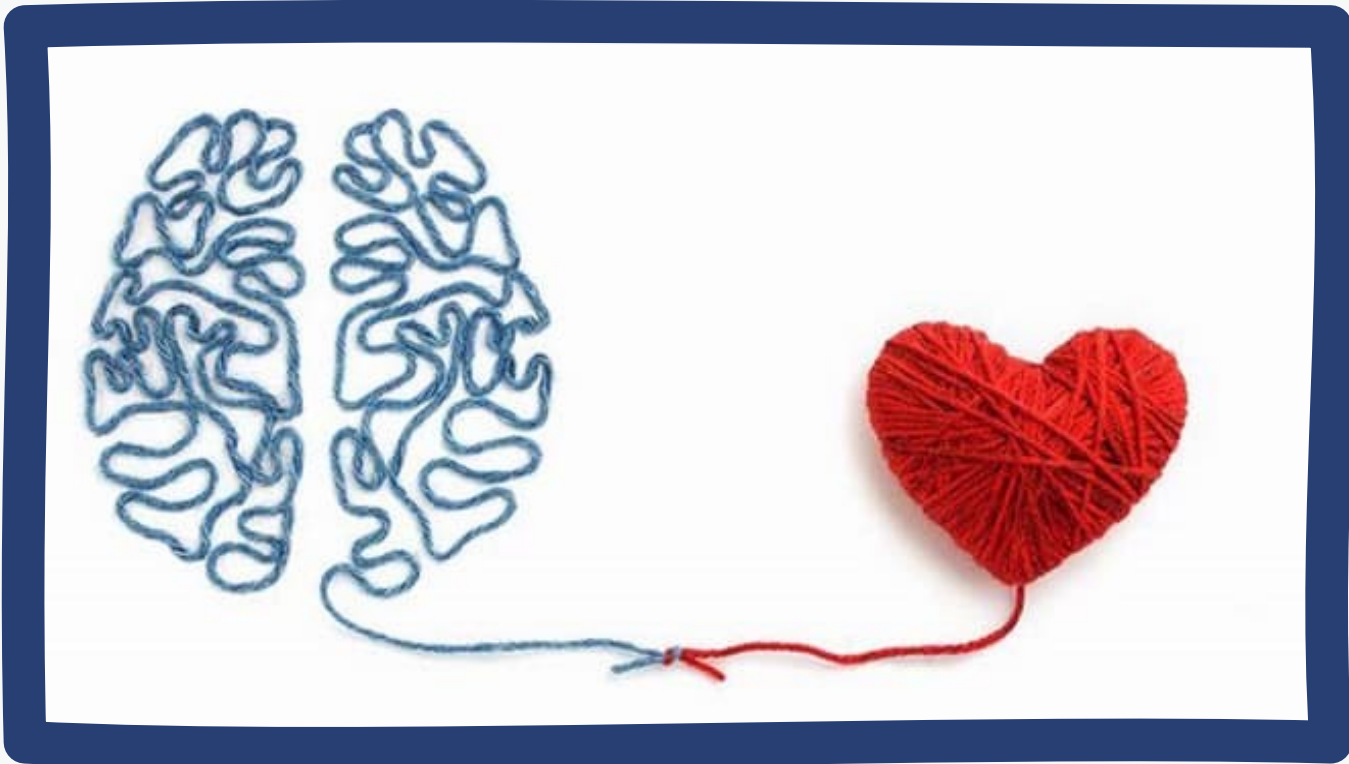
**If on the floor, learners can come to hands and knees. Inhale, the belly drops down toward the floor and we look up toward the ceiling (Cow). Exhale, look at your belly button and round your spine (Cat). Repeat for several breaths.*

Thrive Thursday: Higher Education Considerations

- Rates of college student depression, anxiety, and perceived stress have almost doubled for over the last decade.
- Nonbinary students and female students report higher levels of perceived stress than their cisgendered and/or male colleagues.
- Increased academic GPA is associated with students who take a balanced, multi-dimensional approach to wellness.
- Studies find campus-based supports helpful for student well-being include:
 - Activities and programs
 - Mental health services
 - Inclusive environment (online students, marginalized students, students with disabilities, international students, all levels (under grad., grad., specialty program), military students, etc.)



Thrive Thursday: PERMA-H Well-Being Framework



Positive emotions

Engagement

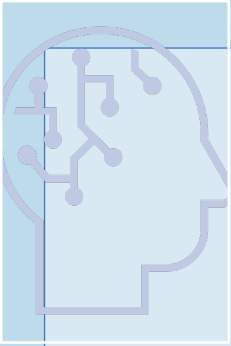
Relationships (positive)

Meaning

Accomplishment

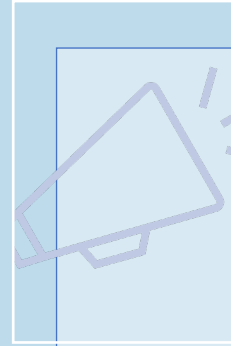
Health





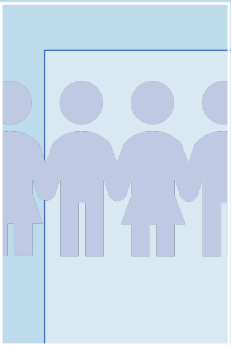
Positive emotions

- Feeling pleasurable emotions (ie. joy, excitement, interest, and peace)



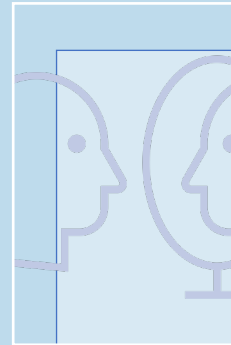
Engagement

- Absorbed/Engrossed in the task at hand



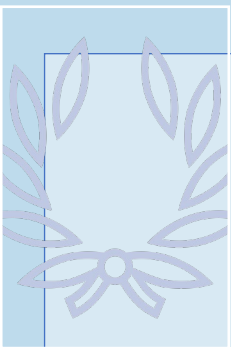
Relationships (positive)

- Creating and connecting in healthy enriching relationships



Meaning

- Sense of connection and purpose



Accomplishment

- Fulfilling goals or finding success through achievement



Health

- Experiencing health and wellness that feels good in body and mind



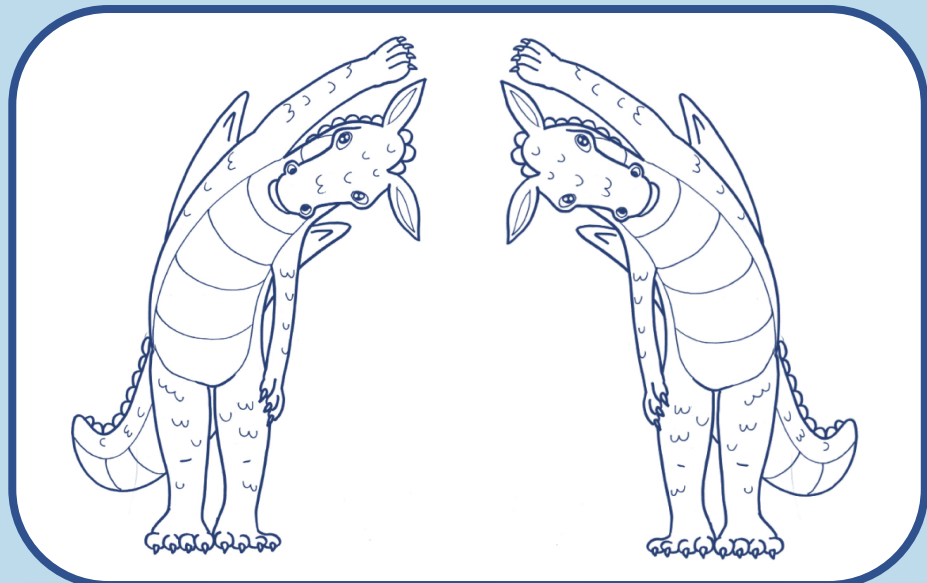


Engaging Activity: Seated Sunrise/Sunset





Engaging Activity: Standing Half Moon

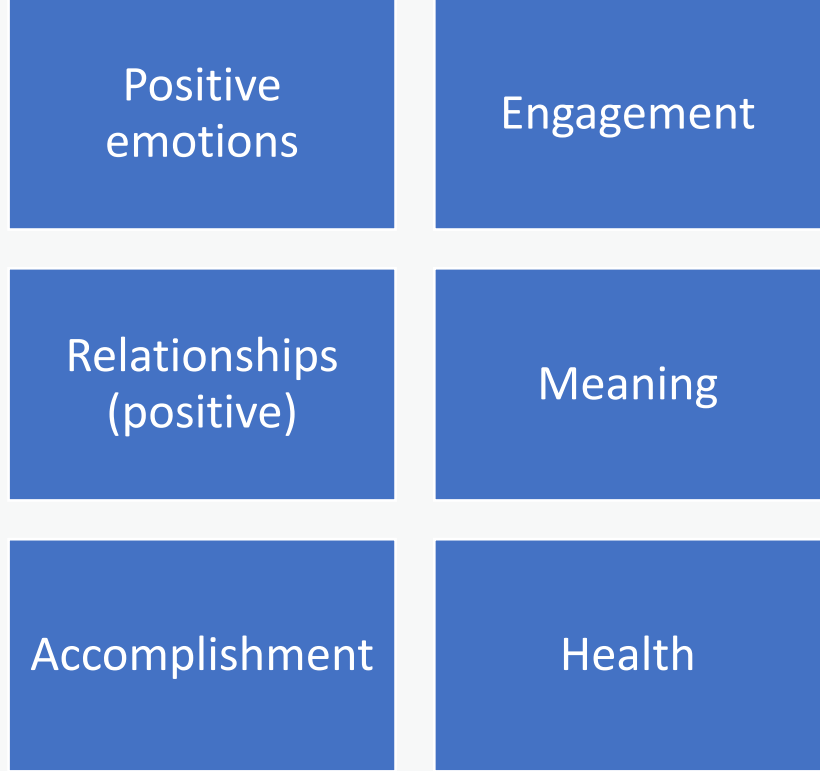
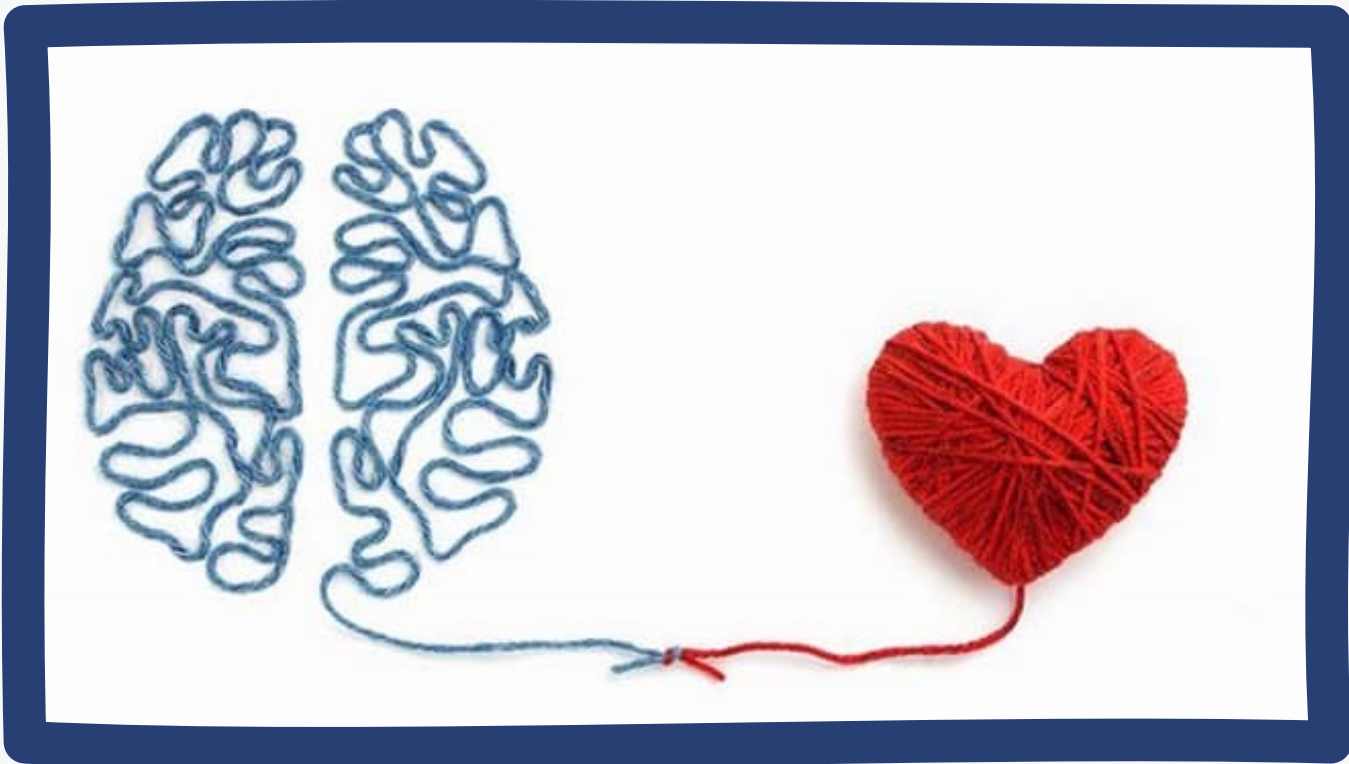


1. Begin in Mountain Pose.
2. Inhale, take feet slightly apart. Lift left arm overhead alongside left ear, press right arm into right side.
3. Exhale, lean to the right. Gaze straight ahead or down towards the feet.
4. Inhale, return to the center.
5. Exhale, lower left arm.
6. Inhale, lift right arm overhead alongside right ear, press left arm into left side.
7. Exhale, lean to the left. Gaze straight ahead or down towards the feet.
8. Inhale, return to the center.
9. Exhale, lower right arm and step feet together into Mountain Pose.
10. Repeat as required.

**Use this sequence to awaken in the morning or to revive after lunch.*



Thrive Thursday: PERMA-H Well-Being Framework





Reflection

What wellness activities come naturally to you?

How do these activities fulfill each dimension of well-being?
(Emotions, Engagement, Relationships, Meaning, Accomplishment, Health)

What activities and dimensions do you feel require more energy or intention from you?





Engaging Activity: Mindful Minute – Body Scan



- 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.





Engaging Activity:

Reflection Check-In

What is on your mind?

Or

How are you feeling?



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Thrive Thursday: Home Practice

Throughout your day, try to bring attention to:

How and what your **body is feeling?**

How what your **breath is doing?**

What do you notice in your body, breath, and mind?

Is there a brain break you can practice to “reset”?

Check specific times of the day, once a day:

Morning

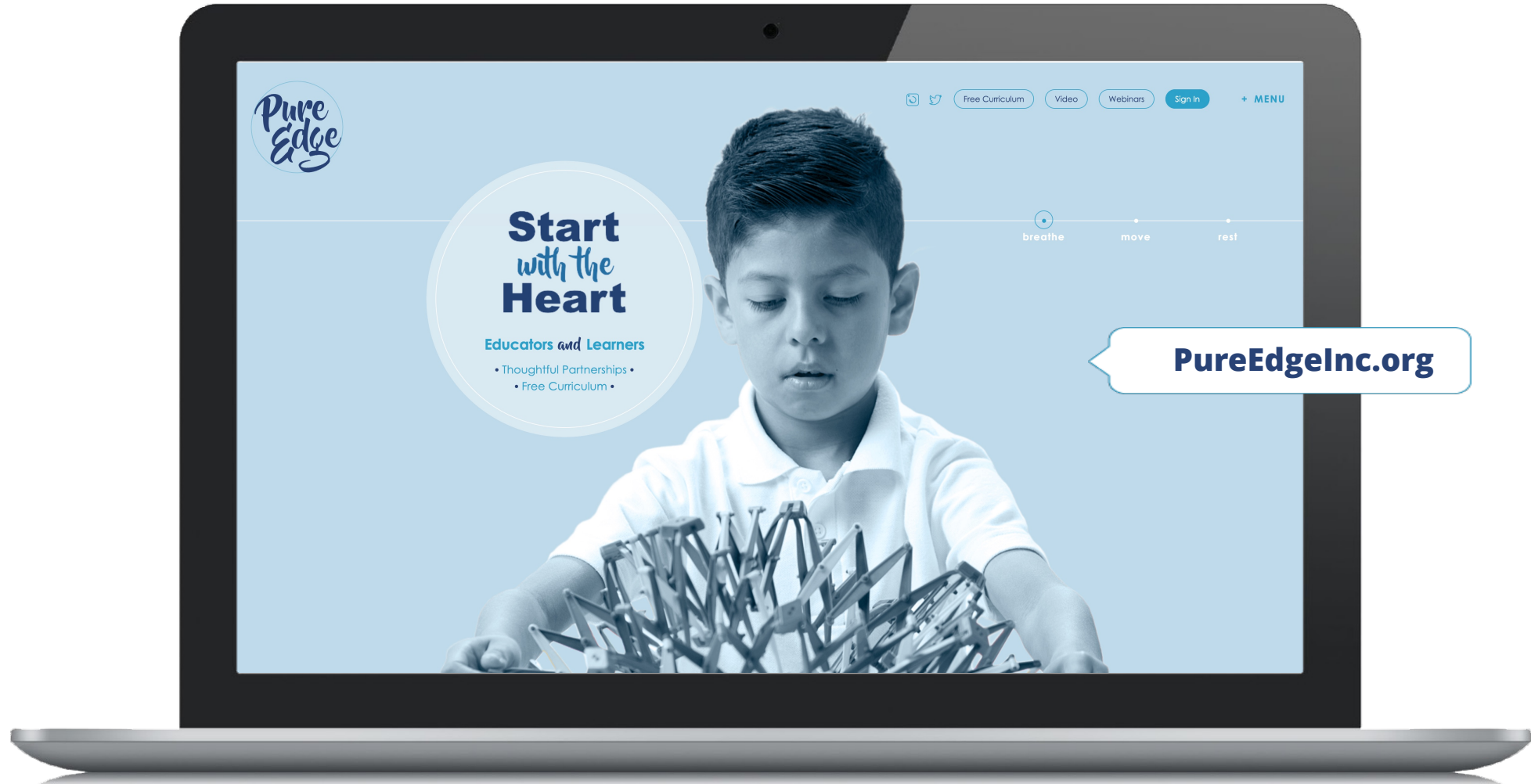
Afternoon

Evening



Thrive Thursday: **Creating Change**

- Give yourself time to develop new patterns/habits.
- There's a wide range (18-200+ days) in how long it takes to develop a new habit.
- It takes, on average, almost 67 days to form a new habit.
- Consider the difference between “routines” versus “habits.”





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