TAKING TIME TO B.R.E.A.T.H.E. Strategies for Strengthening Our Well-Being

Dr. Joelle Hood
CA Student Mental Wellness Conference
January 15, 2019
www.joellehood.com

STAYING CONNECTED—THE THRIVE TRIBE FB GROUPS

Welcome to The THRIVE Tribe!

Welcome to The THRIVE Tribe's Becoming Better Educators

Welcome to The THRIVE Tribe's Becoming Better Leaders

OBJECTIVES FOR TODAY
THE WHY & THE WHAT

What will you LEARN today?
STUDENT WELLNESS STARTS WITH US

It's ALL about the BOUNCE!

WELL-BEING & RESILIENCE

It's ALL about the BOUNCE!

WE CULTIVATE THE CLIMATE WE MUST NOURISH TO FLOURISH

"When a flower doesn't bloom you fix the environment in which it grows, not the flower."
- Alexander den Heijer

PULLING WEEDS DOESN'T GROW GARDENS

“Curing the negatives does NOT produce the positives.”
--Martin E.P. Seligman
PLANTS, SAIL BOATS, AND RESILIENCE

Pulling weeds doesn’t grow gardens, and fixing leaks doesn’t sail boats.

TAKING TIME TO B.R.E.A.T.H.E.

B Build Belonging
R Reflect ON Purpose
E Engage in Self-Compassion
A Attention, Awareness, Awe
T Thankfulness - Attitude of Gratitude
H Harness Your Thoughts
E Empower Empathy

FEELING MIND-FULL? JUST A FEW QUESTIONS…

WHAT MINDFULNESS IS

Mindfulness means paying attention…
– On purpose
– In the present moment
– Without judgment or criticism

http://greatergood.berkeley.edu/topic/mindfulness/definition#what_is
MINDFULNESS IS...
BEING WHERE YOUR FEET ARE

SMELL THE ROSES
AND BLOW OUT THE CANDLES

BENEFITS OF PRACTICING
MINDFULNESS

• Variety of physical, psychological, and social benefits.
• Boosts our immune system’s ability to fight off illness.
• Increases positive emotions while reducing negative emotions and stress.

BENEFITS OF MINDFULNESS AT WORK & SCHOOL

• Increase stress resilience.
• Expands attention span.
• Expands working memory.
• Boosts workplace morale.
TAKING TIME TO B.R.E.A.T.H.E.

B Build Belonging
R Reflect ON Purpose
E Engage in Self-Compassion
A Attention, Awareness, Awe
T Thankfulness- Attitude of Gratitude
H Harness Your Thoughts
E Empower Empathy

DEFINING BELONGING

Belonging is the feeling that one is respected and valued in a given context.

THE BIOLOGY OF BELONGING

We're built to work together. We are, at a deeply ingrained and biological level, social machines.

--Simon Sinek


THE BIOLOGY OF NOT BELONGING

Perceived Threat Response—Amygdala hijack—Fight, flight, freeze

B.R.E.A.T.H.E.-- BELONGING
WE’RE LOSING OUR CONNECTION

Why?

THE BIOLOGY OF NOT BELONGING

Social pain activates the same region of the brain that signal physical pain.

THE BIOLOGY OF NOT BELONGING

Loneliness is as harmful to your well-being as smoking 15 cigarettes a day – AND, as you get older, loneliness increases your risks of high blood pressure, cardiovascular disease, and dementia.

IMPACT OF EMPLOYEE ENGAGEMENT AND SENSE OF BELONGING

Employees with a strong sense of belonging are more likely to spend an extra amount of energy towards their coworkers, offer more to the organization, and be more positive in their attitude towards work, even when away from work.
MASLOW AND THE NEED FOR BELONGING

B.R.E.A.T.H.E.-- BELONGING TRUE FOR STUDENTS & TRUE FOR ADULTS

You gotta MASLOW before you can BLOOM.

B.R.E.A.T.H.E.-- BELONGING FLASHLIGHT OF ATTENTION

REFLECT, TURN, AND TALK PAIR SHARE

• How present are you when you're with your loved ones? With your friends? With your colleagues?
• How could your relationships change if you were able to be more present?
TAKING TIME TO B.R.E.A.T.H.E. REFLECT ON PURPOSE

B  Build Belonging
R  Reflect On Purpose
E  Engage in Self-Compassion
A  Attention, Awareness, Awe
T  Thankfulness - Attitude of Gratitude
H  Harness Your Thoughts
E  Empower Empathy

“TAKING TIME TO B.R.E.A.T.H.E. THOUGHT TO PONDER

“The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away.”

--David Viscott

TAKING TIME TO B.R.E.A.T.H.E. REFLECT ON PURPOSE

• Those with a higher sense of purpose in life are at lower risk of death and cardiovascular disease.
• People who have a purpose live seven years longer than those who don’t.
• People with a “sense of purpose in their lives are more likely to report being happy and describe themselves as living the Good Life”.

TAKING TIME TO B.R.E.A.T.H.E. REFLECT ON PURPOSE

• Those with a firm sense of purpose in their lives tend to be highly engaged in and find meaning in their work.
• When people are unable to find fulfillment connected to purpose, it can impact areas beyond the individual, including society as a whole.
Ikigai is a Japanese word whose meaning translates roughly to a reason for being, encompassing joy, a sense of purpose and meaning and a feeling of well-being. The word derives from iki, meaning life and kai, meaning the realization of hopes and expectations.

**B.R.E.A.T.H.E.**

**ENGAGE IN SELF-COMPASSION**

Showing kindness and compassion to ourselves, just like we would show to someone else we care about.

**B.R.E.A.T.H.E.**

**IMPORTANCE OF ENGAGING IN SELF-COMPASSION**

- If you feel like you’re barely treading water, every instinct makes it impossible to extend your hand to another drowning person.
- Self-compassion gives you the life vest to help yourself so that you can help others.
1. This is a moment of suffering. (Ouch! This hurts! This is stressful!)
2. Suffering is a part of life. (Recognizing shared humanity—other people have felt this way. Everybody struggles.)
3. May I be kind to myself. (May I forgive myself. May I be strong. May I be patient.)


**B.R.E.A.T.H.E.**

**ATTENTION, AWARENESS, & AWE**

- Build Belonging
- Reflect ON Purpose
- Engage in Self-Compassion
- Attention, Awareness, Awe
- Thankfulness- Attitude of Gratitude
- Harness Your Thoughts
- Empower Empathy

**MINDFULNESS**

- Is A Superpower

- MINDFULNESS OF SOUND
TAKING TIME TO B.R.E.A.T.H.E.

B Build Belonging
R Reflect ON Purpose
E Engage in Self-Compassion
A Attention, Awareness, Awe
T Thankfulness- Attitude of Gratitude
H Harness Your Thoughts
E Empower Empathy

B.R.E.A.T.H.E.
THANKFULNESS- AN ATTITUDE OF GRATITUDE

- Increases happiness and life satisfaction; feelings of optimism, joy, pleasure, and enthusiasm.
- Gratitude strengthens the immune system, lowers blood pressure, reduces symptoms of illness, makes us less bothered by aches and pains, and helps us sleep better.
- Boosts resilience and strengthens relationships.
- Reduces anxiety and depression.

B.R.E.A.T.H.E.
THANKFULNESS- AN ATTITUDE OF APPRECIATION

B.R.E.A.T.H.E.
THANKFULNESS- SHOUT OUTS

A person who feels appreciated will always do more than what is expected.
Taking Time to B.R.E.A.T.H.E.

B Build Belonging
R Reflect On Purpose
E Engage in Self-Compassion
A Attention, Awareness, Awe
T Thankfulness - Attitude of Gratitude
H Harness Your Thoughts
E Empathy Everyday

Harness the power of your thoughts!

B.R.E.A.T.H.E.
Harness Your Thoughts

Realizing you’re the DJ...

- Tune Into You
- Turn the Noise Down
- Change the Record
- Sing a New Song

You are the DJ of your mind. Choose your songs wisely.

B.R.E.A.T.H.E.
Harness Your Thoughts

Taking Time to B.R.E.A.T.H.E.

B Build Belonging
R Reflect On Purpose
E Engage in Self-Compassion
A Attention, Awareness, Awe
T Thankfulness - Attitude of Gratitude
H Harness Your Thoughts
E Empower Empathy
**B.R.E.A.T.H.E.**
**EMPATHY EVERYDAY**

**WHAT IS EMPATHY?**

**Affective Empathy:**
refers to the sensations and feeling we have in response to others’ expressions

“I know exactly how you feel.”

http://greatergood.berkeley.edu/topic/empathy/definition

**Cognitive Empathy:**
refers to our ability to label and understand other people’s emotions, take their perspective, “stand in their shoes”

http://greatergood.berkeley.edu/topic/empathy/definition

---

**B.R.E.A.T.H.E.**
**EMPATHY EVERYDAY**

**GET CURIOUS, NOT FURIOUS**

let’s get curious!

let's get curious!

---

**B.R.E.A.T.H.E.**
**EMPATHY EVERYDAY**

**TAKING TIME TO**

B Build Belonging
R Reflect ON Purpose
E Engage in Self-Compassion
A Attention, Awareness, Awe
T Thankfulness - Attitude of Gratitude
H Harness Your Thoughts
E Empower Empathy

MINDFULNESS IS A SUPERPOWER
THOUGHT TO PONDER
IT STARTS WITH US.

“If you build it, they will come.”
--Ray, Field of Dreams

SEE THE CHANGE. FEEL THE CHANGE.
BE THE CHANGE. IT STARTS WITH US.

“How do you change the world?
One room at a time.
Which room?
The one you are in.”
--Peter Block

THANK YOU!
LET’S KEEP IN TOUCH!

Email: joelle@joellehood.com
Facebook: Joelle Hood Joho
Twitter: @joellethecoach
Pinterest: @joellethecoach
Instagram: @joellehoodthecoach
Website: www.joellehood.com

CALM.COM/SCHOOLS
FREE LIFETIME PREMIUM MEMBERSHIP FOR EDUCATORS