WELCOME

• WHY we created Mindful Moving
• WHAT is the science of stress, prevention and management behind Mindful Moving
• HOW does Mindful Moving work
• EXPERIENCE Mindful Moving
• JOIN and help us build a community of healthy, happy, Mindful Movers
What’s on your mind?

Think - Pair - Share

1. What does the word “stress” mean to you?

2. When you hear the word “mindfulness” - what do you think of?

3. What might be 1 reason you chose to attend this session?
NO BIGGIE. BUT IF HE MISS problem 9, WE'LL PULL YOUR ACCREDITATION AND YOU'LL BRING SHAME ON YOUR COMMUNITY...

NO PRESSURE, BUT IF HE MISS problem 9, YOU'RE OUT OF A TEACHING JOB!!

DAVID, IT'S PROBLEM 9! YOU KNOW PROBLEM 9! RELAX! RELAX!!

THE JOY OF LEARNING
73% of teachers (all school staff?) suffering chronic physical and social-emotional exhaustion

45% of teachers leaving the profession in first 5 years

Who do you know that is stressed out and/or overwhelmed by school, students, parents, etc.?

www.mindfulschools.org

https://adaa.org/living-with-anxiety/children
Top 10 Symptoms Checklist

1. Score your students?

- Irritable / Agitated / Easily Annoyed
- Anxious / Worried / Fearful
- Argumentative / Defensive with others
- Low energy levels / Sleepy. Wake up tired
- Restless / Frenetic / Mind - racing
- Self-critical and/or Critical of others

2. Score yourself?

- Flat Affect / Uninspired
- Difficulty concentrating / Can’t remember
- Skin rashes / Stomach conditions
- Headaches / Body aches / Migraines
Why is it important for you to learn about this?

You can’t help others, if you don’t know how to help yourself.
The effective professional maintains a balance between giving of self and giving to self.

Rhonda Williams, Ed.D., LPC, NCC
The Well-Balanced Professional

Share w/ Elbow Partner

What are some self-care strategies that you are using to keep your “balance”?
Why we created Mindful Moving

25% of OC teens chronically sad or hopeless (OCCCR 2018)

6.3M teens (1 in 3 girls, 1 in 4 boys) have anxiety disorders (ADAA 2017)

20% (1 in 5) of American teens are clinically depressed (AAP 2017)

Suicide 2nd leading cause of death 10-24

www.mindfulschools.org

https://adaa.org/living-with-anxiety/children
Key Concepts for Understanding Stress

1. Stress is “survival mechanism” based on “perception” of danger.

2. Temporary stress is “good” - promotes “health and resiliency”

3. “Chronic or repeated acute stress” is bad - negatively impacts physical, mental, social and cognitive health.

4. Mental state is “contagious”, we “model” for those around us.

5. Stress can be “prevented and managed” using “healthy coping strategies” that become a “habits”

6. “Self Care” critical to “learn and practice”, especially for those “caring, supporting, teaching” infants, children, teens
What do you see?
Science of Stress

- Response to “real” or “perceived” danger / fear

- **REAL:** Your Principal walks into your classroom unannounced...

- **PERCEIVED:** You get email from your Principal asking to see you first thing Monday morning...
Stress and the Brain

Prefrontal Cortex
• Make decisions
• Pay attention
• Control emotions
• Be calm and focused
• Short- and long-term memory
• Think critically
• Controls impulsivity

Hippocampus
• Critical for new learning
• Forming explicit memories of facts, details & important life events
• Stress & memory highly correlated

Amygdala
• Brain’s alarm that processes fear & anger
• Can “hijack” the brain and prevent PFC functioning
• We act before we think
How Body changes during stress

- saliva flow decreases
- eyes pupils dilate
- skin blood vessels constrict; chills & sweating
- lungs quick, deep breathing occurs
- heart beats faster & harder
- bowel food movement slows down
- stomach output of digestive enzymes decreases
- blood vessels blood pressure increases as major vessels dilate
- muscles become more tense; trembling can occur
Think -Pair-Share

1. Think of last time you felt stressed.
2. Was it a “real” or “perceived” danger-fear?
3. What did you notice in your body?
Dr. Dan Siegel, UCLA School of Psychiatry
Your brain ‘flipping it’s lid’ on stress
## Match Brain Area to Symptom

<table>
<thead>
<tr>
<th>AREA</th>
<th>SYMPTOM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>B</strong> = Brain Stem &amp; Spinal Cord</td>
<td>Irritable / Agitated / Easily Annoyed</td>
</tr>
<tr>
<td><strong>L</strong> = Limbic Regions &amp; Amygdala</td>
<td>Anxious / Worried / Fearful</td>
</tr>
<tr>
<td><strong>CC</strong> = Cerebral Cortex</td>
<td>Argumentative / Defensive with others</td>
</tr>
<tr>
<td><strong>PFC</strong> = Pre Frontal Cortex</td>
<td>Can’t sleep / Wake up tired / No energy</td>
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</table>
Might there be a way to go from Stressed to Calm?
What Mindfulness *is*

Maintaining *present-moment awareness* of our experiences by *paying attention* in a particular way with *nonjudgment* and *curiosity*.
Mind Full, or Mindful?
What Mindfulness is Not

- Always being calm and happy
- A disciplinary tactic
- The absence of thought
- Simple, quick remedy to all problems
- Religious ideology
Glitter Jar
Doorways to Mindfulness

- Thoughts
- Feelings, Emotions
- Body Senses
  - Sight
  - Sound
  - Taste
  - Smell
  - Movement
Mindful Breathing

Stimulates the Vagus Nerve

Counteracts stress-response in brain, and in other body systems

BELLY BREATHING  MOUNTAIN BREATH
Vagus Nerve - Gateway to Rest & Digest (PNS)

- 'Wandering' nerve - moves from brainstem, winds down through body and ends in abdomen
- Connects with major body organs, heart, lungs
- IMPORTANT role in body regulation of heart rate, breathing rate, digestion, etc.

**How The Vagus Nerve Affects Organ Systems**

**Heart**
- Decreases heart rate, vascular tone.

**Liver**
- Regulates insulin secretion and glucos homeostasis in the liver.

**Gut**
- Increases gastric juices, gut motility, stomach acidity.

**Inflammation**
- Suppresses inflammation via the cholinergic anti-inflammatory pathway

**Brain**
- Helps keep anxiety and depression at bay. Opposes the sympathetic response to stress.

**Mouth**
- Taste information is sent via three cranial nerves, one of which is the vagus nerve. The vagus nerve is needed for the gag reflex, swallowing, and coughing.

**Blood Vessels**
- Decreases vascular tone, lowering blood pressure.
Mindful Moving

Step 1

B R E A T H E.
Yoga is a 2500 old system of breathing techniques and postures (poses) used to relax the body and focus the mind, uniting them in a way that creates a sense of connection leading to self-awareness, inner peace, and overall health.
The Bodily Sensation of Movement

SUN SALUTATIONS
Yoga Exercise from DeStress Monday

While practicing the poses, meditate on expressing gratitude for the sun, which makes all life on earth possible.

1. INHALE
Lift arms over head, lean hips forward and arch back.

2. EXHALE
Chest forward and knees slightly bent.

3. INHALE
Right foot back, lift upper body into a lunge. Exhale.

4. INHALE
Left foot back in plank, back straight with shoulders over wrists.

5. EXHALE
Lower knees, chin and chest to floor. Hips high and elbows in.

6. INHALE
Straighten legs, hips forward, bend slightly at waist and left chest.

7. EXHALE
Lift tailbone, push back. Keep your back straight, knees slightly bent.

8. INHALE
Right foot forward into low lunge.

9. EXHALE
Left foot forward between hands. Slightly bend legs. Fold in.

10. INHALE
Raise torso, extend arms over head and arch back.

Begin and End
Stand tall, feet together on ground, hands together at chest.

DeStress MONDAY
Mindful Moving

Step 2

M O V E.
**Self-Management**
- Regulating one's emotions
- Managing stress
- Self-control
- Self-motivation
- Stress management
- Setting and achieving goals

**Self-Awareness**
- Labeling one's feelings
- Relating feelings and thoughts to behavior
- Accurate self-assessment of strengths and challenges
- Self-efficacy
- Optimism

**Social Awareness**
- Perspective-taking
- Empathy
- Respecting diversity
- Understanding social and ethical norms of behavior
- Recognizing family, school, and community supports

**Relationship Skills**
- Building relationships with diverse individuals and groups
- Communicating clearly
- Working cooperatively
- Resolving conflicts
- Seeking help
Social Emotional Learning Skills

SELF MANAGEMENT

- Regulate Emotions
- Manage Stress
- Gain Self-Control
- Be Self-Motivated
- Set Goals for Achievement
Social Emotional Learning Skills

SELF AWARENESS

- Listen to Feelings
- Identify Emotions
- Accurately Assess Strengths & Challenges
- Build Self-Confidence through Self-Efficacy
Mindful Moving
Step 3

Focusing on BE-coming the explicit SEL skill during teacher and self-guided meditation

Engaged Goal & Achievement-oriented

Not Engaged Few / No Achievement Goals
Mindful Moving

Step 3

BE.
3 Steps

BREATHE.

MOVE.

BE.

Mindfulness + Yoga + Social Emotional Learning
BREATHE.
Slowly breathe in 1 - 2 - 3 - 4 - 5 (pause)
breathe out 5 - 4 - 3 - 2 - 1. Repeat 5 times.

MOVE.
Warrior II
Move legs into a wide straddle. Turn back foot slightly in.
Point front foot forward. Bend front knee to 90-degrees.
Align shin on top of ankle. Reach arms forward and backwards in line with shoulders. Repeat opposite side.

BE Brave.
I am brave, determined, and stand up for what I believe in.
I choose to lead by example and not be influenced or upset by what others think.I have courage. I am brave.

Practice mindful moving to unlock your inner strength and discover your highest and best self.
MINDFUL MOVING
Resource Kits

PE & Playground Kits Pilot Study at 22 Sites

- 12 SEL-Specific Station Task Cards
- Quick Start Teacher Guide
- Grade Level PE Unit and Lesson Plans
- 12 Guided Audio files (MP3)
- Breathing and Body Scan Audio files (MP3)
- 30-minute Resource Video
- On-Site Staff Training
- Technical Assistance
For More Information

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714.966.4355
ccorliss@ocde.us
Station 1: Cross - Cross

BREATHE.
Slowly breathe in 1 - 2 - 3 - 4 - 5 (pause)
breathe out 5 - 4 - 3 - 2 - 1. Repeat 5 times.

MOVE.
Criss-Cross
Sit down and cross legs at shins. Align spine above hips
with head balanced between shoulders. Sit in a tall
posture. Relax face and shoulders. Feel supported from
the ground.

BE Kind.
I am kind, helpful and loving towards others and myself. I
choose actions and words that do not cause harm. I can let
go of negative thoughts and judgements. I am kind.

Practice mindful moving to unlock your inner strength and discover your highest and best self.
Station 2:

**BREATHE.**
Slowly breathe in 1 - 2 - 3 - 4 - 5 (pause) breathe out 5 - 4 - 3 -2 - 1. Repeat 5 times.

**MOVE.**
**Warrior II**
Move legs into a wide straddle. Turn back foot slightly in. Point front foot forward. Bend front knee to 90-degrees. Align shin on top of ankle. Reach arms forward and backwards in line with shoulders. Repeat opposite side.

**BE Brave.**
I am brave, determined, and stand up for what I believe in. I choose to lead by example and not be influenced or upset by what others think. I have courage. I am brave.

*Practice mindful moving to unlock your inner strength and discover your highest and best self.*
Station 3: Tree

**BREATHE.**
Slowly breathe in 1 - 2 - 3 - 4 - 5 (pause)
breathe out 5 - 4 - 3 - 2 - 1. Repeat 5 times.

**MOVE.**
Tree
Stand with feet hip distance apart. Bring left foot to right ankle, calf or inner thigh. Lift arms overhead and keep gaze focused straight ahead. Feel support and balance from standing leg. Repeat opposite side.

**BE Focused.**
I am focused, disciplined, and always try my best. I choose not to give up easily or allow distractions to interfere. I am focused.

Practice mindful moving to unlock your inner strength and discover your highest and best self.
Station 4: Plank

BREATHE.
Slowly breathe in 1 - 2 - 3 - 4 - 5 (pause) breathe out 5 - 4 - 3 - 2 - 1. Repeat 5 times.

MOVE.
Plank
Begin in table top with shoulders stacked on wrists and fingers spread. Step legs back. Keep head in line with shoulders and hips parallel to ground. Engage leg muscles and pull abdominal muscles towards spine. Hold body steady and strong.

BE Patient.
I am patient, steady and can slow down. I choose not to be frustrated by others or at myself if I do not get my way. I do not give up. I am patient.

Practice mindful moving to unlock your inner strength and discover your highest and best self.

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Station 5: Crow

BREATHE.
Slowly breathe in 1 - 2 - 3 - 4 - 5 (pause) breathe out 5 - 4 - 3 - 2 - 1. Repeat 5 times.

MOVE.
Crow
Move into a low squat with hands on ground. Point toes forward and lift hips. Keep knees bent and place knees on triceps. Transfer weight into hands. Engage abdominals and press into hands. Focus eyes forward. Lift one foot at a time. Then lift both feet at same time.

BE Confident.
I am confident, believe in myself and others. I choose to be a good example and meet challenges with a positive outlook. I am strong. I am confident.

Practice mindful moving to unlock your inner strength and discover your highest and best self.
Station 6: Triangle

BREATHE.
Slowly breathe in 1 - 2 - 3 - 4 - 5 (pause) breathe out 5 - 4 - 3 - 2 - 1. Repeat 5 times.

MOVE.
Triangle
Move legs into a wide straddle. Turn back foot slightly in. Point front foot forward. Extend arms front and back in line with shoulders. Tilt hips backwards. Reach bottom hand to shin. Reach top arm to sky. Repeat opposite side.

BE Responsible.
I am responsible, accountable and follow through. I choose actions and words that are helpful and meaningful. Others can count on me. I can depend on myself. I am responsible.

Practice mindful moving to unlock your inner strength and discover your highest and best self.
Station 7: Dancer

BREATHE.
Slowly breathe in 1 - 2 - 3 - 4 - 5 (pause) breathe out 5 - 4 - 3 - 2 - 1. Repeat 5 times.

MOVE.
Dancer
Extend arms overhead and inhale. Exhale and release right arm to right leg. Bend right knee. Hold onto foot/Arch. Balance and slowly extend leg back. Keep chest lifted. Reach up and forward with opposite arm. Repeat opposite side.

BE Respectful.
I am respectful and worthy. I choose to stop negative action and words that harm others and myself. I treat everyone as I want to be treated with respect. I am respectful.

Practice mindful moving to unlock your inner strength and discover your highest and best self.

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Station 8: Reverse Warrior

**BREATHE.**
Slowly breathe in 1 - 2 - 3 - 4 - 5 (pause) breathe out 5 - 4 - 3 - 2 - 1. Repeat 5 times.

**MOVE.**
Reverse Warrior
Move legs into a wide straddle. Turn back foot slightly in, point front foot forward. Bend front knee 90-degrees. Stack shin on top of ankle. Reach arms front and back in line with shoulders. Inhale, stretch front arm to sky. Exhale, extend opposite hand to back leg. Repeat opposite side.

**BE Grateful.**
I am grateful and appreciate everything in life, no matter how big or small. I choose to value others and myself. Gratitude feels good. I am grateful.

Practice mindful moving to unlock your inner strength and discover your highest and best self.
Station 9: Frog

BREATHE.
Slowly breathe in 1 - 2 - 3 - 4 - 5 (pause) breathe out 5 - 4 - 3 - 2 - 1. Repeat 5 times.

MOVE.
Frog
Move into a low squat like a frog. Try to bring heels towards ground. Turn toes outward. Place elbows inside of knees. Press palms together in front of chest. Keep spine long and tall.

BE Calm.
I am calm, gentle, and kind in all situations. I choose to stop disruptive and aggressive actions towards others and myself. I can stay calm under pressure and control my emotions. I am calm.

Practice mindful moving to unlock your inner strength and discover your highest and best self.
Station 10: Standing Straddle Fold

BREATHE.
Slowly breathe in 1 - 2 - 3 - 4 - 5 (pause)
breathe out 5 - 4 - 3 - 2 - 1. Repeat 5 times.

MOVE.
Standing Straddle Fold
Move legs into a wide straddle. Interlace fingers behind your back. Inhale to lift chest. Slightly bend knees. Exhale fold forward at hips. Release top of head towards ground. Relax face. Focus eyes on what you see upside down to see the world in a new way.

BE Empathetic.
I am compassionate and understanding. I can share emotions or a feeling with others even if I am not in their same situation. I choose my perspective and can see situations from another person's point of view. I am empathetic.

Practice mindful moving to unlock your inner strength and discover your highest and best self.
**Station 11: Eagle**

![Eagle pose](image)

**BREATHE.**

Slowly breathe in 1 - 2 - 3 - 4 - 5 (pause) breathe out 5 - 4 - 3 - 2 - 1. Repeat 5 times.

**MOVE.**

**Eagle**

Reach arms overhead as you inhale. Exhale to bend elbows 90-degrees. Bend knees and lift right leg across left. Swing right arm under left elbow, cross at forearms and wrists; or wrap hands to shoulders like a hug. Balance on one leg and keep posture tall. Repeat opposite side.

**BE Honest.**

I am honest, trustworthy, and do the right thing. I choose truthful and rightful actions towards myself and others. I am trustworthy. I am honest.

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*Practice mindful moving to unlock your inner strength and discover your highest and best self.*
Station 12: Low Lunge Twist

**BREATHE.**
Slowly breathe in 1 - 2 - 3 - 4 - 5 (pause) breathe out 5 - 4 - 3 - 2 - 1. Repeat 5 times.

**MOVE.**
Low Lunge Twist
Move into a low lunge. Bend right knee to 90-degrees. Keep knee stacked on ankle. Straighten back leg. Place left hand on ground and rotate torso to extend left arm to sky. Repeat opposite side.

**BE Creative.**
I am open and receptive to new ideas. I choose to use my imagination and talents to think outside the box. I explore other solutions to problems and can express myself. I am creative.

Practice mindful moving to unlock your inner strength and discover your highest and best self.