Mar 4th, 1:15 PM - 2:30 PM

Taking Time To B.R.E.A.T.H.E. Strategies for Strengthening Staff and Student Well-being

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

Dr. Joelle Hood
NYAR
March 4, 2019
www.joellehood.com

OBJECTIVES FOR TODAY
THE WHY & THE WHAT

What will you LEARN today?

SIGN UP FOR RESOURCES TO SUPPORT TODAY’S LEARNING

WELL-BEING & RESILIENCE

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

WE CULTIVATE THE CLIMATE
WE MUST NOURISH TO FLOURISH

PLANTS, SAIL BOATS,
AND RESILIENCE

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

FEELING MIND-FULL?
JUST A FEW QUESTIONS...

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
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

YOU are here!

SMELL THE ROSES
AND BLOW OUT THE CANDLES

deep breaths

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

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

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

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

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
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.

B.R.E.A.T.H.E.-- BELONGING
BELONGING & EMPLOYEE ENGAGEMENT
I love my job.

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

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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 you your relationships change if you were able to be more present?

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

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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
People who have a sense of purpose tend to live seven years longer than those who don’t, and have a lower risk of cardiovascular disease.

When people aren’t able to find meaning and connection to purpose, it doesn’t just affect them— it can impact their families, their co-workers, and beyond— including society as a whole.

When do you feel most alive and useful and strong?

When do you feel like a superstar... like a gifted contributor, like you are living IN purpose and ON purpose?

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ENGAGE IN SELF-COMPASSION

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

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.

ENGAGE IN SELF-COMPASSION BREAKS

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.)

MINDFULNESS—ATTENTION, AWARENESS, & AWE

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B.R.E.A.T.H.E.
ATTENTION, AWARENESS, & AWE

B R E A T H E —  ATTENTION & AWARENESS & AWE
MINDFULNESS OF SOUND

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

• Increases happiness and life satisfaction; feelings of optimism, joy, pleasure, and enthusiasm.
• 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
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

Recognition is proven as among the best method of improving work motivation and employee engagement.

1 hour = 100 people

An Attitude of Gratitude
Thank you.

HARNESS YOUR THOUGHTS

COMPARISON IS THE THEFT OF JOY

OVER THINKING
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

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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

B.R.E.A.T.H.E.
EMPATHY EVERYDAY
WHAT IS EMPATHY?

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

Studies say 4 minutes of uninterrupted eye contact increases intimacy

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

INSTEAD OF LOOKING AT, LOOK IN...

B.R.E.A.T.H.E.
EMPATHY EVERYDAY
JUST LIKE ME ACTIVITY

• How would you describe the experience?
• What emotions were you feeling?
• What was challenging?
• What did you gain from the experience? How can you transfer the learning?
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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

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