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

Joelle Hood

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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?

Joelle Hood


SIGN UP FOR RESOURCES TO SUPPORT TODAY'S LEARNING




Welcome to
The THRIVE Tribe!




Thriving YOUiversity



Welcome to
**The THRIVE Tribe's
Becoming Better Educators**



Welcome to
**The THRIVE Tribe's
Becoming Better Leaders**



Joelle Hood

WELL-BEING & RESILIENCE




Joelle Hood

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



Joelle Hood

PLANTS, SAIL BOATS, AND RESILIENCE



Joelle Hood

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

- 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



Joelle Hood

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



Joelle Hood

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

Joelle Hood

MINDFULNESS IS... BEING WHERE YOUR FEET ARE

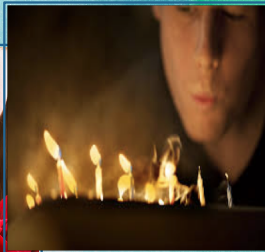
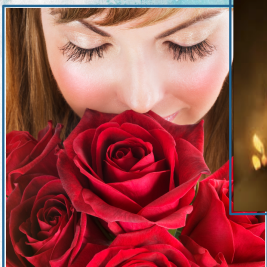


BE
WHERE YOU
ARE.



Joelle Hood

SMELL THE ROSES AND BLOW OUT THE CANDLES



Joelle Hood

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



Joelle Hood

B.R.E.A.T.H.E.– BELONGING WIRED TO BELONG

Self-actualization
desire to become the most that one can be

Esteem
respect, self-esteem, status, recognition, strength, freedom

Love and belonging
friendship, intimacy, family, sense of connection

Safety needs
personal security, employment, resources, health, property

Physiological needs
air, water, food, shelter, sleep, clothing, reproduction

Joelle Hood

B.R.E.A.T.H.E.– BELONGING DEFINING BELONGING

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

<https://www.mindsetkit.org/belonging>
Joelle Hood

B.R.E.A.T.H.E.– BELONGING THE BIOLOGY OF NOT BELONGING

Perceived Threat Response—

Amygdala hijack—

Fight, flight, freeze

Olson, K. (2014). The invisible classroom: relationships, neuroscience & mindfulness in school. WW Norton & Company.

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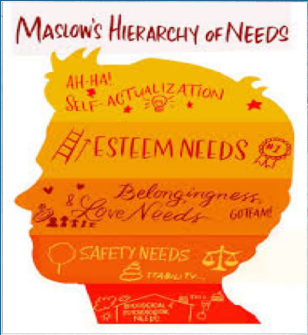
B.R.E.A.T.H.E.– BELONGING THE BIOLOGY OF NOT BELONGING

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

Joelle Hood

B.R.E.A.T.H.E.-- BELONGING

TRUE FOR STUDENTS & TRUE FOR ADULTS





You gotta
MASLOW
before you can
BLOOM.

Joelle Hood

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.

Joelle Hood

B.R.E.A.T.H.E.-- BELONGING

BELONGING & EMPLOYEE ENGAGEMENT




Joelle Hood

B.R.E.A.T.H.E.-- BELONGING

WE'RE LOSING OUR CONNECTION






Joelle Hood

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



Joelle Hood

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?

Joelle Hood

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

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Joelle Hood

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



Joelle Hood

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



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.

Joelle Hood

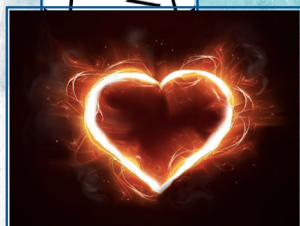
TAKING TIME TO B.R.E.A.T.H.E. REFLECT ON PURPOSE

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.



Joelle Hood

REFLECT, TURN, AND TALK PAIR SHARE



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?

Joelle Hood

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

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Joelle Hood

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.

Joelle Hood

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.




Joelle Hood

B.R.E.A.T.H.E. 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--ther 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.)

<http://self-compassion.org/exercise-2-self-compassion-break/>

Joelle Hood

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

B Build Belonging

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E Empower Empathy

MINDFULNESS

· IS A SUPERPOWER ·

Joelle Hood


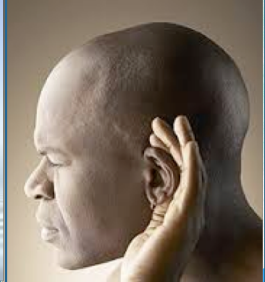
B.R.E.A.T.H.E. ATTENTION, AWARENESS, & AWE





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

Joelle Hood

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

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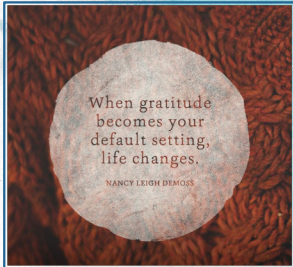
E Empower Empathy

MINDFULNESS

IS A SUPERPOWER

Joelle Hood

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.

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

THANKFULNESS- AN ATTITUDE OF APPRECIATION

Acknowledgement. Appreciation.
It costs nothing. It takes a moment.
It means everything.






Becoming Better Humans Becoming Better Leaders
Joelle Hood www.joellehood.com

REVISOR AND UPDATER
The 5 Languages of Appreciation in the Workplace
Empowering Organizations by Encouraging People
GARY CHAPMAN
PAUL WHITE

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

1 minute = 100 minutes

1 minute spent on recognising behaviour = 100 minutes of initiative in return.

Yet 2 out of 3 people receive no workplace recognition in a given year.

Joelle Hood

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

THANKFULNESS- AN ATTITUDE OF GRATITUDE THE POWER OF EXPRESSING APPRECIATION

An Attitude of Gratitude



Thank you.



Joelle Hood

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

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- T** Thankfulness- Attitude of Gratitude
- H** Harness Your Thoughts
- E** Empathy Everyday


MINDFULNESS

IS A SUPERPOWER

Joelle Hood

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

HARNESS YOUR THOUGHTS



OVER THINKING

COMPARISON IS THE THIEF OF JOY

Joelle Hood

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

HARNESS YOUR THOUGHTS REALIZING YOU'RE THE DJ...



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

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

www.joellehood.com Thriving YOUiversity.com

Joelle Hood

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MINDFULNESS


· IS A SUPERPOWER ·

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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

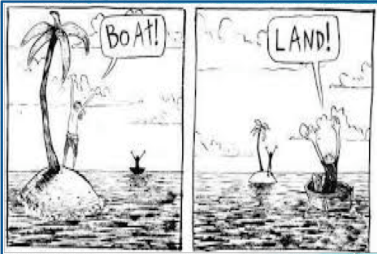


http://greatergood.berkeley.edu/topic/empathy/definition

Joelle Hood

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

Joelle Hood


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


STUDIES SAY 4 MINUTES OF UNINTERRUPTED
EYE CONTACT INCREASES INTIMACY

<https://www.youtube.com/watch?v=Xm-T3HCa618> 

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

INSTEAD OF LOOKING AT, LOOK IN...



https://www.youtube.com/watch?v=by_Bfbskg_E 

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

JUST LIKE ME ACTIVITY









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

JUST LIKE ME ACTIVITY DEBRIEF



- 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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MINDFULNESS
IS A SUPERPOWER

Joelle Hood

THOUGHT TO PONDER IT STARTS WITH US.



**"If you build it,
they will
come."**

--Ray, *Field of Dreams*

Joelle Hood

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

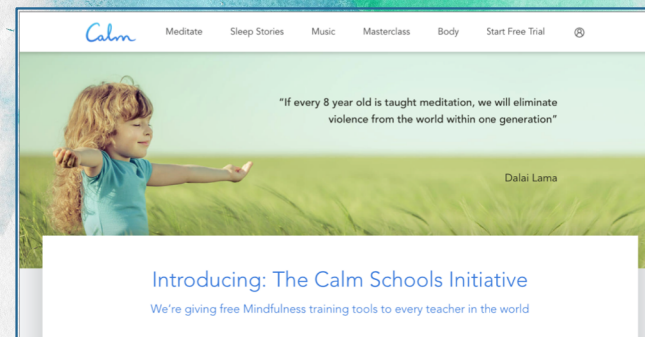


**"How do you
change the world?
One room at a time.
Which room?
The one you are in."**

--Peter Block

Joelle Hood

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Introducing: The Calm Schools Initiative
We're giving free Mindfulness training tools to every teacher in the world

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STOPBREATHETHINK.COM/EDUCATORS
FREE LIFETIME PREMIUM MEMBERSHIP FOR EDUCATORS



Joelle Hood

**STAYING CONNECTED—
 THE THRIVE TRIBE FB GROUPS**



Joelle Hood

**THANK YOU!
 LET'S KEEP IN TOUCH!**

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Pinterest: @joellethecoach
Instagram: @joellehoodthecoach
Website: www.joellehood.com



Joelle Hood