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

Dr. Joelle Hood
Missouri School Health Conference
December 5 2019
www.thrivingYOUUniversity.com
A LITTLE ABOUT US
@thrivingU @joellethecoach
OPENING CIRCLE

• Name
• Position/Site
• Two things I’m looking forward to in the next few weeks
YOUR ATTENTION PLEASE
OBJECTIVES FOR TODAY
THE WHY & THE WHAT

What will you LEARN today?
STAYING CONNECTED—
THE THRIVE TRIBES, eBook, & GOOGLE DRIVE

Janeen, Joelle, & Jessie say...
Welcome to
The THRIVE Tribe!

Janeen, Joelle, and Jessie welcome YOU to the
Becoming Better Educators
THRIVE Tribe!

Janeen, Joelle, & Jessie welcome YOU to the
Becoming Better Leaders
THRIVE Tribe!
MINDFUL MOMENTS
SMELL THE ROSES, BLOW OUT THE CANDLES
EXPECTATIONS FOR A SAFE POSITIVE CLIMATE

• Unconditional Positive Regard—“Don’t Ick My Wow.”
• Assume positive intentions.
• Seek to understand – be an attentive listener and set judgement aside.
• Set technology aside. Be where your feet are.
• Let your heart and mind be open to new people, new experiences, and new learning.
Breathing in, I do my best.
Breathing out, I let go of the rest.
MEET YOUR NEIGHBORS – THE UNCOMMON COMMON

A GOOD Neighbor
is a welcome blessing.
WELL-BEING & RESILIENCE
RESILIENCE... PATCHING THE LEAKS AND PUTTING WIND IN THE SAILS
“Curing the negatives does NOT produce the positives.”

--Martin E.P. Seligman
DIVING INTO WELLBEING & EMPLOYEE ENGAGEMENT

- Engagement
- Relationships
- Positive Emotions
- Meaning
- Achievement

Employee Experience

- Belonging
- Purpose
- Achievement
- Happiness
- Vigor
TAKING TIME TO B.R.E.A.T.H.E.
A FRAMEWORK FOR RESILIENCE

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
GET OUT OF YOUR COMFORT ZONE AND INTO THE BOX...

https://www.youtube.com/watch?v=HfHV4-N2LxQ
B.R.E.A.T.H.E.-- BELONGING BACK TO BACK ACTIVITY
BACK TO BACK DEBRIEF

We do not learn from experience... we learn from reflecting on experience.

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

- Alexander den Heijer
FAMILY GROUP CHAT

Using the talking piece, share what you think about the concepts of “Pulling Weeds Doesn’t Grow Gardens”, “Fixing Leaks Doesn’t Sail Boats”, and “We Must Nourish to Flourish.”
IT’S ALL ABOUT THE BOUNCE
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
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FEELING MIND-FULL?
JUST A FEW QUESTIONS...
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!
MINDFUL MOMENTS
MINDFUL COLORING
WHAT MINDFULNESS IS NOT—
A RELIGIOUS PRACTICE

Mindfulness is to religion
As kindness is to religion.
WHAT MINDFULNESS IS NOT—EMPTYING THE MIND

That’s impossible!

The average brain is believed to generate around 50,000 thoughts per day.
WHAT MINDFULNESS IS NOT—JUST RELAXATION

That’s a SPECTACULAR side effect!
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.

http://greatergood.berkeley.edu/topic/mindfulness/definition?why_practice
BENEFITS OF MINDFULNESS AT WORK & SCHOOL

- Positively impacts both mental and emotional health—boosts immune system.
- Specifically shown to increase stress tolerance.
- Expand your attention span.
- Expand your working memory.
- Boosts workplace morale.

http://mentalfloss.com/article/76310/6-benefits-incorporating-mindfulness-work
MINDFULNESS IS A SUPER POWER
MINDFUL MOMENTS 4-7-8

Breathe

deep breaths
FAMILY GROUP
CHAT
My thoughts and experiences around a personal mindfulness practice and the benefits of practicing mindfulness at work.
TAKING TIME TO B.R.E.A.T.H.E.

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B.R.E.A.T.H.E. – BELONGING
WIRED TO BE LONG
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
Perceived Threat Response—
Amygdala hijack—
Fight, flight, freeze

Social pain activates the same region of the brain that signal physical pain.
WHEN ADULTS FEEL LIKE THEY DON’T BELONG AT WORK...

• Less enjoyment at work
• Less engaged
• Less productive
• Uncooperative & disruptive
• Anxiety and depression
• Impact on physical and mental health & well-being

http://switchandshift.com/why-belonging-is-key-in-todays-workplace
B.R.E.A.T.H.E.— BELONGING
BELONGING & EMPLOYEE ENGAGEMENT
B.R.E.A.T.H.E.-- BELONGING
TRUE FOR STUDENTS & TRUE FOR ADULTS

You gotta MASLOW before you can BLOOM.
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
WE’RE LOSING OUR CONNECTION
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 improve if you were able to be more present?
BRAIN & BODY BREAK
ACTIVITY --‘N SYNC
‘N SYNC
HOW DID LEARNING JUST HAPPEN?

We do not learn from experience... we learn from reflecting on experience.

- John Dewey
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“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
WHAT IS YOUR PURPOSE?

https://www.youtube.com/watch?v=mK66az43EOI
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.
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.
TAKING TIME TO B.R.E.A.T.H.E.
BUILDING CATHEDRALS

Are you cutting stones or building cathedrals?
Are you building better humans?
Taking time to B.R.E.A.T.H.E.
Living in purpose and on purpose—
Knowing your why

What is your why?
Why do you do this work?
Ms. Owens

My Why...

I wholeheartedly believe that my purpose on this earth is to be an educator. I love to learn, create, and teach. I believe that every child has the capability to learn, we just have to give them the drive to do it. I am here to make sure that all my students are given the opportunity to learn and become who they are without judgement.

"Be somebody who makes everyone feel like a somebody" – Kid President

Mr. Wilson

Bachelor’s Degree - U.C. Berkeley (Cal)
Master’s Degree - San Jose State

My Why...

I became a teacher because there is nothing more fulfilling than watching students grow intellectually and socially over the course of a year and realizing that you played a role in their development. If I’m being completely honest, I was also inspired by Jack Black’s teacher role in the classic movie, School of Rock. After seeing that movie, I decided to enter a teaching credential program, and the rest is history!
INDIVIDUAL WHYS

Mrs. Osteen

Bachelor's of Arts in History and Political Science - University of Tennessee at Martin
Master's of Secondary Education - University of Tennessee at Martin
Gifted and Accelerated Learning Endorsement - Middle Tennessee State University

My Why...

I am here to give every student a SAFE place
- To EXPLORE, ENGAGE and GROW,
- To TAKE RISKS, DREAM BIG, and MAKE MISTAKES.
- To DEVELOP LIFELONG LEARNERS, INDEPENDENT THINKERS, and UNIQUE INDIVIDUALS

Why do I do this?
I believe that every one of my students can and will make a difference in the world around us.

Why do I believe this?
Many years ago, some teacher, coach, or mentor did this for me and I have every intention of doing this for you.

Mrs. Darr

Bachelor's of Science, Music Education; Austin Peay State University (Clarksville, TN)

Master's of Music, Choral & General Music; Kent State University (Kent, Ohio)

My Why...

Music helped me find my voice, both literally and figuratively. I teach so that I can help others find their voice, too.

"Music expresses that which cannot be said and on which it is impossible to be silent." — Victor Hugo

"Music is another language in which to express yourself. The feeling from music is liberating. It’s the most liberating language of all." — Bono
INDIVIDUAL WHYS

Mr. Habegger

Bachelor’s of Arts in Music Business, History Minor Anderson University

Master’s of Arts in Teaching 4-8 Belmont University

My Why...

I have always loved learning and teaching people to love learning. My happiest moments are when someone gets excited about something they learn; when they realize that they can do even more, it’s even better! I want to develop that internal drive to succeed—to have the belief that anything they set their mind to is possible for them if they just put in the effort. I want to challenge people to be the best versions of themselves that they can be. I want to take those negative things people have heard about themselves and crush them... with HOPE!

Mrs. Marlin

Bachelor of Science in Elementary Education, Middle School Emphasis

My Why...

The 3 C's of life: CHOICES, CHANCES, CHANGES.

You must make a choice to take a chance or your life will never change.

I want to help others live their best life on this journey we travel upon together.
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.
MY WHY

TO influence, inspire, ignite, and empower others to thrive SO THAT they can impact themselves and the world in a positive way.
JESSIE’S WHY

TO reflect back to others their goodness and potential SO THAT they can become the people they were meant to be all along.
CONCENTRIC CIRCLES
IGNITING SPARKS OF PURPOSE
What could you talk about late into the night with like-minded people?

What activities make you feel alive, useful, strong? What do people compliment you on?

What was a time when you gave of yourself to help someone else, after which you felt unbelievably good – like you had done something that mattered?

Think of a day at work when, as you headed home, you might have said to yourself, “I would have done that for free.” What happened that day to make you say that?

What do you want to be known for?
WHEN YOUR KNOW YOUR WHY, YOUR WHAT HAS MORE IMPACT

https://www.youtube.com/watch?v=oVSTKpJBq-8
REFLECT, TURN, AND TALK
PAIR SHARE

What did you notice in the video?

How does knowing their WHY shift people’s WHAT & HOW?
HOMEFUN: EXPLORING PURPOSE
BUILDING A STRONGER MINDSET

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

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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.
If you feel like you’re barely treading water, every instinct makes it impossible to extend your hand to another drowning person.

Self-compassion strengthens your own “life vest” so that you can help others strengthen theirs.
1. Self-compassion is a form of self-pity.
2. Self-compassion means weakness.
3. Self-compassion will make me complacent.
4. Self-compassion is narcissistic.
5. Self-compassion is selfish.

http://greatergood.berkeley.edu/article/item/the_five_myths_of_self_compassion
B.R.E.A.T.H.E. — ENGAGE IN OUR SELF-TALK MATTERS

Be careful how you are talking to yourself because you are listening.

~Lisa M. Hayes
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-breaks
How could becoming more aware of your negative self-talk, recognizing the shared humanity of it, and choosing to say something kind to yourself boost your well-being and resilience?

***

Say something kind to yourself right now – acknowledge a strength or accomplishment or positive attitude in a challenging situation.
B.R.E.A.T.H.E.—
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
WHY AWE IS AWESOME
BREAK TIME AND MINI-AWE WALK

KEEP CALM AND TAKE A BREAK
TAKING TIME TO
B.R.E.A.T.H.E.

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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
GRATITUDE
DEVELOPING VELCRO
FOR THE GOOD

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


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

1 minute spent on recognizing behaviour = 100 minutes of initiative in return.
Yet 2 out of 3 people receive no workplace recognition in a given year.
B.R.E.A.T.H.E.
THANKFULNESS - AN ATTITUDE OF GRATITUDE
THE POWER OF EXPRESSING APPRECIATION
3 PART THANK YOU TEXT ACTIVITY

1. Find the benefit – what good came to you because of this person?
2. Acknowledge the effort – what might have been hard for them?
3. Spot the strength.
THREE PART THANK YOU

Thank you for _____________________________ (be specific)

It was really thoughtful of you because _____________________________.

You are really good at ________________________________________.

SAMPLE: “Thank you for listening to me talk about what was bothering me. It was really thoughtful of you because I know how busy you have been with work, but you still took time to hear what was going on in my life. You are really good at making other people feel supported.”
TO BE MORE EFFECTIVE, GET MORE REFLECTIVE
TAKING TIME TO B.R.E.A.T.H.E.

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H  Harness Your Thoughts
E  Empathy Everyday
B.R.E.A.T.H.E.
HARNESS YOUR THOUGHTS

OVER THINKING

STOP SHOULDING ON YOURSELF

COMPARISON IS THE THIEF OF JOY
B.R.E.A.T.H.E.
HARNESS YOUR THOUGHTS

AWARENESS OF OUR ANTs– AUTOMATIC NEGATIVE THOUGHTS

• "Always" thinking
• Focusing on the negative
• Fortune telling
• Mind reading
• Thinking with your feelings

• "Thinking with your feelings
• Guilt beatings
• Labeling
• Personalization
• Blame
B.R.E.A.T.H.E.
HARNESS YOUR THOUGHTS

• Become aware of you’re A.N.T.s and your “should-ing” – use your mindfulness.

• Challenge the thoughts.

• Replace negative thoughts with a more positive and affirming thought.
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.

www.joellehood.com  Thriving YOUniversity.com
• What is your experience with automatic negative thoughts?

• How often do you SHOULD on yourself?

• How could becoming more mindful that YOU are the DJ of your mind help you harness your thoughts and boost your well-being?
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FEELING FELT...
IT’S NOT ABOUT THE NAIL

https://www.youtube.com/watch?v=4EDhdAHrQ
B.R.E.A.T.H.E.
EMPOWER EMPATHY
EMPATHY IS A CHOICE &
A SKILL TO PRACTICE

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

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
WHAT IS EMPATHY?

Compassionate Empathy:

the ability to integrate cognitive and emotional empathy and take appropriate action to help someone change their situation and feel better.
WHY EMPATHY?

• Increases helping behaviors
• Reduces prejudice and racism
• Deepens intimacy and boosts relationship satisfaction
• Reduces bullying

http://greatergood.berkeley.edu/topic/empathy/definition#why_practice
B.R.E.A.T.H.E.
EMPATHY EVERYDAY
EMPATHY VS SYMPATHY

http://greatergood.berkeley.edu/topic/empathy/definition
EMPATHY DOES NOT...

• Fix it “What will help is . . . ”
• Advise “I think you should . . . ”
• Interrogate “How did it happen?”
• Explain “She said that only because . . . ”
• Correct “That’s not how it was . . . ”
• Educate “You can learn from this.”
• Shut down “Don’t worry about it.”
• Console “It wasn’t your fault”
• Commiserate “He did that to you? The jerk!”
• One-up “You should hear what happened to . . . ”
• Tell tale “That reminds me of the time . . . ”
• Evaluate “If you hadn’t been so rude . . . ”
• Sympathize “You poor thing. I feel awful for you.”
• Take blame “Sorry, I should have . . . ”

EMPATHETIC LISTENING

“The key is not about having the right words...it’s about connection.”

• That’s hard. How are you feeling about it?
• That’s tough. How are you working through it?
• I don’t know what to say. I’m just really glad you told me.
• What has helped you to overcome a challenging situation in the past?
EMPATHY VS. SYMPATHY
PAIR SHARE

• Turn to a partner and discuss the difference between empathy and sympathy.

• See if you can think of an example when you received both, and try to recall the difference in feeling.
B.R.E.A.T.H.E.
EMPOWER EMPATHY
GET CURIOUS, NOT FURIOUS
TO BE MORE EFFECTIVE, GET MORE REFLECTIVE
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-T3HCa6I8
B.R.E.A.T.H.E.
EMPATHY EVERYDAY
INSTEAD OF LOOKING AT, LOOK IN...

https://www.youtube.com/watch?v=By_BHbskg_E
B.R.E.A.T.H.E.
EMPATHY EVERYDAY
JUST LIKE ME ACTIVITY

ME TO WE
FAMILY GROUP CHAT

• How would you describe the experience? What emotions were you feeling?

• What did you gain from the experience? How can you transfer the learning? Whose eyes do you need to look into?
CALM.COM/SCHOOLS
FREE LIFETIME PREMIUM MEMBERSHIP FOR EDUCATORS

“If every 8 year old is taught meditation, we will eliminate violence from the world within one generation”

Dalai Lama

Introducing: The Calm Schools Initiative
We’re giving free Mindfulness training tools to every teacher in the world
STOPBREATHTHINK.COM/EDUCATORS
FREE LIFETIME PREMIUM MEMBERSHIP FOR EDUCATORS

STOP, BREATHE & THINK FOR EDUCATORS
FREE FOR TEACHERS
TAKING TIME TO B.R.E.A.T.H.E.

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IT’S ALL ABOUT THE BOUNCE
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
ONE NEW THING YOU **THOUGHT** ABOUT DURING THE SESSION

✓ SOMETHING YOU **FELT** DURING THE SESSION

✓ SOMETHING YOU WILL **DO** AS A RESULT OF TODAY’S SESSION