Mission

Pure Edge, Inc. believes that all students deserve to be taught strategies to help combat stress and develop social, emotional, and academic learning competencies with an open heart and an open mind.
Issue Brief: 
Teacher Stress and Health

Key Findings

- Forty-six percent of teachers report high daily stress, which compromises their health, sleep, quality of life, and teaching performance.

- When teachers are highly stressed, students show lower levels of both social adjustment and academic performance.

- Interventions on the organizational or individual level, or those that reach both, can help reduce teacher stress by changing the culture and approach to teaching.

- Programs for mentoring, workplace wellness, social emotional learning, and mindfulness are all proven to improve teacher well-being and student outcomes.
Through wellness exercises, we teach mindful movement.

Through the power of breath, we teach the ability to calm the nervous system, develop self-regulation skills and practice coping strategies.

Through practicing mindfulness, we teach the skill of focus to increase executive functioning.
Sharing success through focus for national impact

Schools in 8 States
3 more in 2017

EOY 2016 | Target 2017
---|---
forward thinking districts and partners | 18 | 30
educators trained to teach our programs | 254 | 1000
students learning through our programs | 120,000 | 160,000

http://pureedgeinc.org  @pureedgeinc  @pureedgeinc
Multi-disciplinary Approach to Research

Stanford University
Psychologists & Neuroscientists

University of Virginia
Youth Development

University of Houston
School Psychologists

University of South Carolina Beaufort
Public Health

LIU
Physical Therapists & Social Workers

University of San Diego
School Leaders & Reformers
The most comprehensive study of school-based mindfulness programs

Our Stanford project is studying impacts on sleep, stress, brain function, social/emotional and academic outcomes.

Students in our program earned higher grade point averages than those who were not.
Beta waves in the brain are very short and sharp and are indicative of a very active problem solving action, e.g. checking Buzz feed on your phone and sending quick texts to multiple parties. It is an example of high executive function.

Theta waves in the brain are much longer and are indicative of receptive contemplative frames of mind, e.g. watching a sunset, painting, or petting animals.
The vagus nerve is the superhighway of the nervous system that connects the body and brain. We can tone the *vagus nerve* through deep breathing exercises.

http://depressivedisorder.blogspot.com/2015/09/7-ways-to-stimulate-your-vagus-nerve-to.html
Hypervigilance is a common symptom in PTSD and high trauma areas. The sympathetic nervous system revs up the fight or flight response in the amygdala pouring the stress hormone cortisol and adrenaline into the blood stream.

Activating the vagus nerve causes your heart rate and blood pressure to drop and initiates your body’s relaxation response. It reduces inflammation by increasing acetylcholine and oxytocin.
Mental Skills & High Performance
Educator Self Care Program – 2 Hour Training

Educators Learn Techniques to Support Their Own Wellbeing

- Breathing
- Mindful movement
- Mindfulness breaks

Ideal for:

- Start and end of day
- Transition Times
- Dealing with Stress
What educators say.....

“I learned how breathing affects your stress levels. This can be beneficial for students.”

“I enjoyed learning the science behind the practice. I also noticed on my Fitbit that my blood pressure was lower than usual after our rest period...59.”

“I LOVED the breathing techniques.”

Quotes from feedback forms following Educator Self Care Training in FL
Brain Breaks – 1 Day Training

1-5 minute activities for any classroom

- Breathing
- Mindful movement
- Mindfulness breaks

Ideal for:

- Start and end of day
- Transition Times
- Before Testing
What students say…..

Students reported many benefits including:

- Improved social emotional development
- Academic improvement
- Better focus
- Using breathing and mindfulness in performance and academic settings

“I learned a lot about the brain and nervous system. We have a lot of tests and when I use my breathing exercises it is very calming. It is a way to calm down before the test.”

“We learned about deep breathing . . . so during the test sometimes I take a few breaths if I am struggling.”

“My focus is better.”

Mindful Movement – 3 Day Professional Development

15 minute lessons that incorporate
- Breathing
- Mindful movement
- Mindfulness breaks

Ideal for:
- PE Teachers (PreK–12)
- General Education Teachers K-6
- School Counselors
- Enrichment Teachers
Health & Wellness– 3 Day Professional Development

30-40 minute lessons taught in Health & Wellness Classes incorporating

- Breathing
- Mindful movement
- Mindfulness breaks

Ideal for:

- PE Teachers K-12
- General Education Teachers K-6
- Elective Teacher as an alternative to traditional PE classes
Students who take a deep breath take control of their emotions

Success Through Focus

*Why* is focus important for success?  
*What* is our curricular focus?  
*How* do we serve schools?
Free Resources

Pure M2
Download from App Store

Pure M2 is an app to help develop habits of mindful movement through exploratory learning.

Pure Power Curriculum: K-2
- Full Curriculum
- Units & Posture Guides
- Reflection Journal K-2
- Posture Cards & Posters K-2

Pure Power Curriculum: 3-5
- Full Curriculum
- Units & Posture Guides
- Reflection Journal 3-5
- Posture Cards & Posters 3-5

Pure Power Curriculum: 6-12
- Full Curriculum
- Units & Posture Guides
- Posture & Mindfulness Guide