Stress, Anxiety and Survival Mode:
Yoga and Mindfulness to help children and adolescents
calm, focus and manage emotions

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DISCOVER

Mindful breath and movement practices help students and educators thrive in and out of the classroom.

www.zensationalkids.com
GOT STRESS??
1 out of 4 children have been exposed to a traumatic event that can negatively affect learning and/or behavior.

1 out of 5 children - (13-18) have or will have a serious mental health illness by the time they are an adult.

NAMI.org

ACE’s
76% of teachers have experienced behavioral, psychological or physical symptoms due to their work.

Teacher Well-Being Index, 2018 (UK)
“Faced with a range of challenging behaviors, caregivers have a tendency to deal with their frustrations by retaliating in ways that uncannily repeat the children’s early trauma.”

Bessel van der Kolk
Taking the time to notice what is within you will help you handle what is happening around you.
Physiological Changes

- STRESS
- ANXIETY
- SURVIVAL MODE
The human brain learns (and leads) best in a state of Relaxed Alertness

HOW DO WE GET THERE???
**BREATH**

- Balances the nervous system
- Build awareness of the present moment
- Connect to self

**MOVEMENT**

- Organize the body and the mind
- Refuel the hormonal systems that support learning
- Improve confidence

**MINDFULNESS**

- Develop emotional awareness
- Cultivate kindness/compassion for self and others
- Enhance executive functioning skills
What is MINDFULNESS???

Mind Full, or Mindful?
Heart Shining Breath

Waterfall

Drifting Clouds
The 3 C’s of Mindfulness and SEL

- **Calm**: Ability to control impulses, Manage stress, Self-soothe, Self-compassion
- **Clear**: Awareness of: body, mental activity, emotions
- **Carrying**: Common humanity, Recognition of others’ grief, pain, suffering
- **Self-Management**: Managing emotions and behaviors to achieve one’s goals
- **Self-Awareness**: Recognizing one’s emotions and values as well as one’s strengths and challenges
- **Cognitive flexibility, Engaged executive functioning skills**: Ability to take another’s perspective, Attunement (mirror neurons), Secure boundaries

Inspired by the work of Patricia Jennings, PhD
Just send your e-mail address by text message

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