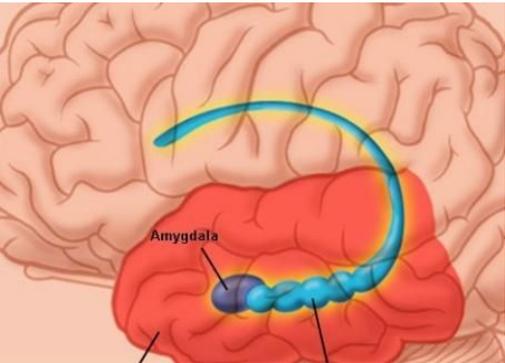
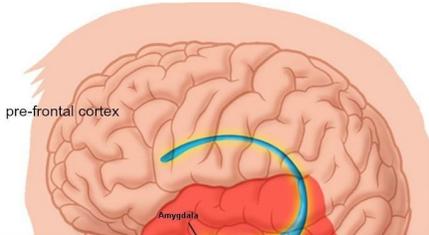
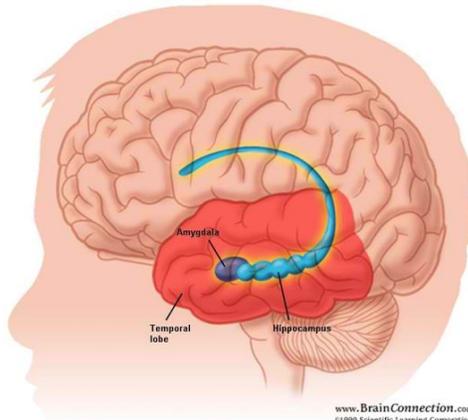




**Mission Be, CASA ADVOCATES NEUROSCIENCE
AND DIGITAL DETOX
Fall 2019**

<u>Vocabulary Word & Definition</u>	<u>Questions & Prompts</u>
<p style="text-align: center;">Amygdala</p>  <p style="text-align: center;">Sounds like: A-mig-da-la</p>	<p><u>Amygdala:</u> The amygdala is the brain's alarm system. A chronically over reactive amygdala inhibits the proper function of the prefrontal cortex.</p>
<p style="text-align: center;">Prefrontal Cortex</p> 	<p><u>Prefrontal Cortex:</u> The prefrontal cortex is the wise part of the brain. It is located at the front of the brain behind the forehead. It is responsible for critical thinking, higher level thinking, and decision making.</p>

Hippocampus



∴ The hippocampus has an important role in helping us manage certain emotions, our ability to learn, memorize and retrieve information. The hippocampus also attaches memories to emotions and sense. When the hippocampus is under stress, we cannot remember information as easily.

Sympathetic and Parasympathetic:

Sympathetic	Parasympathetic
<ul style="list-style-type: none">● Accelerated heart rate● Slowed digestion● Stimulation of glucose release● Epinephrine triggers the release of blood sugar (glucose) and fats from temporary storage sites in the body.● Elevated cortisol levels create physiological changes that help to replenish the body's energy stores that are depleted during the stress response.● Increase in fat tissue; hunger causes weight gain.	<ul style="list-style-type: none">● Slow heart rate● Steady metabolism● Contracted bladder● Stabilized blood sugar

Short Breaths and Movements

www.missionbe.org

carin@missionbe.org 631 513 6151

- **5/5 Breath:** Breathe in for a count of five and breath out for a count of five. Focus on the breath moving up from the belly into the heart and feel the body release as you exhale. The heart and belly rise on the inhale and relax on the exhale. Repeat this for five breaths.
- **7/2/8 Breath:** Close your eyes and connect with your breath, breath in for a count of seven, hold for a count of two and breathe out slowly for a count of eight. As you inhale, feel the breath moving into your body and filling your lungs, belly, and chest. Inhale slowly, exhale slowly. Just watch the breath moving in and out of your body. Repeat this for eight breaths.
- **Ocean Breath:** Close your eyes and connect with your breath. Imagine your breath moving rhythmically like the waves of the ocean. As you inhale, imagine the waves of breath moving into your body and filling your lungs, belly, and chest and as you exhale feel the chest, lungs and belly relax. Exhale slow, deep-healing ocean breaths, and inhale slow, relaxed ocean breaths. Become still for a little while, sitting and breathing in stillness. Gently prepare to come back to the room, wiggling your fingers and toes and opening your eyes.
- **Body Awareness Breath:** Place your right hand on your belly and your left hand just above your heart, below the collarbone. Breathing in and breathing out. Feel the breath rising and falling, slowing the belly rises and then the heart. Slowly the heart falls and then the belly. Focus on the movement of your breath and practice self-care. Repeat for twelve breaths.

Personal Practice



General Personal Practice:

Remember the importance of personal practice:

- Take time daily to do 2-20 minutes of mindfulness.
- Take care of yourself, your health and well-being.
- Mindfulness is 24/7, it's how we think, act and move.
- Talk about your feelings, share with others, let someone help you work through mental stress, a friend, counselor, parent or trusted adult or teen.

Commitment to a Routine:

- Morning
- Before lunch
- While on electronic devices
- Before bed

Morning Routine Ideas:

- Take a few breaths before getting out of bed
- Meditate on a cushion on the floor (2-20 Minutes)
- Stretch for a few minutes (2-10 minutes)
- Slowly eat breakfast
- Go outside for a mindful or reflective walk (8-20 mins)
- Practice deep breathing while driving to work
- Take two minutes at your desk

Mid-Day Ideas:

- Before your lunch take 2-12 minutes in silence
- Play inspirational or relaxing music during the day
- Breathe deeply while on the computer or in a lunch meeting
- Take a movement break
- Go outside for a 10 minute walk
- Practice stretching at your desk
- Do a deep relaxation practice and rest for 10 minutes laying on the floor.

Late Afternoon and Evening Ideas

- Take a 2-10 minute breathing break before you leave school or on the way home
- Breath deeply on the ride home or listen to a mindful music or guided meditation
- Before you get into bed, sit in silence and follow your breath for 2-20 minutes
- Do a few stretches or movements to relax your body before bed

My New Mindful Routine:

Ideas: Seated Practice, Stretches, Seated and Standing, Movement, Deep Relaxations and Affirmations

AM:

AFTERNOON:

PM:



Music Resources:

- Pandora Relaxation Stations
- Enya
- Japanese Relaxation and Meditation
- Hans Zimmer & Lisa Gerrard
- Karunesh

General Mindfulness Supplies and Materials:

- A Mindful Bell or Chime
- Music
- Aromatherapy
- Relaxing Visuals
- Cushions
- Flowers
- Electric Candles

Mindful Digital Applications

- Calm.com
- Relax App
- Inward.me
- Noizio App
- Insight Timer

Additional Mission Be Trainings: Weekend 18 Hour Course: Learn how to teach all 12 forty minutes lessons to K-12th graders. Held annually in NY, New York and Long Island NY, Austin, TX and the San Francisco Bay Area of Northern California.