

Roots & Wings



Culturally Responsive Early
Childhood Education

Practical Ways to Practice Self-Care & Build Resilience Using Yoga & Mindfulness
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Fear and Anxiety Affect the Brain Architecture of Learning and Memory

PREFRONTAL CORTEX

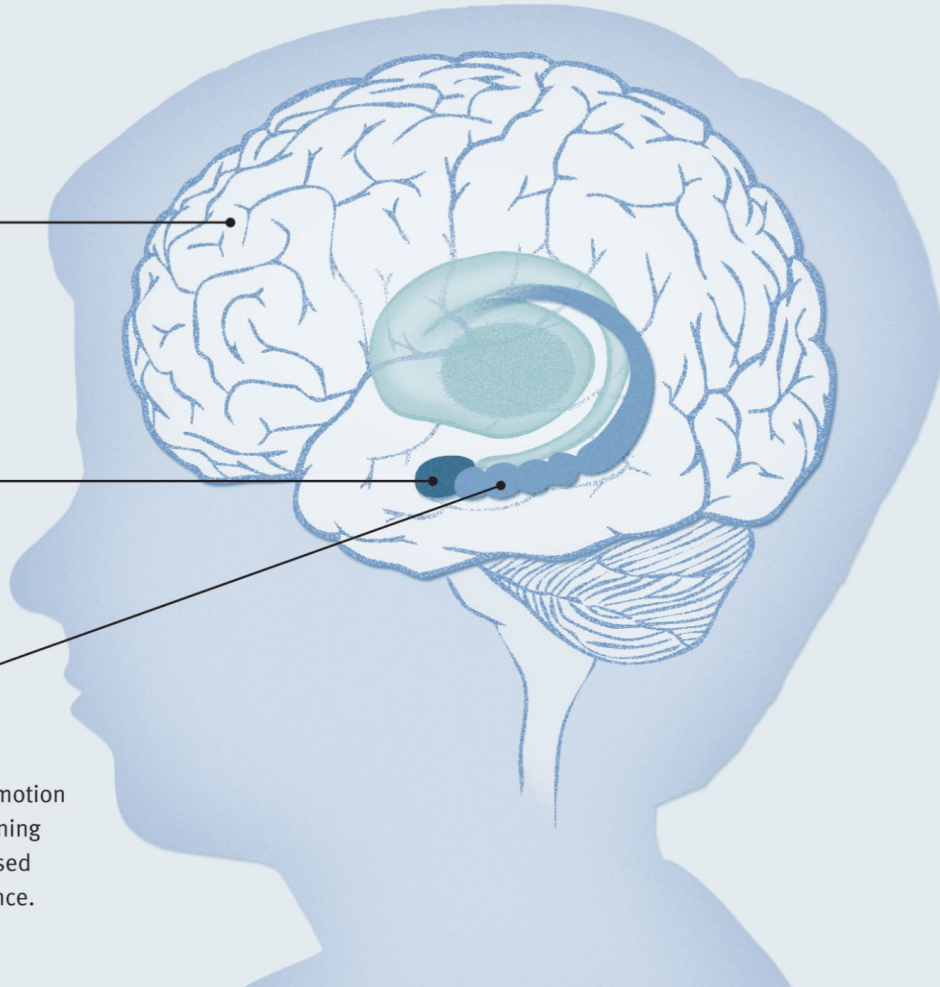
Center of executive functions; regulates thought, emotions, and actions. Especially vulnerable to elevation of brain chemicals caused by stress. Matures later in childhood.

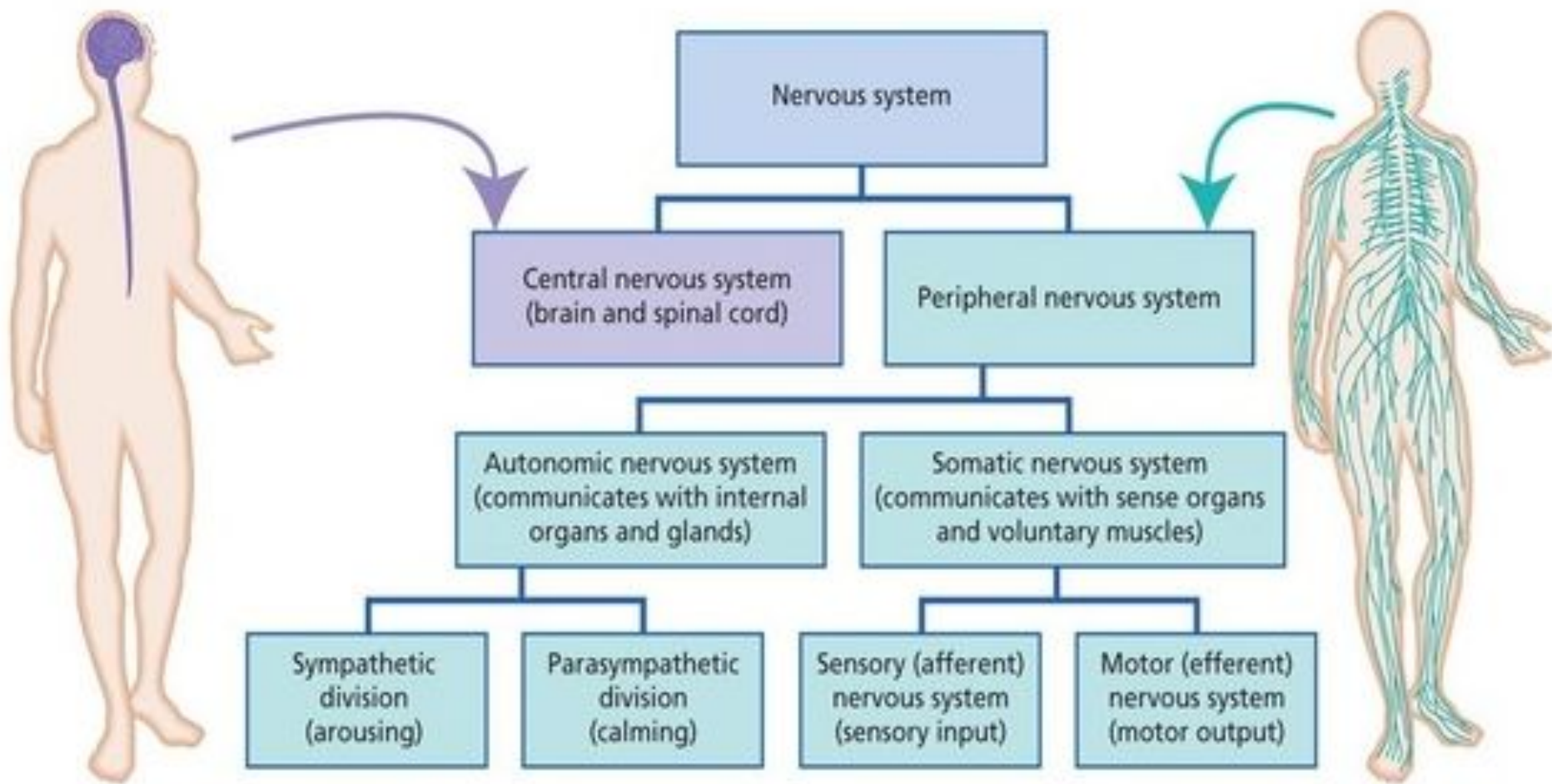
AMYGDALA

Triggers emotional responses; detects whether a stimulus is threatening. Elevated cortisol levels caused by stress can affect activity. Matures in early years of life.

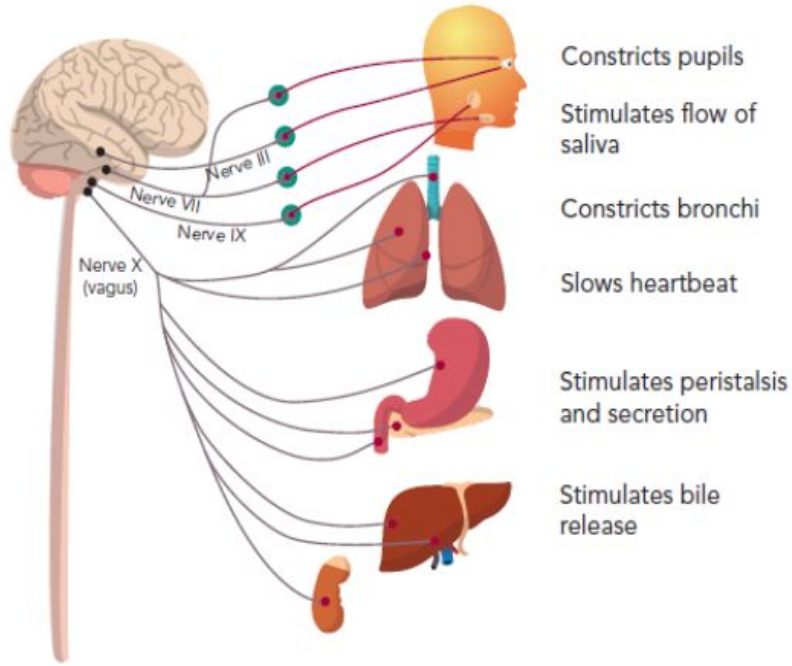
HIPPOCAMPUS

Center of short-term memory; connects emotion of fear to the context in which the threatening event occurs. Elevated cortisol levels caused by stress can affect growth and performance. Matures in early years of life.





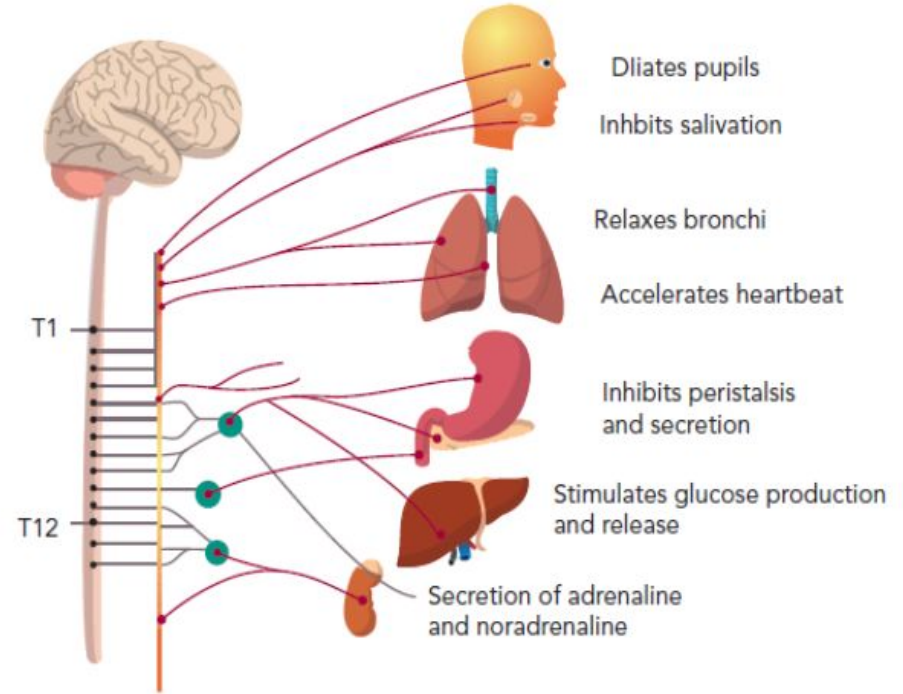
Parasympathetic system



Left nostril dominance

Vagal Brake

Sympathetic system



Right nostril dominance

Gas Pedal

Micropractices or Resets

- Five finger breathing
- Three breaths to arrive
- Left nostril breathing
- Volcano breath
- Let go practice
- Mindful Eating
- Mindful Movement - pick a shape
- Guided Imagery
- Five senses exploration



Mindfulness increases awareness. Sometimes we may notice pleasant sensations, thoughts, and feelings, and sometimes we may become aware of uncomfortable physical sensations, thoughts, and feelings.

We always offer choices.

If you feel uncomfortable during any practice, you may choose to continue and be curious about the discomfort while practicing self-respect and self-love. Another option is to discontinue the current practice and either do another practice that feels helpful in the moment, or find someone who can provide the assistance that you need.



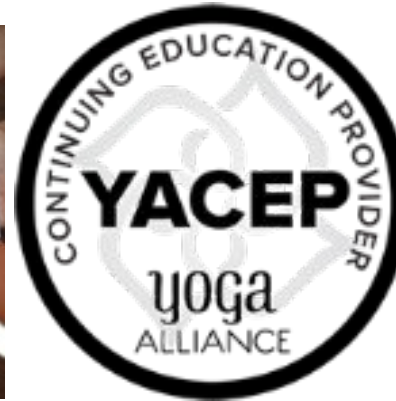
Mindful NOAA
Facilitator



HeartMath.
Certified Trainer



Certified YOGABODY[®] Breathing Coach



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References and Resources:

- Nose versus mouth breathing
 - [Why you should become a nose breather](#)
 - [How to be a Nose breather](#)
 - [Breath by James Nestor](#)
 - [additional breathing techniques here](#)
- [Perfect Breathing](#)
- [HeartMath](#)
- [The Nasal Cycle: A Comprehensive Review](#)
- Left Nostril Breathing
 - [Breathing through a particular nostril can alter metabolism and autonomic activities - PubMed \(nih.gov\)](#)
 - [Immediate effect of specific nostril manipulating yoga breathing practices on autonomic and respiratory variables - PubMed \(nih.gov\)](#)
 - [Slow Yogic Breathing Through Right and Left Nostril Influences Sympathovagal Balance, Heart Rate Variability, and Cardiovascular Risks in Young Adults \(nih.gov\)](#)
- More on the Neuroscience? Check out Polyvagal Theory
 - [Pocket Guide to the Polyvagal Theory : The Transformative Power of Feeling Safe by Stephen W Porges](#)
- Mindful Movement
 - [A neurophysiological and neuropsychological consideration of mindful movement: clinical and research implications](#)
 - [Mindful movement may help lower stress, anxiety](#)
 - [Physiotherapy student experience of a mindful movement and a mindful stress-reduction intervention: A qualitative study](#)
 - [Mindful Movement and Skilled Attention](#)
 - [Momentary negative affect is lower during mindful movement than while sitting](#)
 - [Other ways to Practice](#)
 - [Mindful Movement can change the way you think about exercise](#)

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My Notes

Ten empty circles arranged in three rows: three in the top row, four in the middle row, and three in the bottom row. Each circle is a simple dark gray outline with no text or markings inside.