ESTABLISHING THE BASIC PHYSIOLOGY FOR LEARNING: ADDRESSING THE PHYSICAL WELLBEING OF STUDENTS TO ENHANCE ACADEMIC AND SOCIAL-EMOTIONAL WELLBEING

Establishing the physiology of mental health

To feel well & learn, the body needs:
- Some level of exertion
- Consumption of relatively healthy food
- Good rest

Public health recommendations:
- Balanced diet (leafy greens, protein)
- Exercise
- Stress management
- Sleep well

Exercise, eat well and Engage in good sleep

Sleep: The 800 lb. Gorilla
Sleep is important for a variety of neurological functions relevant for educators:
- Memory consolidation (i.e., learning)
- Information processing speed
- Mental health (i.e., cranky, irritable, moody)
- Attention regulation/focus
- Physical performance

Implications:
- Improve sleep hygiene/routine
- Sleep logs to improve amount and quality of sleep

Engaging in Good Sleep: Sleep Hygiene

*Systematically reducing the amount and intensity of stimulation (sound, light, images, cognitive hyperactivity)

*Developing a bedtime routine
  — Change into pajamas
  — Brush teeth
  — Read
  — Crawl into bed

*Bedroom environment (stimulus control)

*Falling asleep
  — Practicing mindfulness and meditative practices to combat cognitive hyperactivity