



The Science and Art of Wellbeing



**Scan QR code to access our
FREE mindfulness resources!**

Programs, practices and connection at the intersection of arts and wellness.

The Well is nourished by the non-profit organization A Mindful Moment. Our mission is to improve the mental and emotional well-being, connectedness, and effectiveness of all citizens through arts integration, mindfulness, music, movement, and healing-centered practices.

Our primary programs are Mindful Music Moments, Mindful Poetry Moments, True Body Project and My True SELF.



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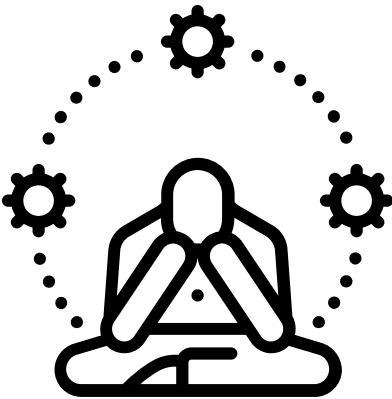


PART ONE

The Soma: Understanding the Body

ARE YOU THRIVING OR SURVIVING? HOW DO YOU KNOW?

Stuckness often shows up as discomfort and pain. Swirling, looping thoughts. Loneliness. Where do you feel stuck in your body and/or in your life?

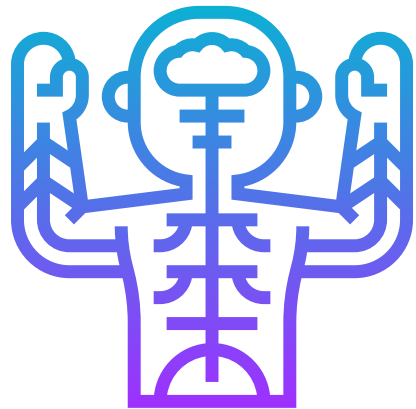


SOMATICS

Somatics is the term coined by Thomas Hanna in the 1970s to describe the approach to mind-body integration which focuses on a person's perception of their own body from within. It allows for a unique viewpoint of self that grants a human the ability to perceive from within what may not be perceptible from an outside viewer.

Interlude- Meditation

PROMPT: During the exercise, first I noticed. . . Then I noticed. . .



SOMATIC SENSING

Somatic sensing moves us beyond using our five senses that help us to explore the world around us. It taps into our ability to sense what lies within ourselves. It is a practiced skill that opens us up to learning and knowing more about our true selves so that we have a better ability to move ourselves in the direction of wellness.

Interlude- Human Glitter Jar

How and When the Brain Develops

While the brain is a complicated system, when it comes to human development, we can think about the brain in three main centers: Survival Center, Executive Center and Emotional Center.

PREFRONTAL CORTEX

Executive Center

"The Thinking Brain"

Developmental shifts around ages 5-6, 11 & 15. Handles logic, empathy, compassion, creativity, self-regulation, self-awareness, predicting, planning, problem-solving, attention.

LIMBIC SYSTEM

Emotional Center

"The Emotional Brain"

Developmental focus is during ages 0-5. Processes emotions, memory, response to stress, nurturing, caring, separation anxiety, fear, rage, social bonding and hormone control.

REPTILIAN BRAIN

Survival Center

"Fight, Flight or Freeze"

Developed at birth. Regulates autonomic functions: breathing, digestion, heart rate, sleep, hunger, instinctual behaviors & behaviors that sustain life.



Based on How the Brain Develops diagram www.teach-through-love.com. (2009-2022)

Teach Through Love. Flatliner/Getty Images

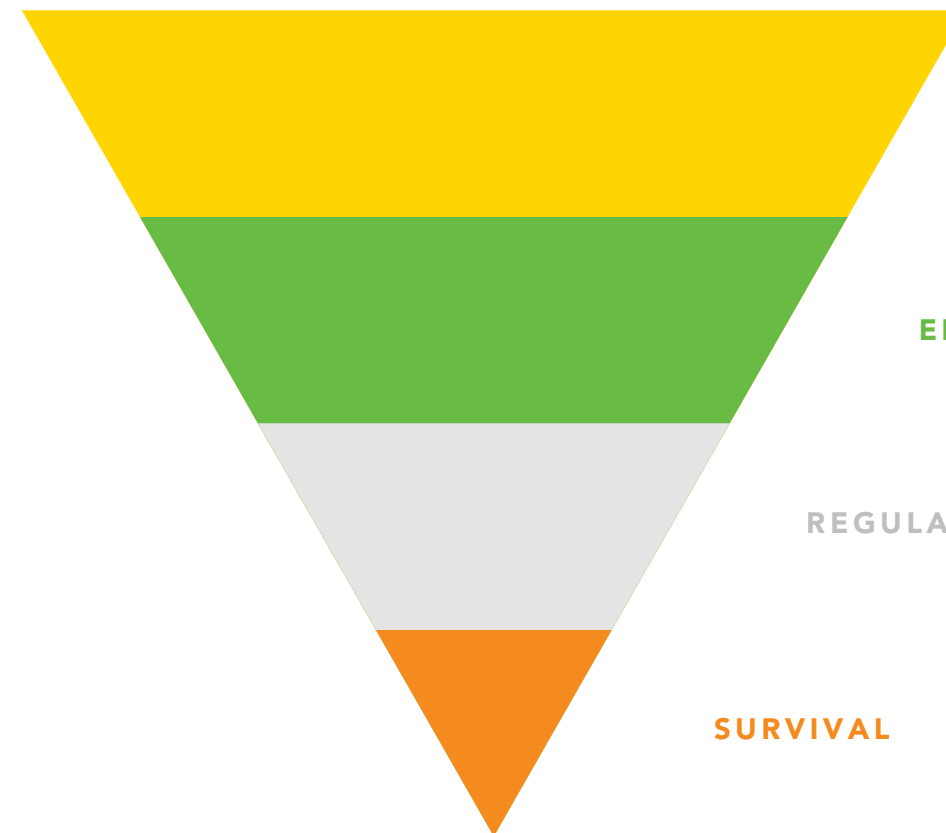
Trauma and Brain Development

WHAT HAPPENS WHEN THERE IS DEVELOPMENTAL STRESS OR TRAUMA

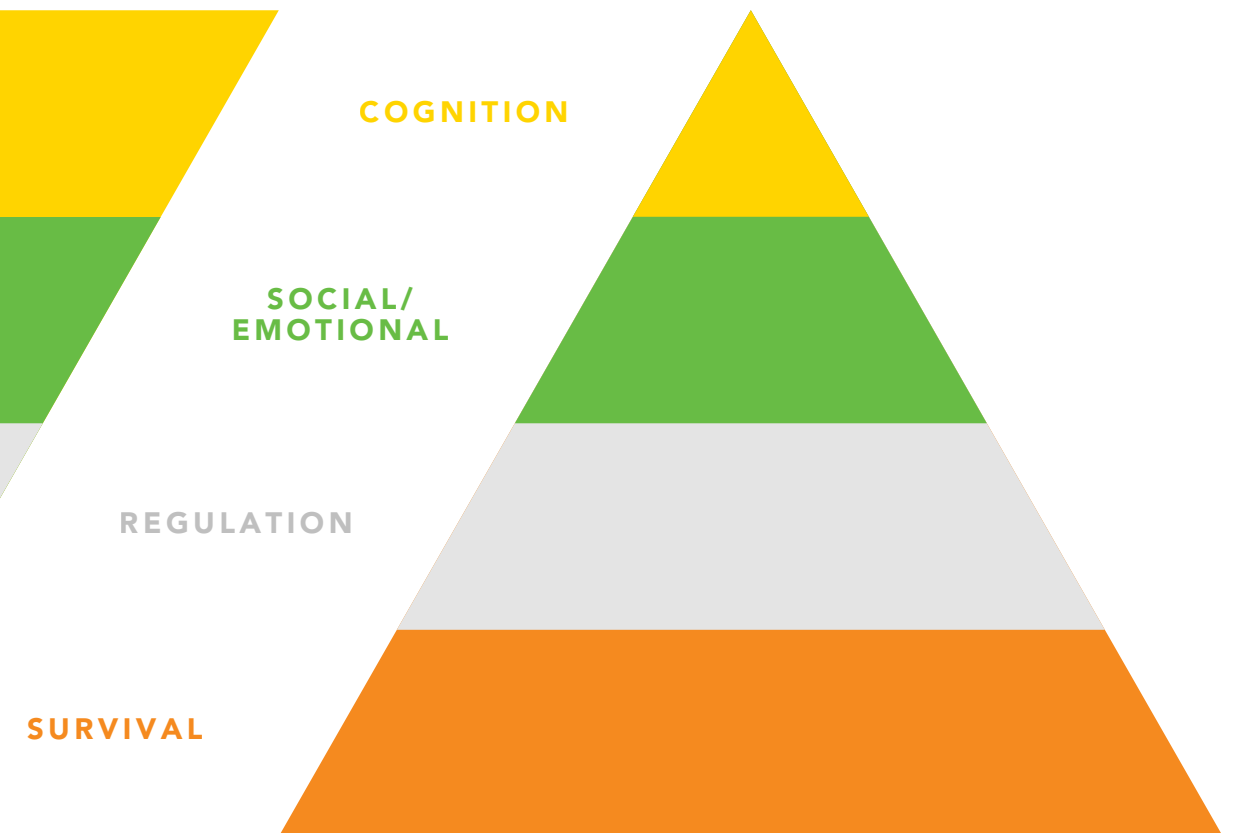
When a child's basic needs for love, food, shelter, and connection are met consistently and without confusion or disruption, the emotional center of the brain can adequately develop. Similarly, when a child is nurtured and there is adequate attunement to his or her emotions, stress responses, and social bonding, the executive center can fully develop. Poverty, homelessness, addiction, "walking on eggshells," and other stressors can profoundly alter resilience, affect, and learning.



TYPICAL DEVELOPMENT



DEVELOPMENTAL TRAUMA



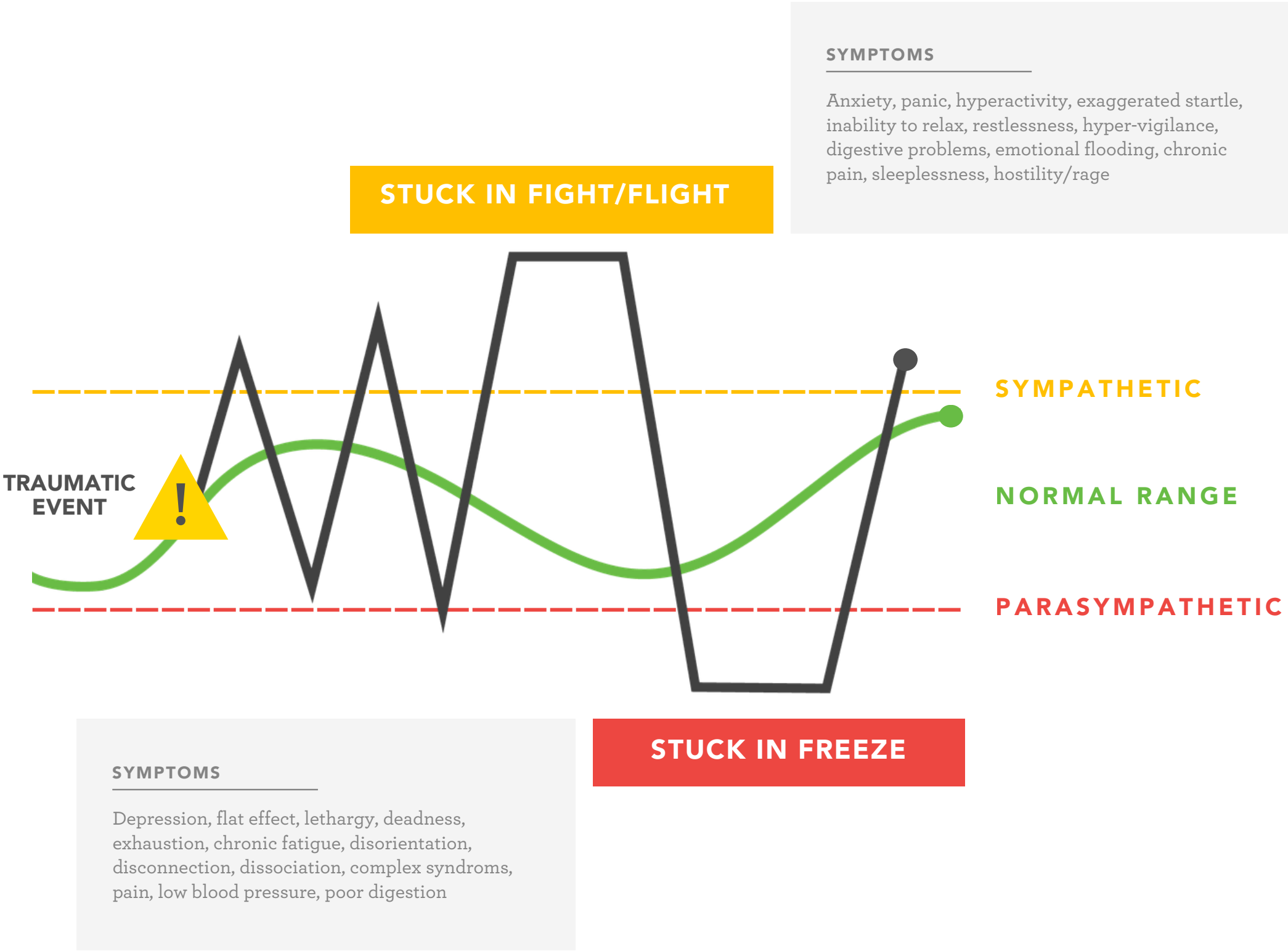
Based on Holt & Jordan, Ohio Department of Education

Trauma and Chronic Stress

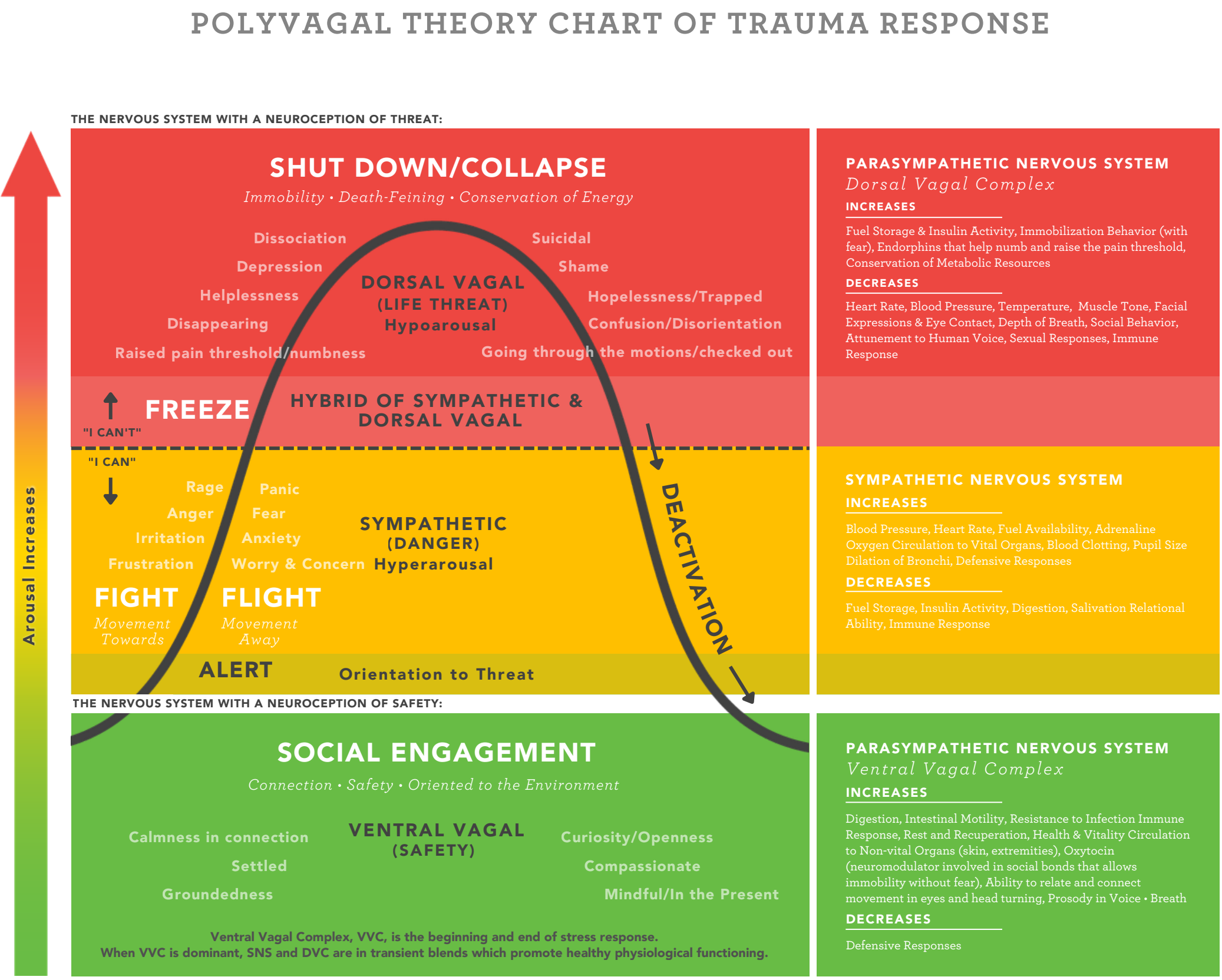
TRAUMA AND CHRONIC STRESS CREATE "STUCK" ENERGY

When our nervous system doesn't have the capacity or built-in pauses to rest, digest and integrate (both experience and information), we get "stuck" in either hyperarousal or hypoarousal, which is physiological and thus compromises our mental, physical, emotional, and spiritual health.

SYMPTOMS OF UN-DISCHARGED TRAUMATIC STRESS

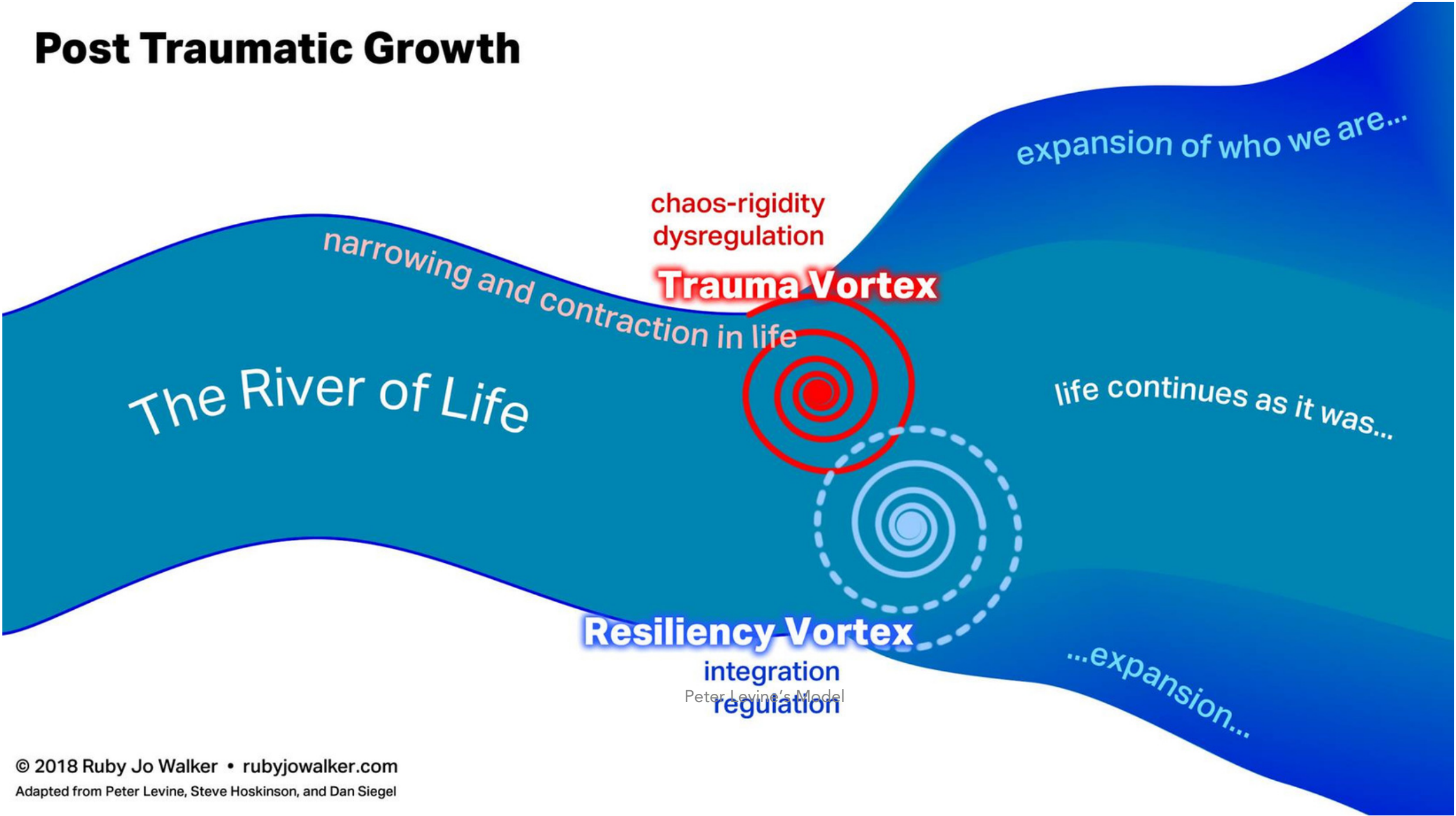


Physiology and Emotional Response of the Vagus Nerve Arousal Spectrum



Based on Ruby Jo Walker from Cheryl Sanders, Anthony "Twig" Wheeler, And Steven Porges.

Post Traumatic Growth

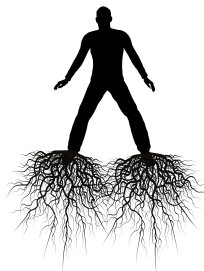


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Adapted from Peter Levine, Steve Hoskinson, and Dan Siegel

Interlude- Draw your own River of Life

Tools and Techniques

GROUNDING



CENTERING



ORIENTING



NATURE AS MEDICINE



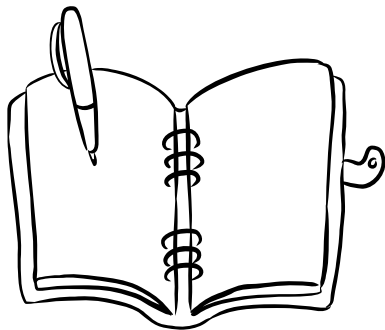
Tools and Techniques



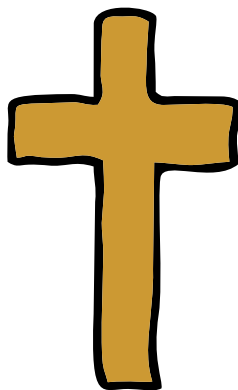
MUSIC



SENSORY PLAY



JOURNALING



PRAYER AND ACTS OF SERVICE



CALM SPACE PRACTICES - HOW
DO YOU FORTIFY AND MAKE THE
TIME SACRED?



CALM SPACE RITUALS - TO BE FORTIFIED WITH YOUTH COLLABORATORS

1. ENTRY PRACTICE

- Emotion mapping
- Receiving from prior student
- Receiving from staff



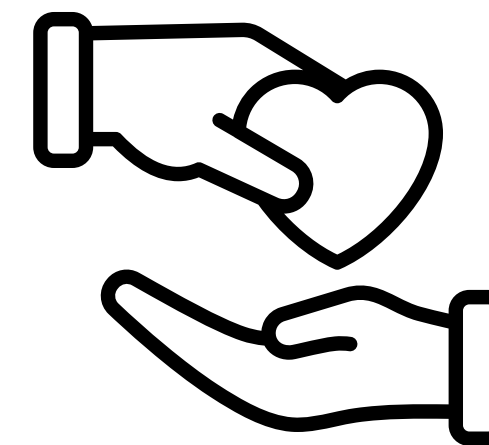
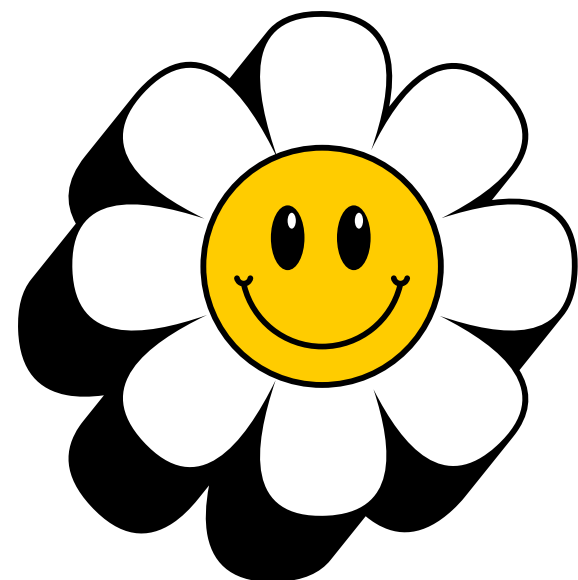
2. IN THE SPACE

- Mindful Music
- Videos/Move/Meditate
- Journal to Prompts
- Make Art



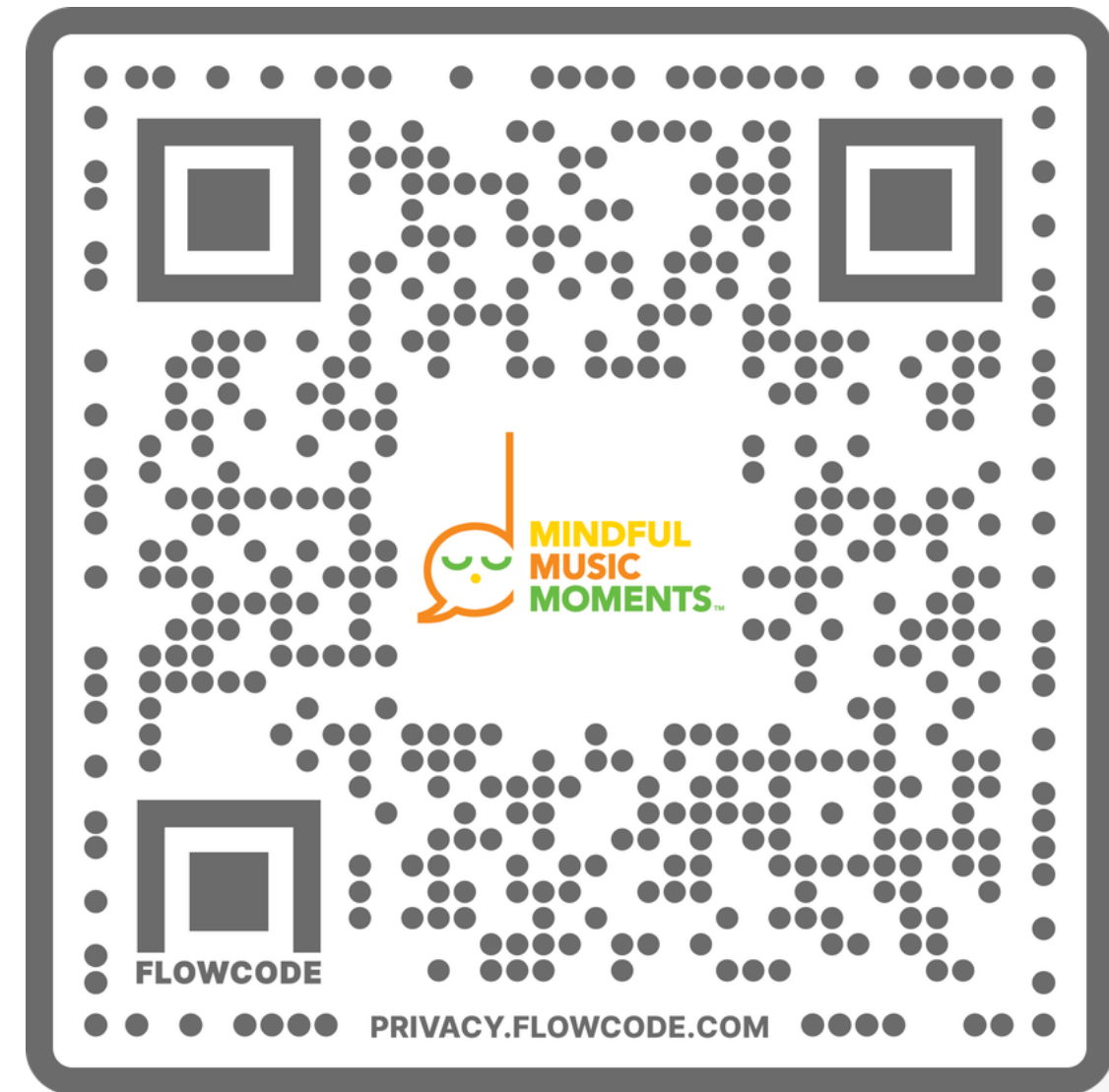
3. ENTRY PRACTICE

- Emotion mapping
- Give to next student
- Give to staff



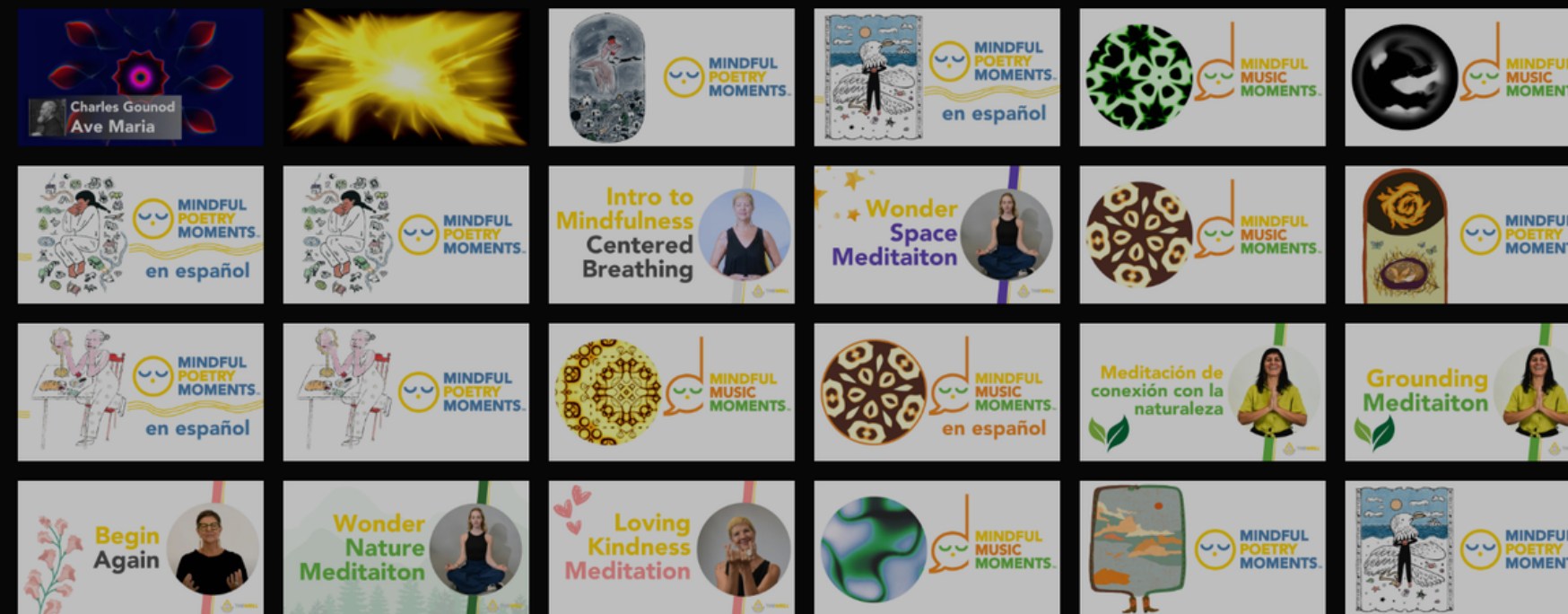
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COMING SOON

Notre Dame Academy Wellness Resources



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THEWELL™

**Programs, Practices & Connection at the
Intersection of Arts and Wellness**

Ready for Connection?

Contact us



THEWELL™

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MINDFUL
MUSIC
MOMENTS™

For Mindful Music Moments and Mindful Poetry Moments

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MINDFUL
POETRY
MOMENTS™



MY
TRUE
SELF™

For True Body Project and My True SELF

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TRUE
BODY
PROJECT™

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