



The Science and Art of Well-Being

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Bryce Kessler, Program Director



The Well is a Cincinnati-based national nonprofit working at the intersection of arts & wellness for schools, communities, and workplaces.

Our mission is to improve the mental and emotional well-being, connectedness, and effectiveness of all persons through arts integration, mindfulness, music, movement, and healing-centered practices.



Our Programs For Schools



Daily audio and video
mindfulness and music
listening practice
FREE



Poetry listening,
writing and publishing
experience
FREE



Arts-integrated social-
emotional curriculum
for students and adults
who support them



**TRAINING &
WORKSHOPS**

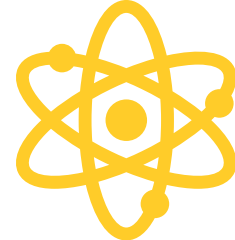
Bespoke arts &
wellness experiences
for both students &
educators



Today's Objectives



We are going to experience two mindful moments to demonstrate integrated mind-body practices.



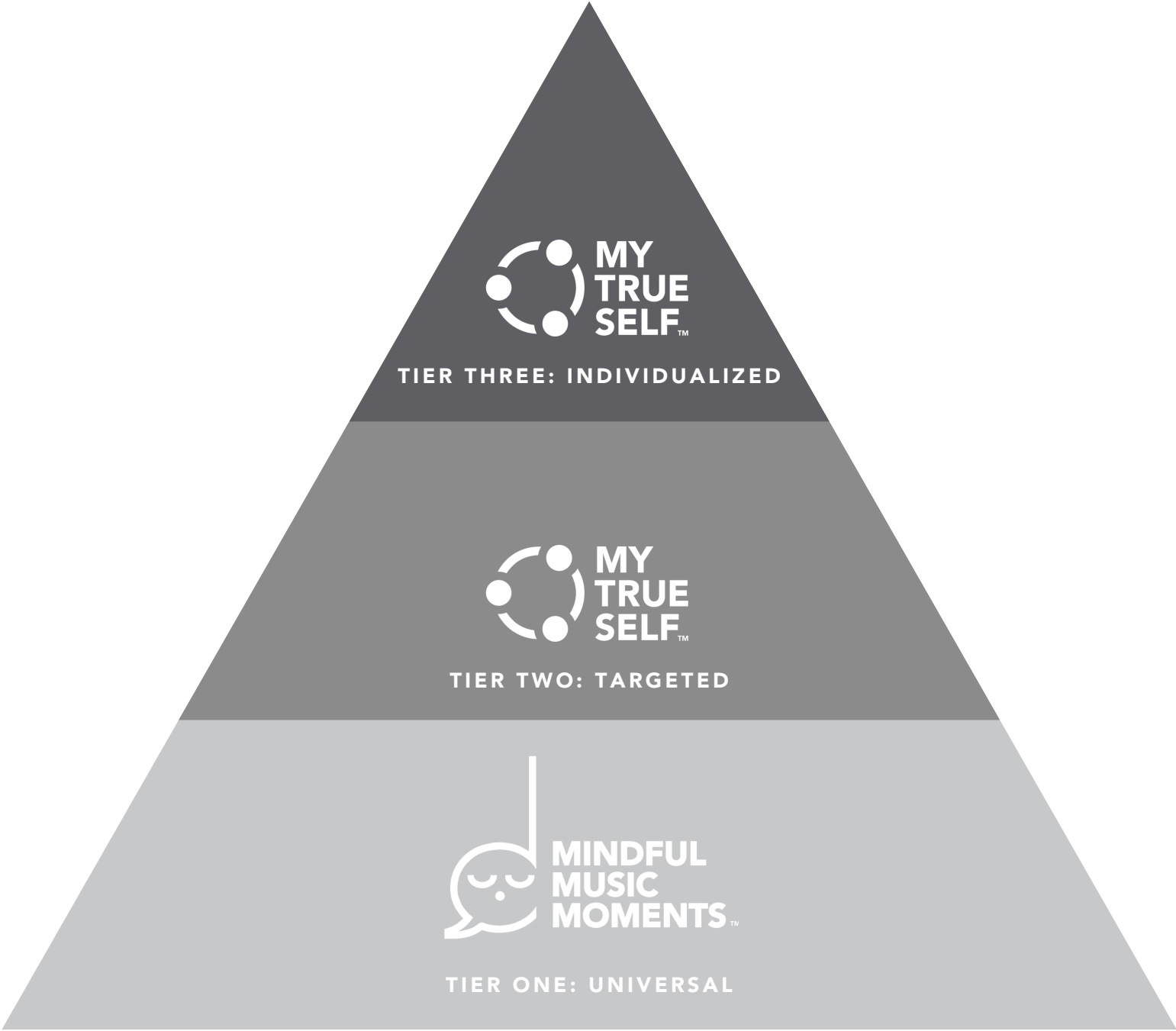
We are going to talk about the science of regulation and dysregulation and their effect on social-emotional growth and development.



We will learn about skills and strategies to reframe visual and performing arts for wellbeing and to support conversations with youth, parents, colleagues and administrations.

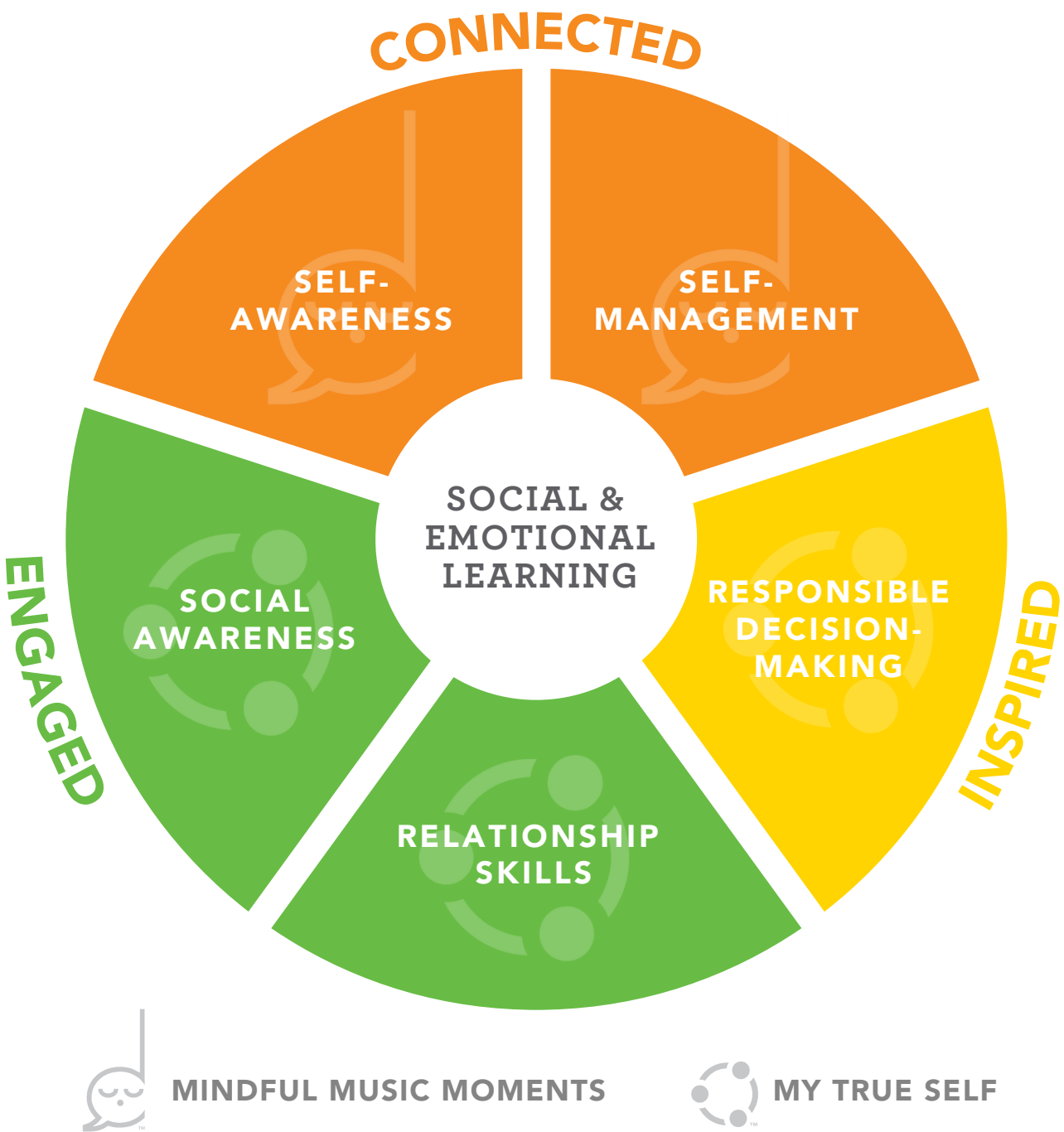
Mindful Music in the PBIS & CASEL Framework

POSITIVE BEHAVIORAL
INTERVENTIONS AND SUPPORTS (PBIS)



Based on Tiered PBIS Framework diagram www.pbis.org.
Center on PBIS (2022). Positive Behavioral Interventions & Supports.

COLLABORATIVE FOR ACADEMIC,
SOCIAL, AND EMOTIONAL LEARNING (CASEL)



Based on CASEL Framework diagram www.casel.org. (2022)
Collaborative for Academic, Social, and Emotional Learning (CASEL).

Key Kentucky Standards

SOCIAL AND EMOTIONAL LEARNING	
Self-Awareness Create opportunities for learners to reflect on what stressors they are feeling and identify healthy practices for coping	Self-Management Model and provide opportunities for learners to practice strategies for impulse control, e.g., self-regulating strategies, conflict resolution processes, restorative justice practices
EARLY CHILDHOOD STANDARDS	
Creative Arts Develops skills in and appreciation of a variety of visual art, dance, music, and drama experiences.	Health/Mental Wellness Demonstrates health/mental wellness and social skills needed to participate cooperatively as a member of a group.
VISUAL AND PERFORMING ARTS (K-12)	
Connecting Relating artistic ideas and work with personal meaning and external context	Responding Understanding and evaluating how the arts convey meaning

Arts as Biological Necessity

Engaging in just 45 minutes of creative activity measurably reduces cortisol levels in 75% of participants, regardless of their artistic skill or experience level.

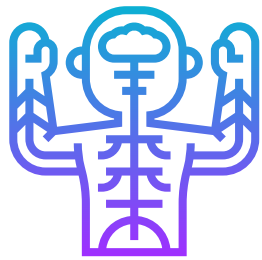
Kaimal G, Ray K, Muniz J. Reduction of Cortisol Levels and Participants' Responses Following Art Making. *Art Ther (Alex)*. 2016 Apr 2;33(2):74-80. doi: 10.1080/07421656.2016.1166832. Epub 2016 May 23. PMID: 27695158; PMCID: PMC5004743.



The Soma: Understanding the Body



Thriving or Surviving?



Somatics



Somatic Sensing

HUMAN GLITTER JAR: WAKE UP THE ENERGY



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

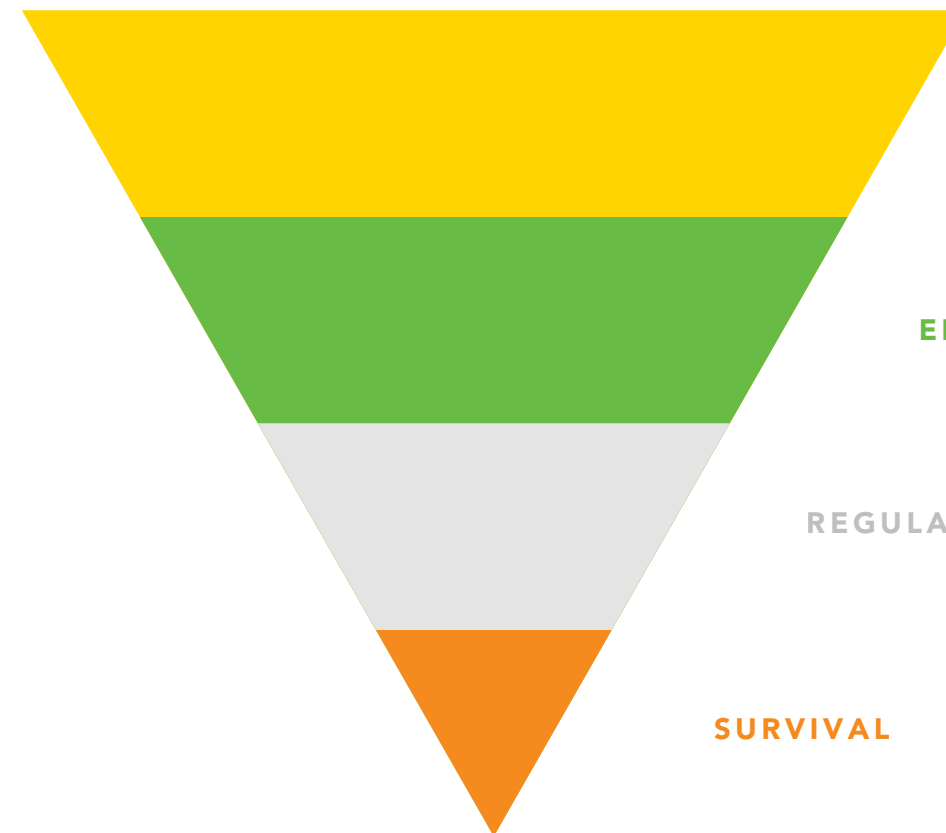
Trauma and Brain Development

WHAT HAPPENS WHEN THERE IS DEVELOPMENTAL STRESS OR TRAUMA

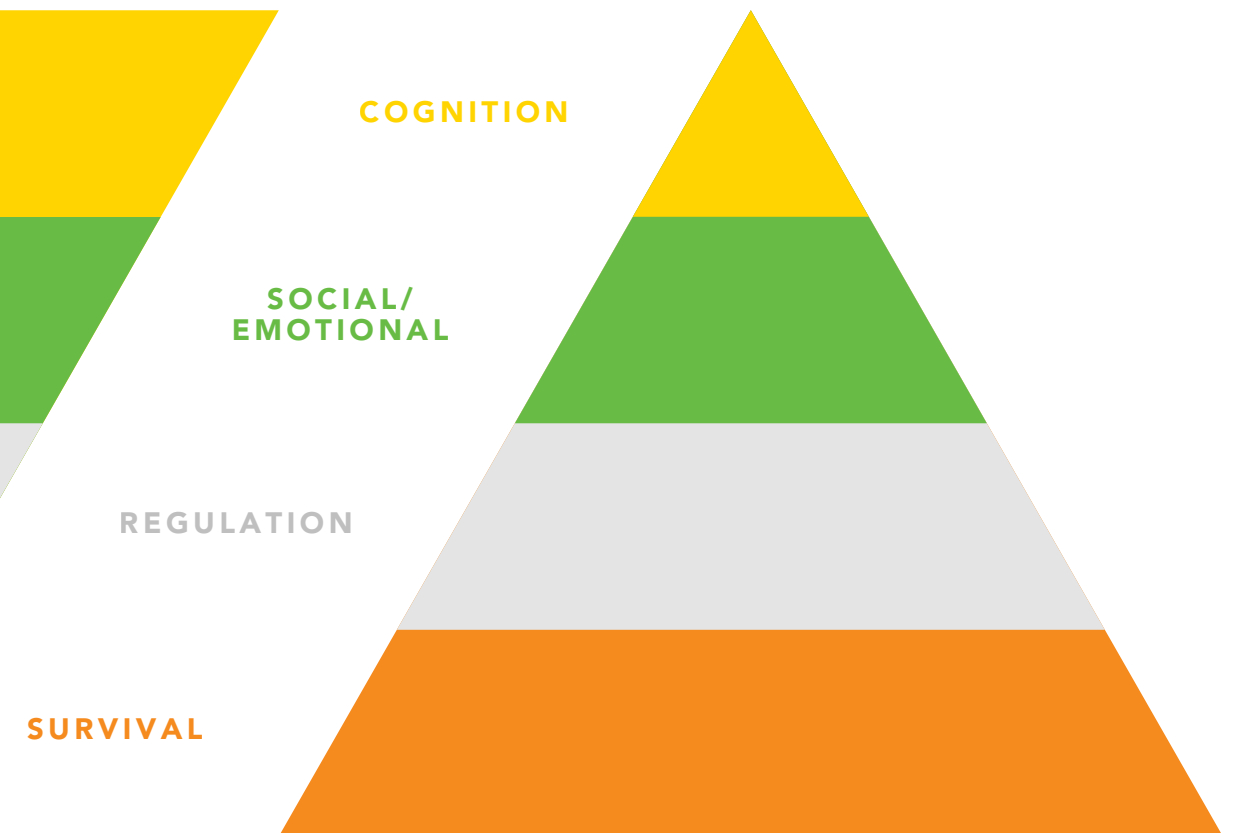
When a child's basic needs for love, food, shelter, and connection are met consistently and without confusion or disruption, the emotional center of the brain can adequately develop. Similarly, when a child is nurtured and there is adequate attunement to his or her emotions, stress responses, and social 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



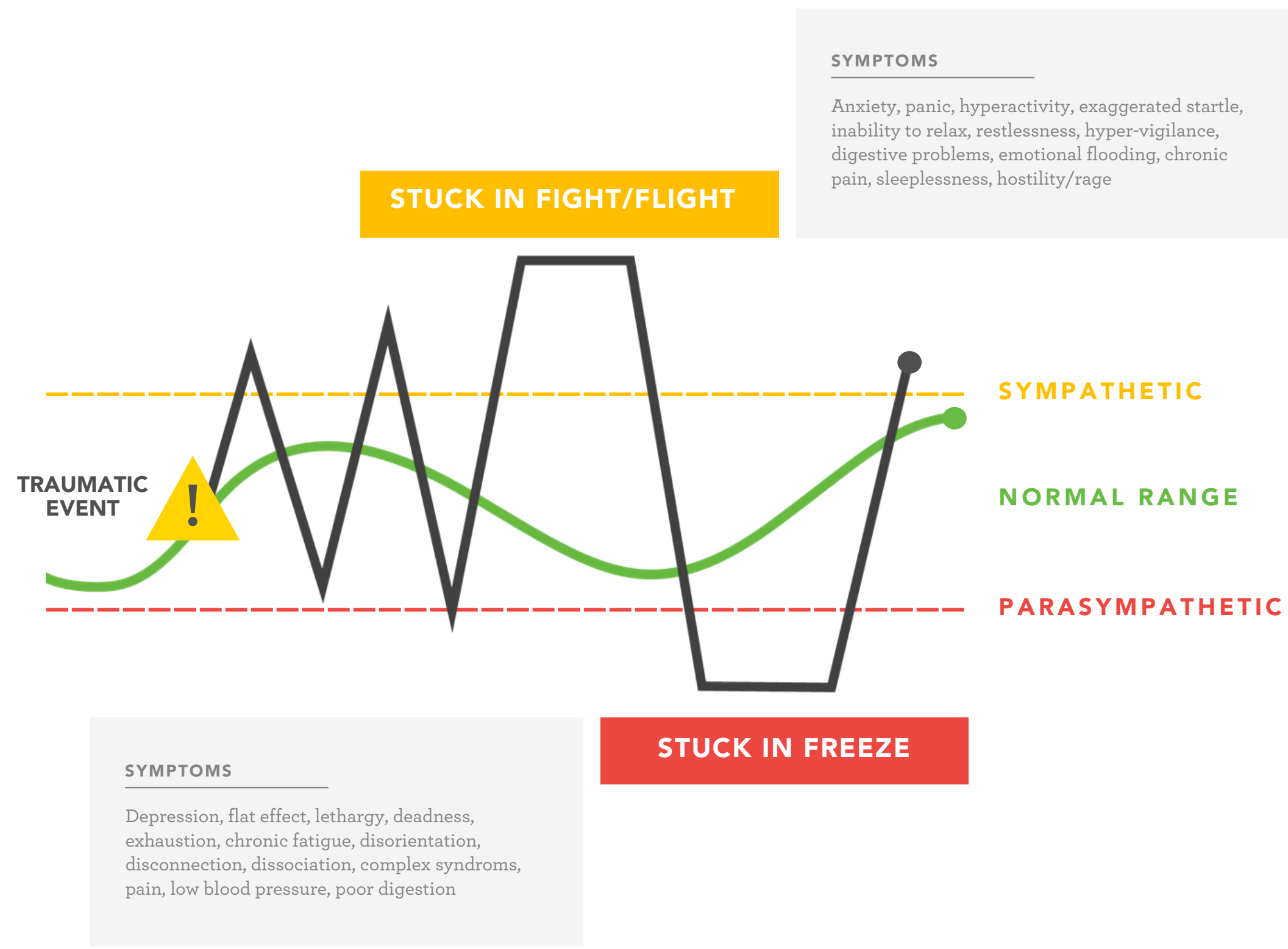
Based on Holt & Jordan, Ohio Department of Education

Trauma and Chronic Stress

TRAUMA AND CHRONIC STRESS CREATE "STUCK" ENERGY

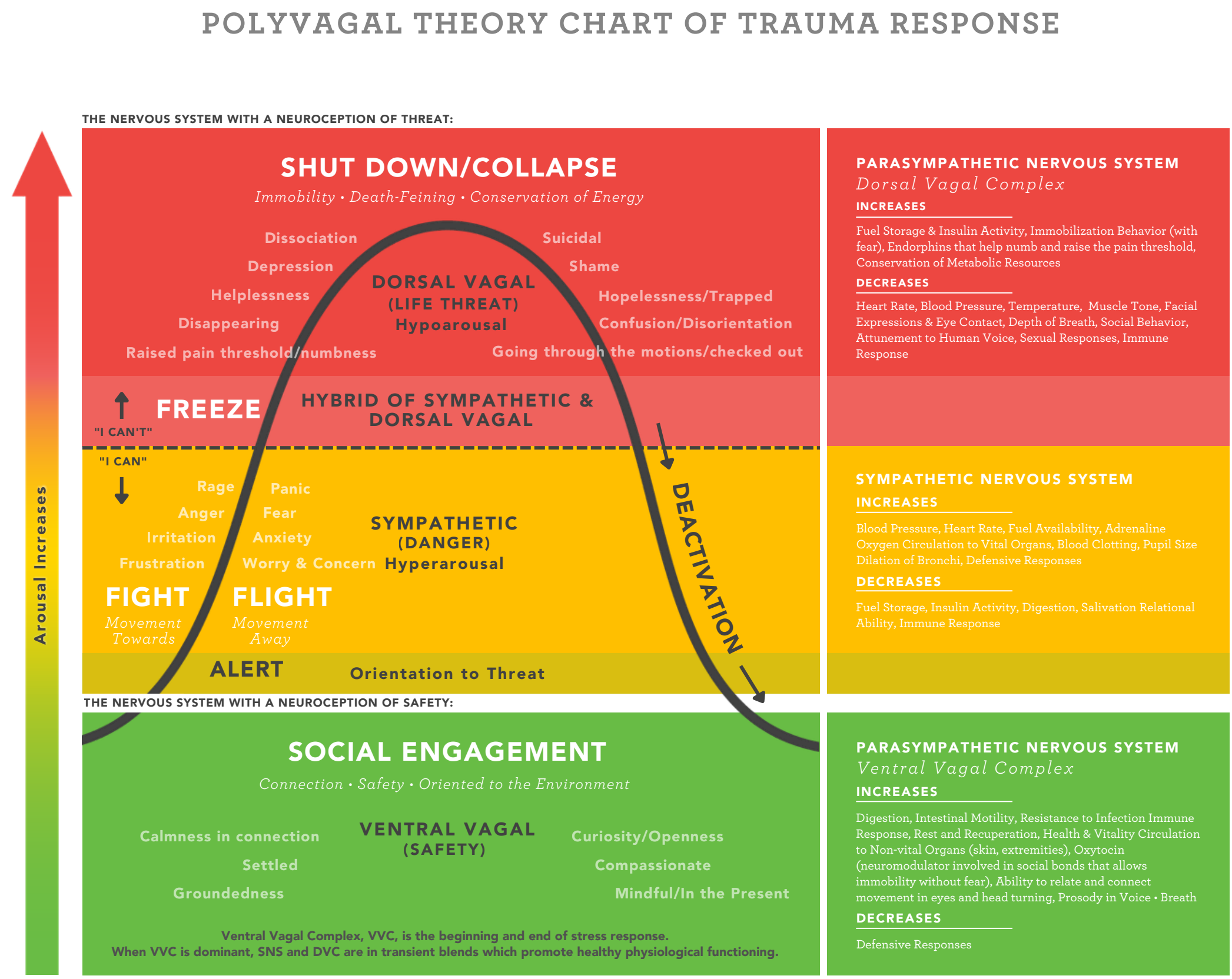
When our nervous system doesn't have the capacity or built-in pauses to rest, digest and integrate (both experience and information), we get "stuck" in either hyperarousal or hypoarousal, which is physiological and thus compromises our mental, physical, emotional, and spiritual health.

SYMPTOMS OF UN-DISCHARGED TRAUMATIC STRESS



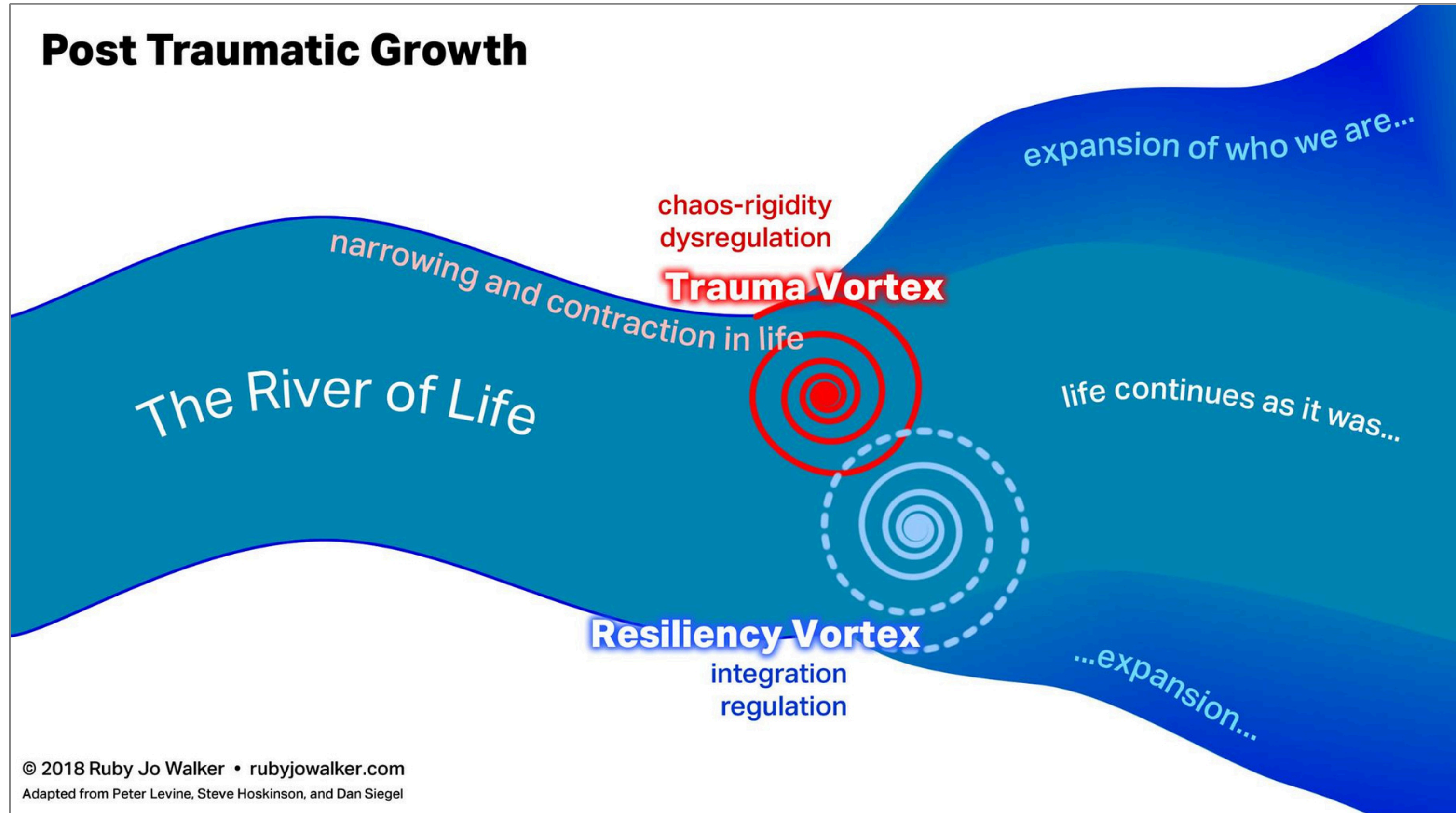
Based on Levine, Ogden and Siegal and Foundation for Human Enrichment 2014

Physiology and Emotional Response of the Vagus Nerve Arousal Spectrum



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

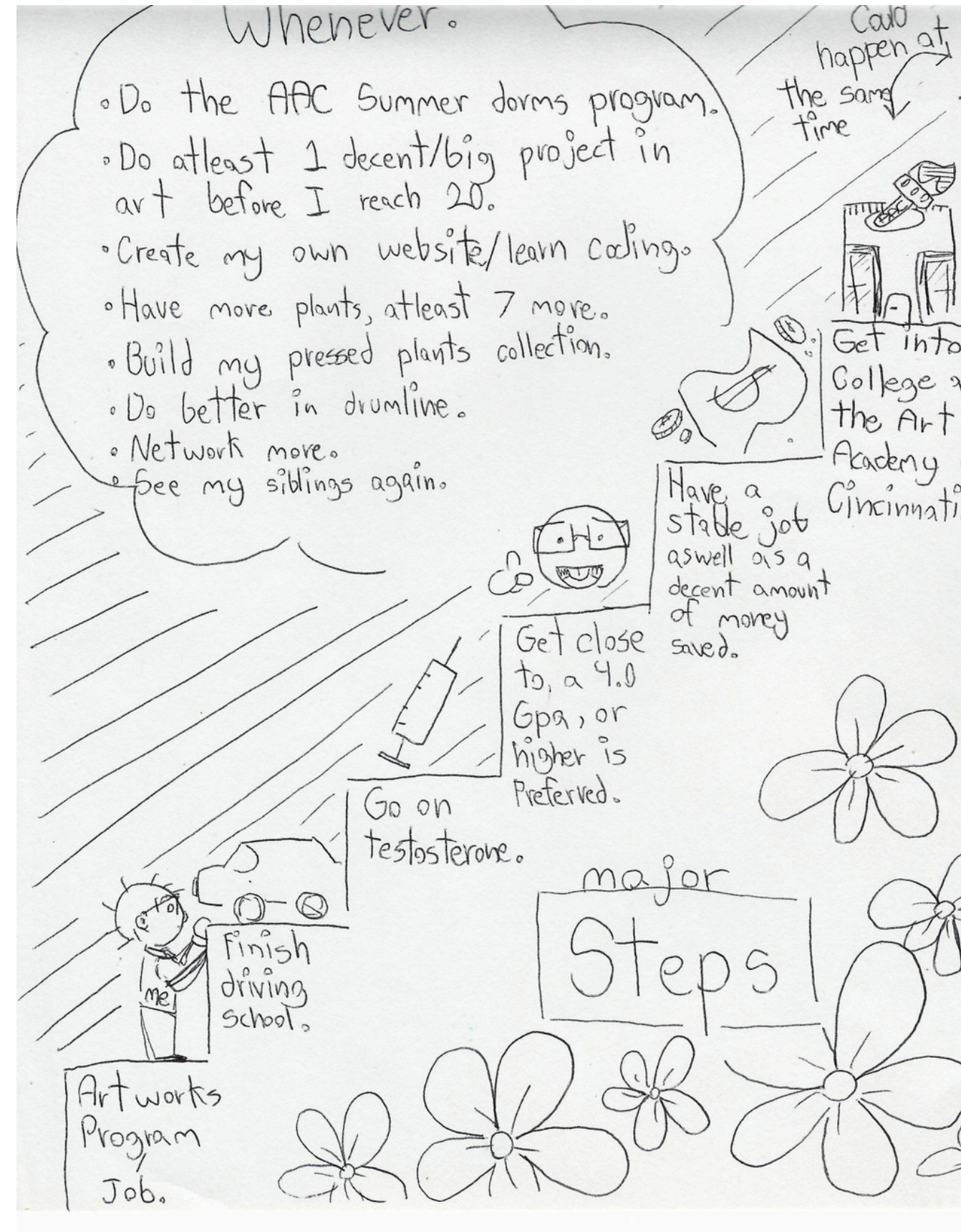
Integration & Transformation



Integration & Transformation



Integration & Transformation



Let's practice a Mindful Music Moment

Cello Suite No. 1
by J.S. Bach



From Arts to Healing

Practices most commonly found in trauma-informed protocols across healthcare, education, behavioral health, and community wellbeing programs, these are among the most frequently integrated:

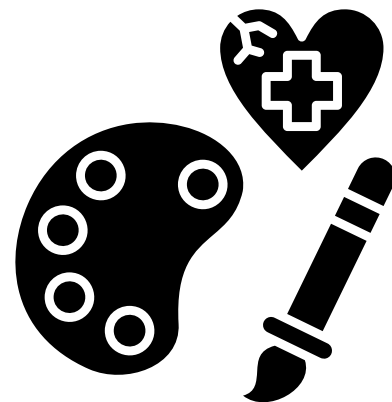
- Regulated breathing
- Guided grounding
- Mirroring
- Name and gesture games
- Image Theatre/tableau
- Slow looking at artwork (especially Visual Thinking Strategies)
- Mandala creation
- Expressive painting
- Clay work
- Collage
- Group drumming
- Singing
- Expressive writing
- Poetry
- Body mapping
- Movement improvisation
- Walking meditation
- Story circles
- Community mural creation
- Guided visualization

From Arts to Healing

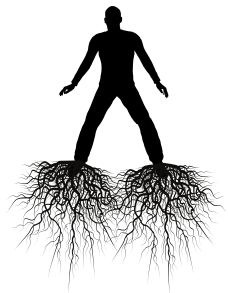
These practices are generally adapted for trauma-informed use rather than used exactly as they are in arts education.

Facilitators typically emphasize the trauma-informed principles of **choice, safety, collaboration, empowerment, cultural responsiveness, predictability, and nonjudgment**, allowing participants to opt in, modify activities, or observe instead of participate.

This shift in facilitation style is often as important as the artistic exercise itself.



Tools & Techniques



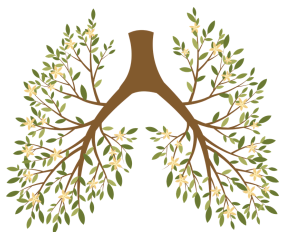
Grounding



Centering



Orienting

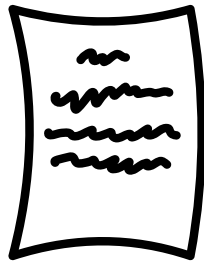


Breath and Embodiment

Tools & Techniques



Music



Mindful Haiku or Poetic Sense Making



Journaling/Fast writes



Make/Create "The Artist's Way"

Embodiment of Wellness - Co-Regulation



Start of Day



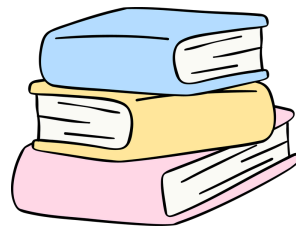
En Route Routine



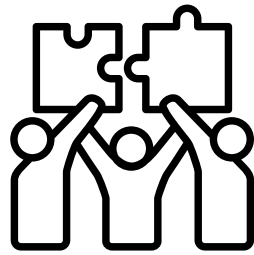
Exit or End of Day

Integration

What can you commit to?



Classroom Practice



Cultural Shifts



Personal Exhale

**LITTLE STEPS
MATTER**

Review



A Regulated Nervous System is ready to learn, connect and engage.



Mind-Body and Arts Integrative Programming creates a foundation for a safe, supportive learning environment where all can thrive.

Free Resources



Mindful Poetry Moments includes 20 guided audio/video journeys that combine mindful listening + poetry, with additional writing prompts, art activities, and publishing opportunity.

www.TheWell.World/MPM



Mindfulness & Movement Library includes audio/video guided meditations, breathing practices, and engaging movement practices to center students at any point during the day.

www.TheWell.World/Free

Deepen with The Well



Mindful Music Moments includes 200+ audio/video journeys and bonus classroom materials for daily use in schools that combine mindful listening with classical and contemporary music.

\$1.50 per student, \$1 per student (Title 1)

Free in Greater Cincinnati, Northern Kentucky.

www.TheWell.World/NKCES



My True SELF is scalable to your needs and can include printed or digital workbooks, posters and classroom materials, training for teachers,

www.TheWell.World/MTS



THEWELL™

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

Ready for Connection?

Contact us



THEWELL™

For Collaboration, Impact & Growth

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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™

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.

THEWELL.WORLD



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