

Elevating Education-System Employee Wellness

September 2026 Wellness Newsletter

Welcome back! I hope you had a nourishing summer.

Your well-being is at the heart of the education system. My name is Bhagavati and finding ways of elevating education-system employee wellness brings me great joy. I'm here for you. If you're tracking incredible initiatives related to elevating education-system employee wellness or are struggling to find creative ways to elevate education-system's employee wellness, I'm here for it; I would be most pleased to find time to connect with you to discuss employee wellness endeavors. Let's schedule time. Email me at Bhagavati.mullock@ode.oregon.gov

This month's column features: free resources from the HDESD's Culture of Care, an update about the OEA Health and Wellness Initiative, a portal to free, virtual wellness offerings via Basecamp Prevention + Wellness, workforce wellness offerings from Trauma Informed Oregon, and an invitation to have your employee wellness work spotlighted.

Twice this summer I had the honor to co-create a **Leading for Wellness** presentation at two of COSA's events with [Dr. Amy Yillik](#), who is a Care Coach with HDESD. After our last presentation, Amy shared free resources with conference participants and gave me permission to share these across the state:

- [26-27 Virtual Wellness Coaching](#)
- [26-27 Administrator Institute](#)
- [26-27 Coaches' Institute](#)
- [Having Hard Conversations](#)
- [Neurodiversity Affirming Schools](#)
- [Somatics for Equity](#)
- [Restorative Practices](#)

I hope these free learning opportunities create inspiration for you and your teams. For what it is worth, I previously attended the virtual wellness coaching series, and it is highly recommended.

In case you weren't aware, the **Oregon Wellbeing Trust** has evolved into [OEA Health and Wellness Initiative](#). The OEA Health & Wellness Initiative is supporting Oregon's public educators personally and professionally and are dedicated entirely to the well-

being of public education professionals, pre-K through Community College. If you're not already signed up to receive their newsletters, I encourage you to [sign up for their newsletter](#).

Basecamp Prevention + Wellness

Have you been interested in trying out yoga, strength training, Tai Chi, breath work, or interval training but are unable to find a class that meets your needs? Basecamp Prevention + Wellness brings the expertise of their amazing instructors directly to you. Check out these free, virtually offered movement classes described [here](#).

Trauma Informed Oregon has posted workforce wellness events and trainings for September and October. Of note for your after-school wellness routine is the [Somatic Moment](#): every second Wednesday of the month from 3:30-4:30 a local somatic healer shares virtual space with us to foster rejuvenation.

Educator Spotlight: Picture you here...How are you Elevating Education-System Employee Wellness? We'd love to acknowledge the creative ways school districts, ESDs and communities are elevating employee wellness in their districts. If you are interested in being featured in future communications, please reach out to Bhagavati at ode.healthyschools@ode.oregon.gov.