



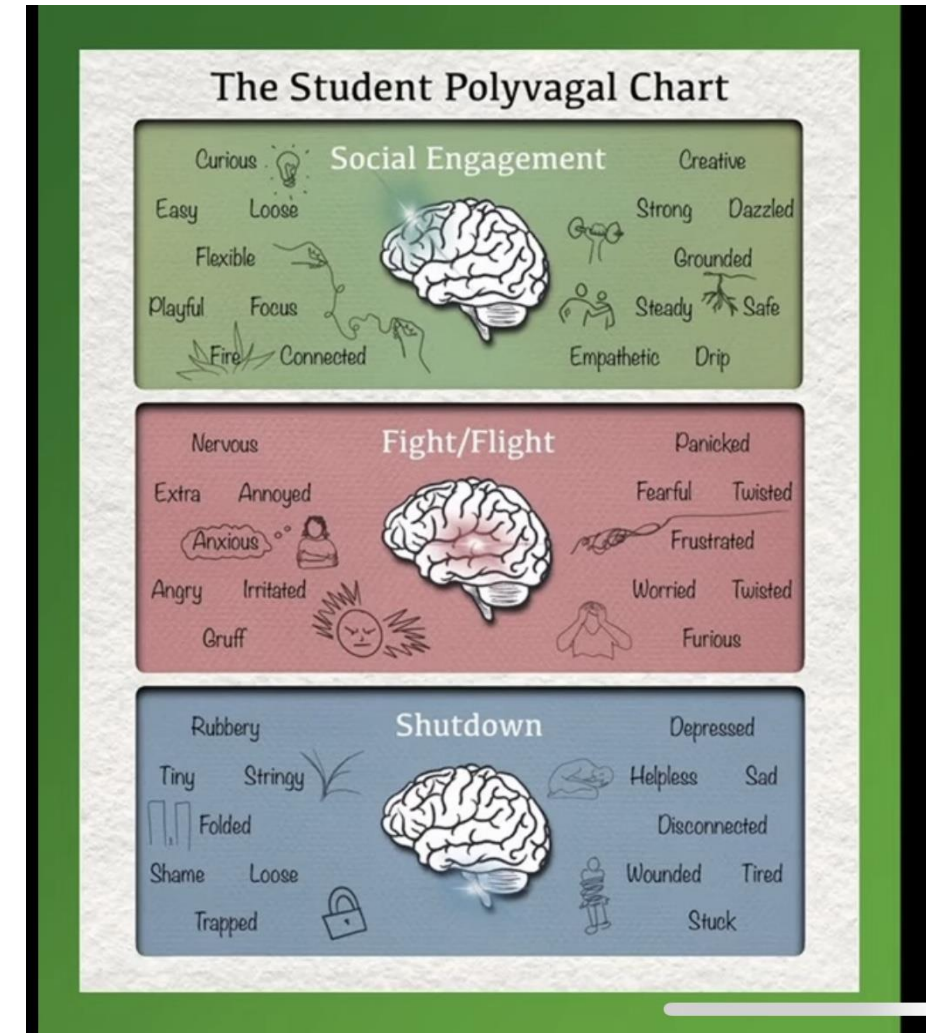
Creating a Culture of Well-being: Health in Education Somatic Techniques

Somatics Overview – September 2025

How's the state of your nervous system?

In her 18-minute TEDx Talk, [Diving Beneath Behaviors](#), Dr. Lori Desautels describes how our nervous systems tell the stories of our connection, protection and disconnection. Neuroscience shows that our well-being directly impacts those around us. When we take a moment to check in with ourselves, we may realize we're out of balance.

With student success as our north star, let's explore how supporting educator well-being is essential to creating a culture of belonging and well-being for Oregon's schools.



Somatic Self Care: Regulate to Educate

The Body Keeps The Score!

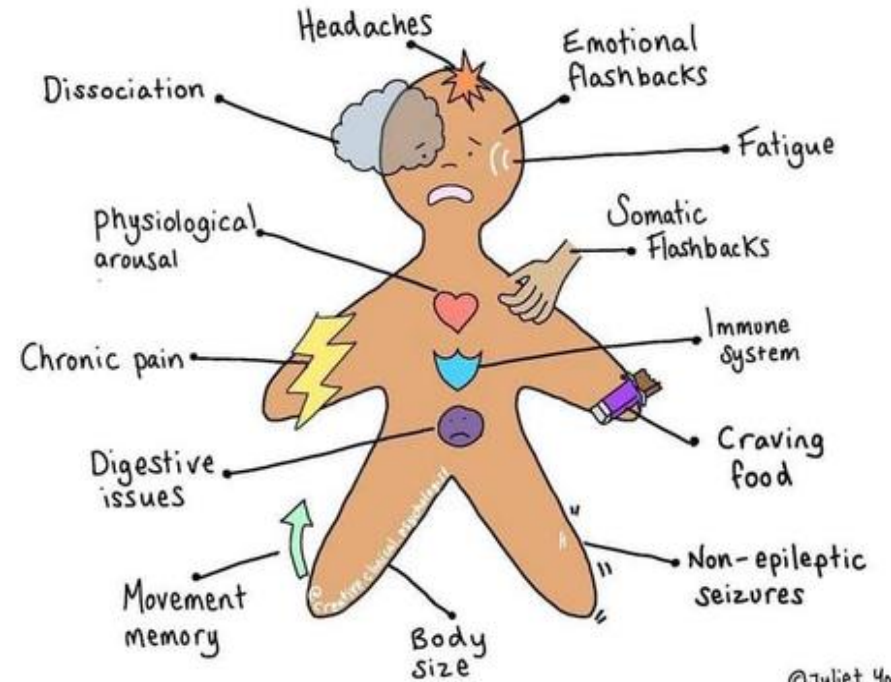
Have you heard of Bessel Van Der Kolk's idea that "the body keeps the score"?

The graphic depicted on this slide, created by Juliet Young, shows many ways that trauma may be stored in the body. Traditional talk therapies may not be sufficient for trauma healing; somatic approaches and body-centered therapies are crucial.

Free [The Body Keeps The Score cheat sheet](#).

How Does the Body Keep the Score?

Sometimes when overwhelming traumatic events happen, the physiological energy can be pushed down into the body. This 'trapped trauma' energy can show in different ways...



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Somatic Techniques: Overview

What is Somatics?

Somatics is a field of study and practice that explores the connection between the mind and body and includes techniques to release tension and promote a sense of embodiment. Connecting with your body can support you in soothing your nervous system.

What do you need right now?

- Centering and a sense of calm? or
- A boost of energy to get you through the work?

The [Office of Well-Being at Johns Hopkins Medicine](#), hosts free, pre-recorded [Somatic Self Care](#) sessions to support you in reconnecting with your body through movement.

We hope you will enjoy exploring those somatic offerings;
may they help you **regulate** to **educate**.



Questions?

Reach out to us at ode.healthyschools@ode.oregon.gov