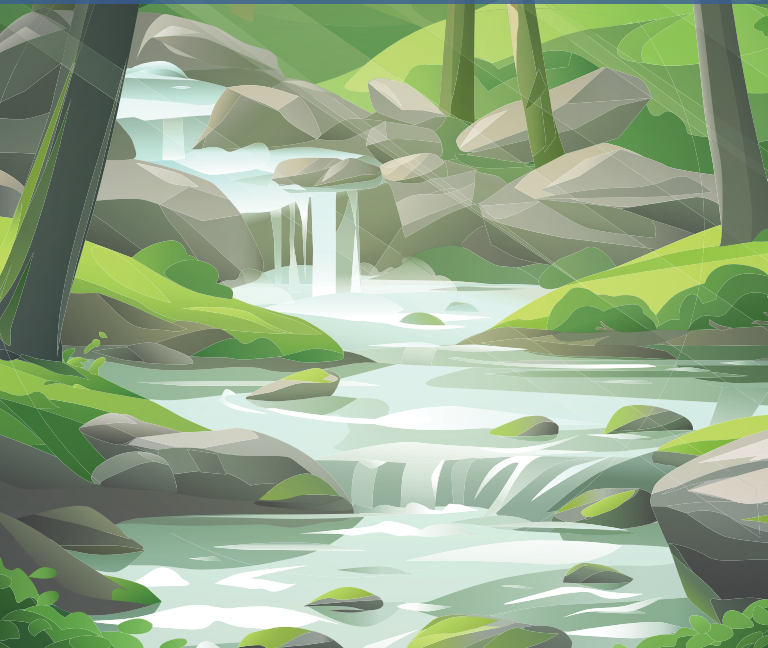


# The Wellness Project



Ohio Department of Developmental Disabilities

Discover a holistic approach to supporting your wellness



## *About Us*

The Wellness Project is a multi-media, multi-experiential collection of resources and practices to support your individual and organizational wellness. It includes a holistic system of wellness activities that includes reading lists, podcasts, and meditations, educational trainings, recipes, mindfulness practices, links to support groups, photo galleries, and restoration of the soul.

## *Our Purpose*

The site is designed for anyone who supports or provides care for another individual. Its purpose is to help you discover a variety of ways to support yourself and provide the best quality care. The goals are to give people and organizations tools to build personal resilience, renew energy, and ultimately improve the services and supports provided.



**Department of  
Developmental  
Disabilities**

# *What makes this website unique?*

## *Explore*

This section includes three categories:

1. Supports for Staff Wellness with resources, photo galleries, checklists, and links to other state agency wellness initiatives. 2. Supports for Managing Grief, Sadness, & Loss for learning more about how to support the grief process. 3. Supports for School Wellness with links to educational wellness information.

## *Experience*

In the mind-body space, you will find video playlists for rhythmic mindful movements, breath practices, and meditation. These practices are grounded in neuroscience and are trauma-sensitive. They are accessible, practical, and empowering. They can be practiced at any time, including on-the-job to renew your energy, calm your mind, and support your nervous system. This section also includes a special playlist for the book "What Happened to You." For each chapter of the book, this playlist includes a short talk covering some key points, followed by mind-body practices applying the key points.

## *Reflect*

We are more than our working titles and roles. Through short talks and stories, you are invited to return to the essence of life, however that speaks to you.

## *Connect*

Healing happens in relationships. We need connections. Human psychological well-being is grounded in attachment to and acceptance by others. The website provides opportunities for supporting each other, building empathy, and simultaneously strengthening individual resilience.



Visit our website!