

# Mindful Monday

Christina Ruggiero, RP

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# Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

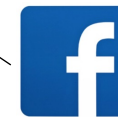
CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

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**SCAN ME**



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# Mindful Monday

## Week 2

Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

# Practice! 5 minute “body scanner” (children)

- <https://www.youtube.com/watch?v=xLoK5rOl8Qk>





# Body scan meditation



- Stress symptoms aren't just mental and emotional, they can also be physical.
  - Back pain, heartburn, headaches, tenseness
- Sometimes we are so caught up in our stress, we don't even realize our physical discomfort!
- Body scans are useful and effective to help us check in with our bodies.

# How to do a body scan

- Mentally scan from head to toe/ toe to head.
  - i.e. a photocopier/x-ray going from top to bottom
- Awareness to every single part of the body to notice any aches, pains, tension, general discomfort
- Breathe into these sensations without judgement, just “scanning”.
  - Notice where there is comfort and ease, and where there is discomfort and tension.
  - Do not change or shift, rather when you notice discomfort just breathe into those areas, easing tension.

# Benefits of a body scan



- 1. Reducing stress and tension
    - Train your mind to respond more effectively to stress. Lean into sensations, breathe through them without trying to change them. Diminishing their power over us, and our reaction.
  - 2. Grounding
    - Sync mind and body. Pulling us out of our mental chatter into the present moment sensations. Checking in with the body helps us identify aches and pains and what may need our attention in the present.
  - 3. Increase self compassion
    - Often we will notice something feels bad in our bodies during a body scan, or may become frustrated when our mind keeps wandering. Regular practice can have us approach this with more gentle redirection and acceptance.
- <https://www.headspace.com/meditation/body-scan>

# Practice! 10 minute Relaxing body scan (children or adults)

<https://insighttimer.com/isabellemaryfitzgerald/guided-meditations/full-bodyscan-guided-meditation-for-children>

Website or app.

# Resources and outside practice

- Everyday body scan (3-5 mins)
  - [https://ggia.berkeley.edu/practice/body\\_scan\\_meditation](https://ggia.berkeley.edu/practice/body_scan_meditation)
- Body scan for children and adults (3 mins)
  - [https://www.youtube.com/watch?v=ihwcv\\_ofuME](https://www.youtube.com/watch?v=ihwcv_ofuME)
- Headspace body scan (10 mins)
  - Download "headspace" app and practice any of the "basic" meditations (free)

# Discussion

- What did you notice?

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**SCAN ME**



Mountain Plains (HHS Region 8)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Thank You for Joining Us!

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