

# Mindfulness Mondays

Christina Ruggiero, CCC, RP

December 20<sup>th</sup>  
January 10<sup>th</sup> & 24<sup>th</sup>  
February 7<sup>th</sup> & 21<sup>st</sup>



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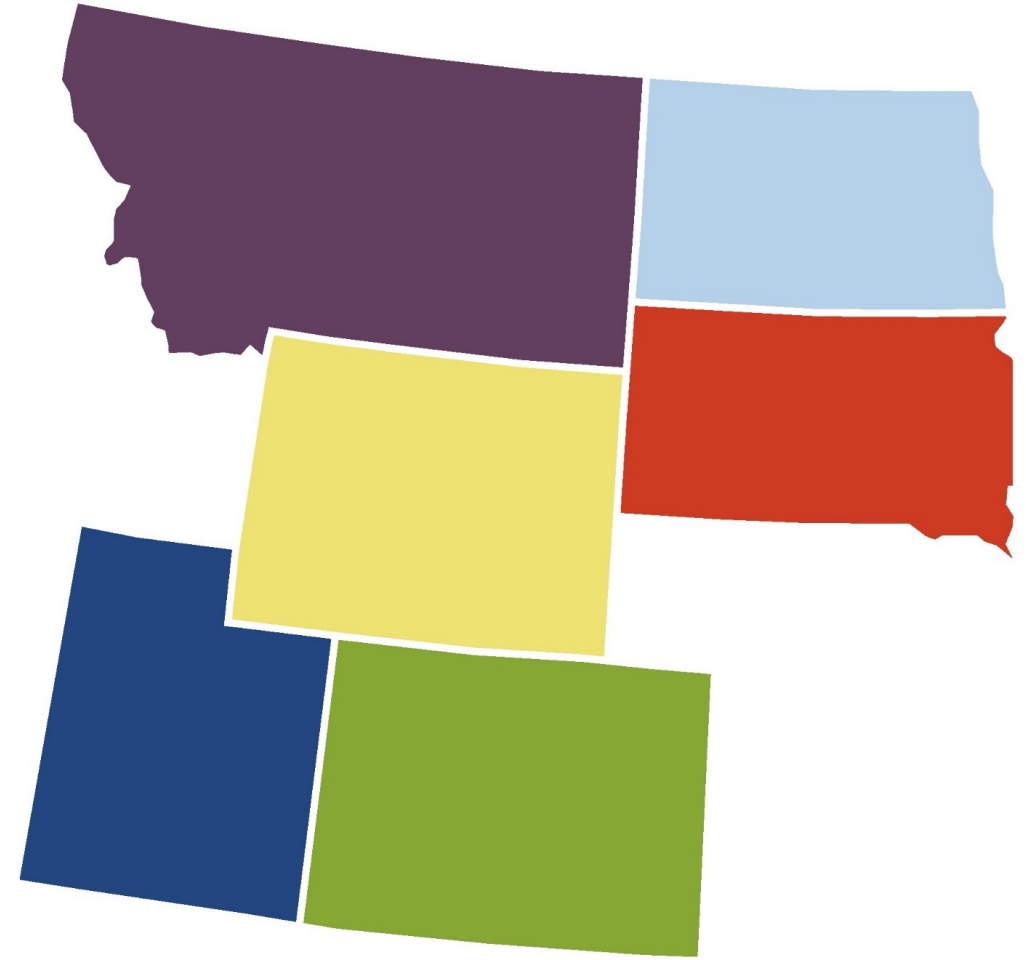
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# The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



# 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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# Mindful Monday

## Week 2

Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

# Welcome!

- Thank you again! Thank yourself!
- Get ready to PRACTICE!



# Observe (Month 1: Dec 6/20)

- **Observe:** What thoughts, feelings, and sensations are you experiencing? What do you hear? Notice in the external world? Simply observe without having any reaction. Try not to attach a label or judgment to what you observe. Try not to push anything away—open yourself to all thoughts, feelings, and observations as they arise.
  - Body scan/breathing (headspace)
  - Observing Emotions (20 mins)

# Exercise – Observing Emotions (18 mins)

- All exercises are voluntary, if you do not like the exercise, stop practicing.
- Kristen Neff, Kristin is a pioneer in the field of self-compassion research, creating a scale to measure the construct almost 20 years ago.
  - Self-compassion: A motivating way of treating ones self like you would treat a friend, normalizing, empathizing, encouraging vs criticizing, ignoring, judging.
- <https://self-compassion.org/>
  - Guided meditations





# What did you notice?

- What did you observe during the practice?
- What came up for you?
- What was hard? What was easy?
- (think about this practice, last sessions practice, at home practice)

# Discussion

- What did you notice during your at home practice? Were you able to use this skill in a situation in your life? What was the outcome?

# Questions



# Stay Connected



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# Thank You for Joining Us Today!

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Mountain Plains (HHS Region 8)

MHTTC

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

***SAMHSA***  
Substance Abuse and Mental Health  
Services Administration