

Mindfulness Mondays

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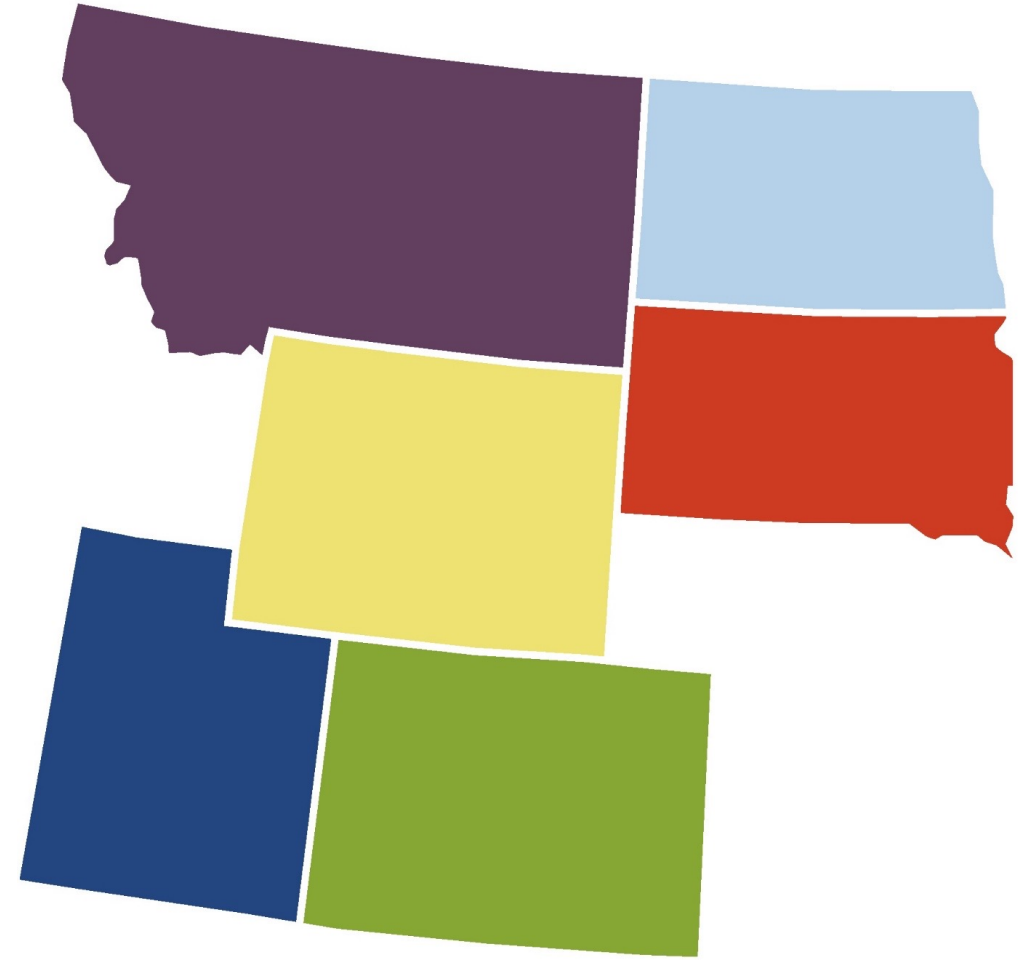
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The Mountain Plains Mental Health Technology Transfer Center

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

Mindfulness Monday

Week 1

Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

Welcome!

- Thank yourself for showing up!
- This time is for YOU.

Each Month (for 3 Months)

- Skills: Month 1: intro/observing, Month 2: describing, Month 3: participating
- Week 1: Learn (5-10 mins), participate (10 mins) in one mindful exercise, discuss and debrief exercise (10 mins).
- Week 2: Participate (15-20 mins) in one mindful exercise, check-in discuss at home practice, discuss and debrief exercise (10 mins).
- Send same handout for week 1 and 2 summarizing skill learned and examples of practice outside of session. **As this is a skill we are building, it needs practice 😊**

Evolution...

- Brain naturally has a “negativity bias”: focus on things that go wrong, are negative, seen as a threat, in order to survive. Basic survival mechanism – stress response activated to survive danger (fight, flight, freeze).
- Modern day “glitch”, not just real external threats, also perceived threats (caused by thoughts/feelings/beliefs). How we interpret a situation. Activates stress response.
- Leads to intense emotions, fear, anger, sadness, helplessness, hopelessness when we are biased to focusing on the negative, and areas out of our control, and disregard the positive or areas in our control.

The Anxiety Cycle

Real/Perceived Danger

TRIGGER



Nervous system activated

Thoughts

"I'm not good enough"
"No-body likes me"



Feelings

fear, worry, anger



Body

sweating, faint,
fast heart rate




Behaviour

Avoidance, withdrawl,
aggression

Stress Response
(fight/flight/freeze)





Remember that stress doesn't
come from what's going on
in your life. It comes from
your thoughts about what's
going on in your life.

Andrew Bernstein

PICTUREQUOTES.COM

What is Mindfulness?

- A practice that helps us build the skill of noticing our thoughts and feelings as they come up in the present moment, and learning to respond to them differently, rather than react and build stress (spiral).
- Mindfulness gives us choice to manually react to our thoughts and feelings, by observing them, before reacting to them.
 - React automatically, feed into and grow thoughts and feelings. Notice, observe, and redirect our attention to something more neutral, not feeding the spiral, breaking the cycle.

What is Mindfulness?

- We are **building the skill of redirecting our attention** to something that does not feed the stress response, the expectation isn't that we will find inner calm and peace and not feel or think at all. (though sometimes that's a nice bonus when we slow the stress response down!).

Where's the evidence?

- Mindfulness Based Stress Reduction (MBSR)
- Dialectal Behavioral Therapy - Evidence based therapy

Mindfulness Based Stress Reduction (MBSR)

- Developed at the university of Massachusetts Medical Centre
- Jon Kabat Zinn - 1970's
- Structured 8 week program
 - Weekly group meetings (2.5 hours)
 - One day retreat (7 hour mindfulness practice)
 - Homework (45 mins daily)

Mindfulness Based Stress Reduction (MBSR)

- Empirical evidence of improvement in:
- Health-related outcomes: eating disorders, psychiatric conditions, pain management, sleep disorders, cancer care, psychological and health related distress.
- Post secondary students: alleviate psychological distress, extending 2 months after course ended.
- Improvement of focus, attention, ability to work under stress

Dialectical Behavioral Therapy (DBT)

- DBT is an evidence based model of therapy that helps people:
 - Manage powerful emotions
 - Regulate emotions and the nervous system (stress response)
- Mindfulness is one of 4 core DBT skills, and is the first taught to clients as it is incorporated into almost every aspect of treatment.
 - It starts with “what” – Observe, Describe, Participate

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)
 - Self-Compassion observation

Exercise – body scan/breath focus (10 mins)

- All exercises are voluntary, if you do not like the exercise, stop practicing.
- At home practice ideas will be sent after this session, work on building on the skill between sessions.

What did you notice?

- What did you observe during the practice?
- What came up for you?
- What was hard? What was easy?

Discussion

- Can you think of a situation in your life in which using this skill might have been helpful? How do you think the outcome would have been different? Can you make a plan to use it in a situation that is upcoming and might be difficult?

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Thank you for joining us today!

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