

Mindfulness Mondays

Christina Ruggiero, CCC, RP

January 10th & 24th

February 7th & 21st



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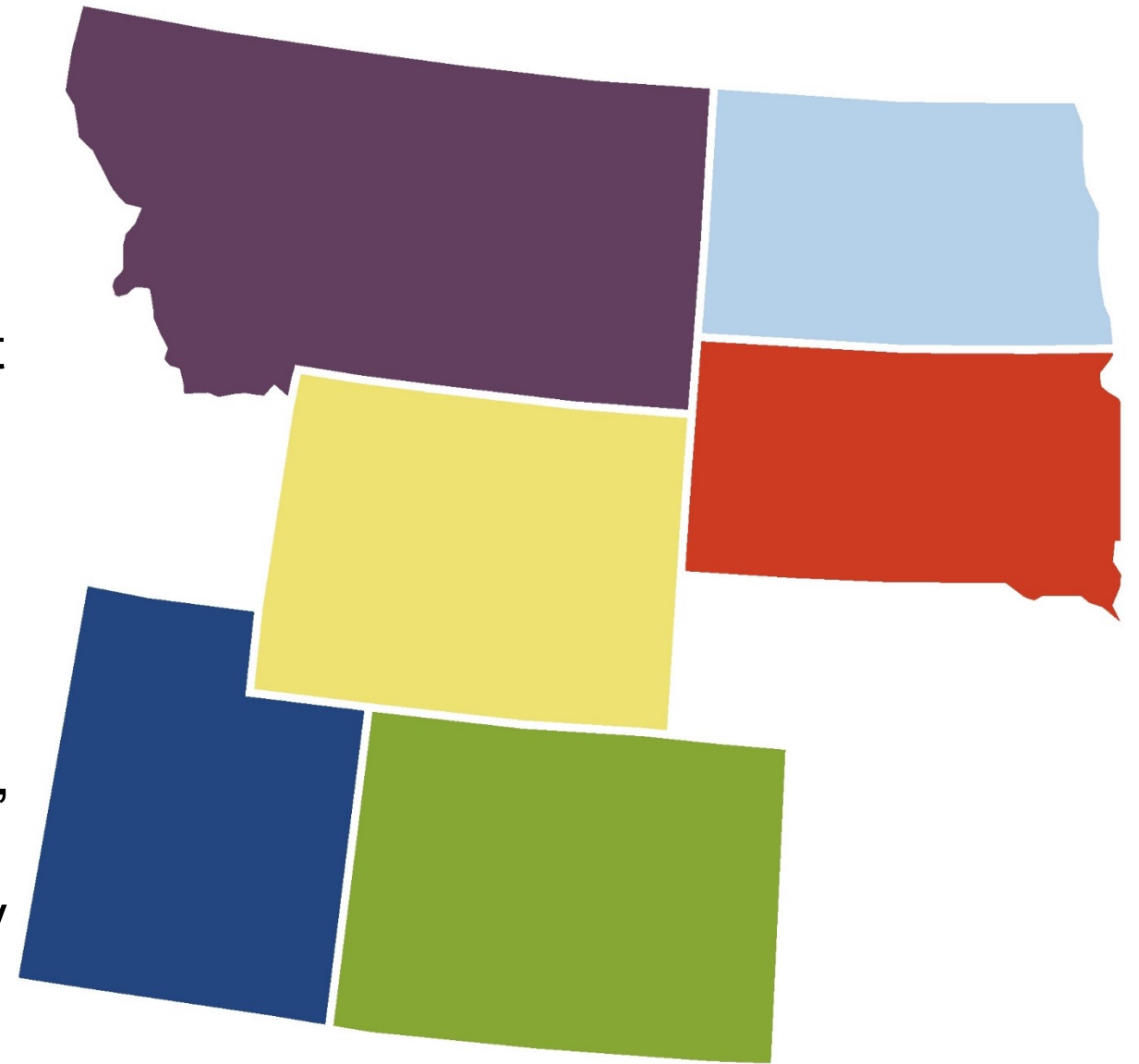
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The Mountain Plains Mental Health Technology Transfer Center

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 3

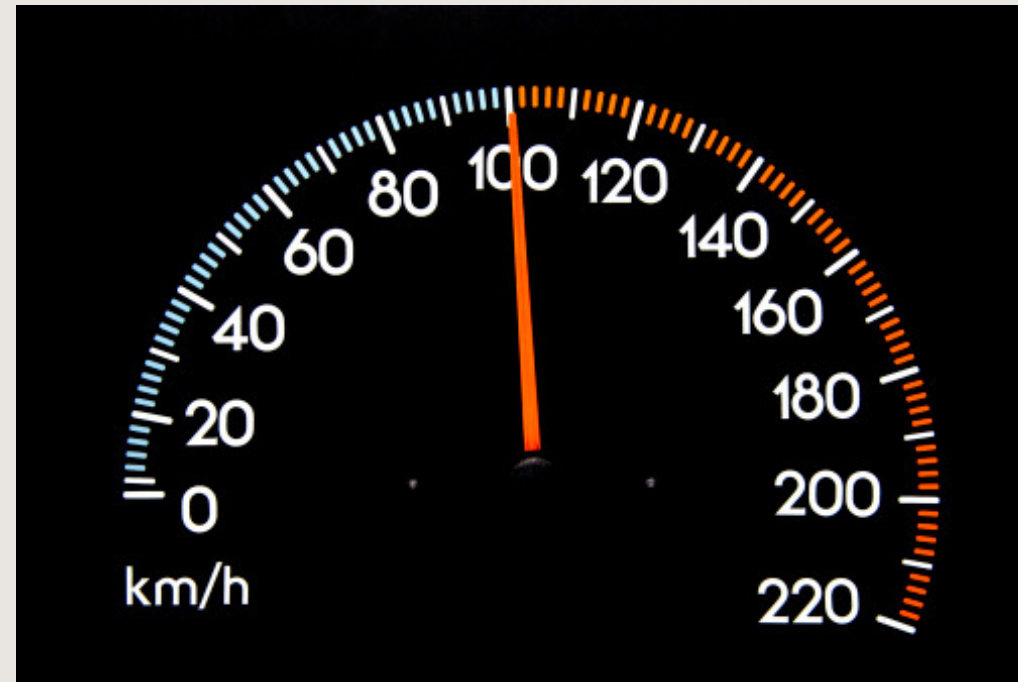
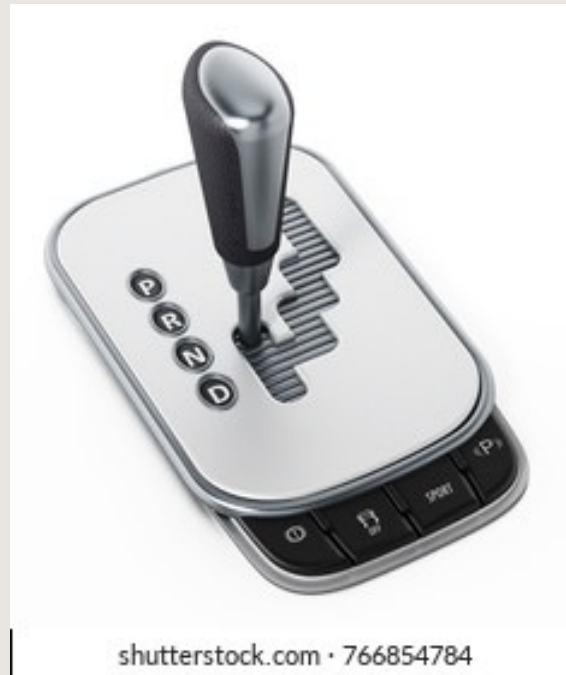
Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

Describe (Month 2: Jan 10/24)

- Describe builds on observe
- Observe is bare bones attention, noticing without adding judgement/a story.
- Describe puts words to our experience. "Im thinking, Im feeling, Im noticing"
- When we describe, we are labelling facts which are neutral and true.

ALLOWS US TO SLOOOOOOOOWWWWWWW DOWNNNNNNNNNNN
Control the gears, and shift into manual vs automatic responding.



Example. 1 - External - downshift

- You're doing an activity you dislike, like doing laundry.
- Notice and describe everything about it, taking focus off of the internal experiences (discomfort).
- Say to yourself statements about what you observe externally
 - The tshirt is red, the laundry machine is cold.
- This can help us: focus on things that are neutral in our environment, not feeding our discomfort/stress response.
- This can help us: let our nervous system know we are safe, there is no threat!

Exercise: Describe External - Grounding (3 mins)

If you're feeling anxious or worried, bring your attention back to the current moment with this simple grounding exercise. Notice the following around you:

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

Ex. 2 - Internal -downshift

- You are at a party with your partner, they leave to get a drink and you're alone... you start feeling uncomfortable.
- Say to yourself statements about what you observe internally, facts, without judgement.
 - I feel scared, I notice I feel alone.
 - I am thinking I don't know anyone here, I am having the thought I'm a loser, I'm thinking no one will talk to me.
 - I feel my heart beat racing, I feel the sensation of my palms sweating.
- Thoughts, are just that. Thoughts. Feelings, are just feelings. Sensations, are just sensations. If we can notice and describe rather than place judgement ***THIS IS SO BAD!, IM FREAKING OUT***. We aren't feeding our stress response, we are putting space between us and our reactions.
- This can help us: Reflect on our reactions
 - Am I really a loser? Is this really true?
 - Will no one talk to me? Or is this tied to how I feel?
- This can help us: communicate with ourselves and others what is going on, and in turn act to meet our needs.

Exercise - Describe Internal - Leaves on a Stream (10 mins)

- All exercises are voluntary, if you do not like the exercise, stop practicing.
 - In this exercise you will be asked to notice your thoughts, imagine placing it on a leaf that will float down a stream.
 - Before placing the thought on the leaf, repeat the thought to yourself, but place in front of it "I'm having the thought".
- Bonus: You can also do this with feelings, "I notice I'm having the feeling..." and external observations "I'm hearing..." and then place it on the leaf to float down the stream.

Leaves on a Stream

with Therapy in a Nutshell



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?

Questions



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Thank You!

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