

Mindfulness Mondays

Christina Ruggiero, CCC, RP

January 10th & 24th

February 7th & 21st



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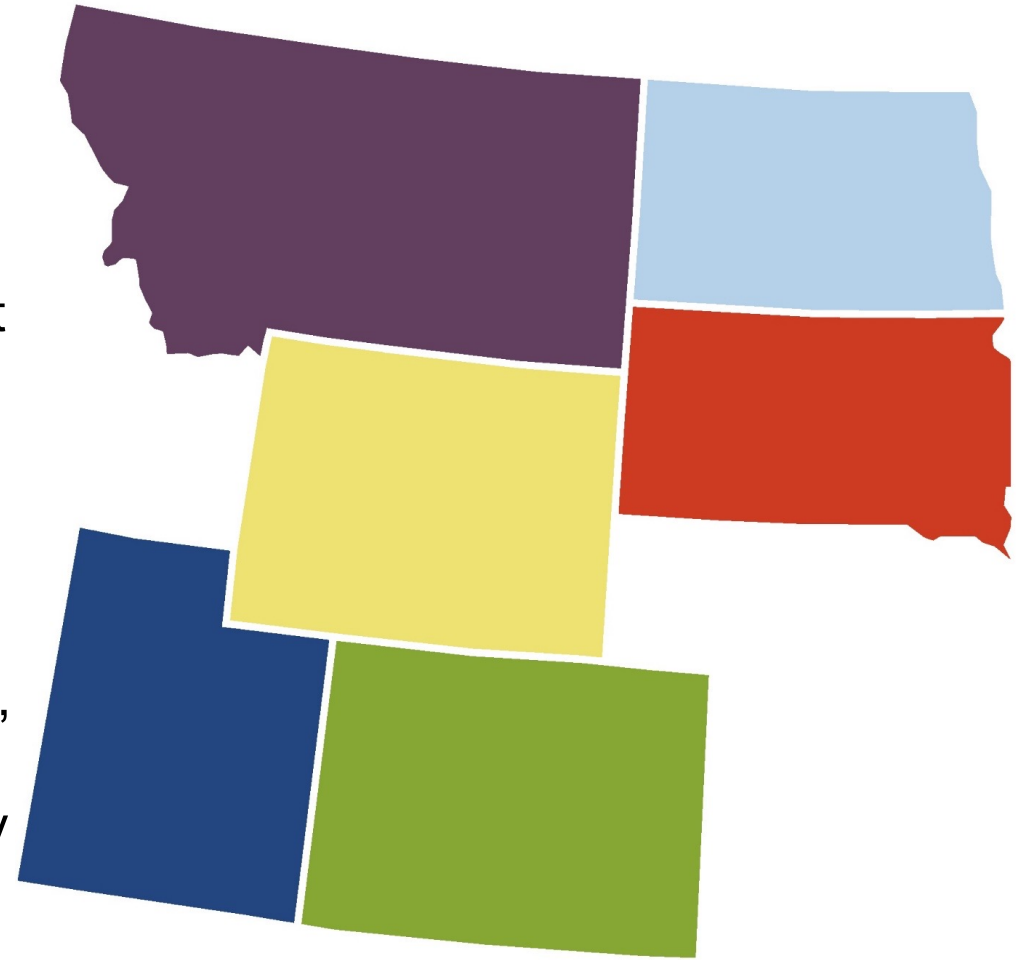
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The Mountain Plains Mental Health Technology Transfer Center

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).



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 4

Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

Describe (Month 2: Jan 10/24)

- **Describe builds off of observe.** Rather than just noticing and moving on, we are now noticing external and internal experiences, and describing them.
- **Describe:** Use words to describe your experience. It can be helpful to say this out loud. “I am observing that I feel anxious. I had the thought that I am in danger. I notice that my heart rate is speeding up.” Once again, be careful not to attach any labels or judgments to what you are describing.
- Describing an object (5 mins), Labelling boxes (15 minutes)

Describing an object (5 mins)



Labelling Boxes (15 mins)



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

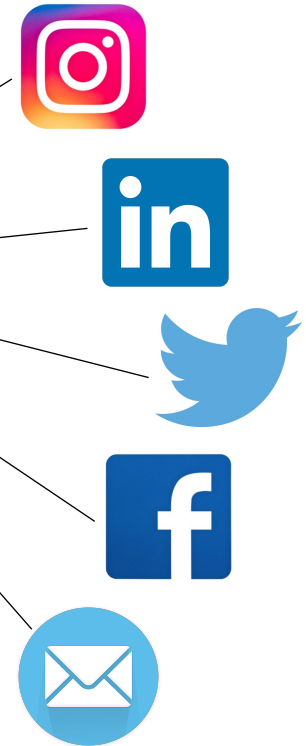
- What did you notice during your at home practice? Were you able to use this skill in a situation in your life? What was the outcome?

Questions



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Thank You!

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