

Mindfulness Mondays

Christina Ruggiero, CCC, RP

February 7th & 21st



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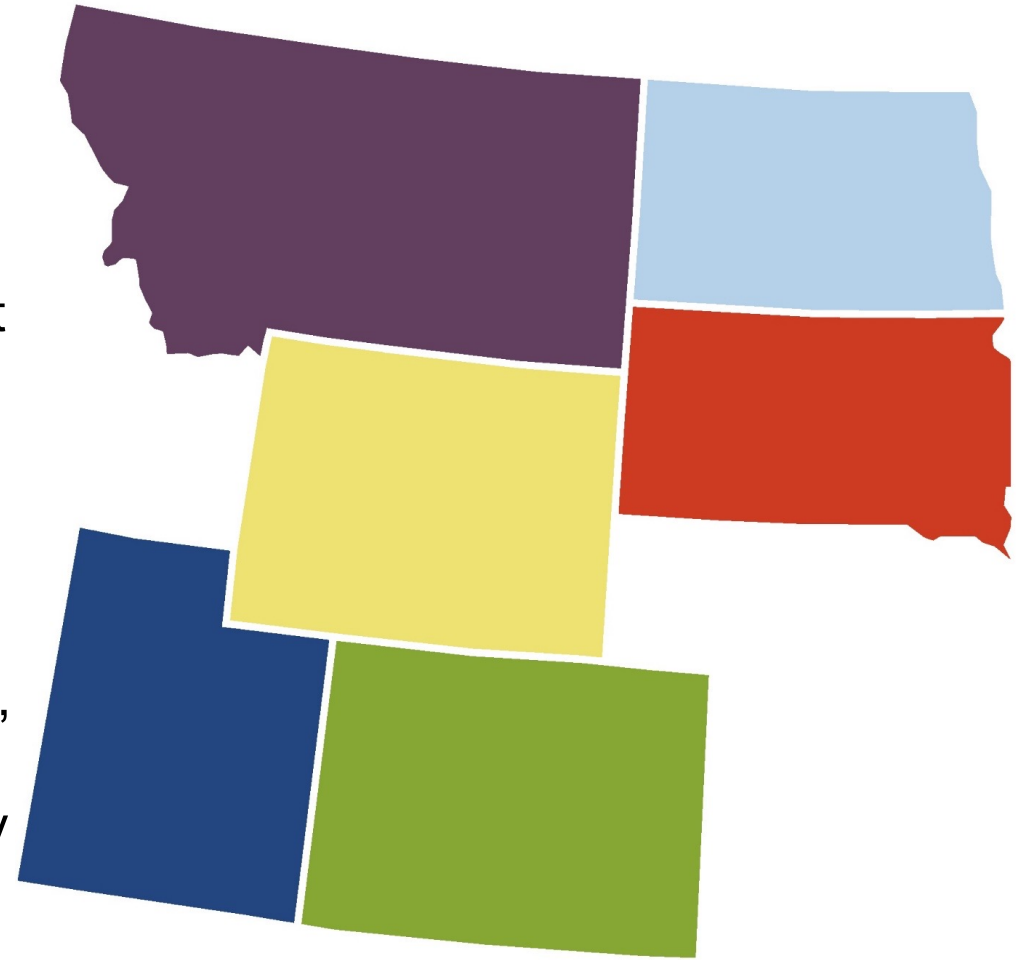
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The Mountain Plains Mental Health Technology Transfer Center

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

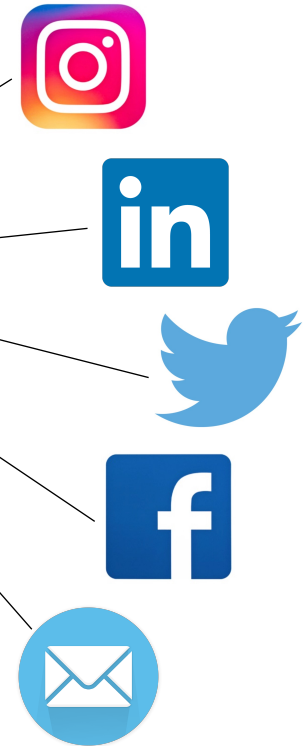
NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

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Mindful Monday

Week 5

Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

- In the past 2 months we have worked to learn how to **observe** without judgement or attachment, **describe** our external and internal experiences as they are...
- And now we will try to fully **participate** in the present moment without hesitation!
- Practice participating in each present moment, stay in the NOW.

What do you mean “participate”?

- **Thoughts** run a mile a minute, affecting how we **feel** and **act** in situations
- Sometimes how we act is DIFFERENT than what we truly want out of a situation, moving us AWAY from what we value
- Eg: meeting up with friends, not engaging in conversation and notice others are not engaging with us. We don't have much to add to the conversation. We start **retreating** in our feelings of awkwardness. We start **thinking it's not going well...** we go quiet, we don't **act** (action). We're **busy thinking of how others perceive us.**
 - Does reacting (**acting**) to our internal experiences (**thoughts/feelings**) and external cues with judgement bring us closer to our friends? Is this what we want in that moment? What we value? To disconnect from others???

Exercise #1

- 1. Think about a situation you were in, where your thoughts, feeling, and judgements of the situation kept you from fully experiencing the moment.
 - Being in a bad mood, disconnecting from your kids
 - Dancing with a partner, focusing on the steps and movements, losing sense of the music and rhythm, thinking “will I screw this up?”.
 - Writing the slides to this presentation getting caught up in using the right words and descriptions, worried it won't be received well by others.

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Participate (Month 3: Feb 7/21)

- **Participate:** Practice throwing yourself into each experience—stay in the “NOW.” Integrate your observe and describe skills into what you are doing. Open yourself up to every experience, once again without judgment, expectations, or labels. Practice having a “Teflon Mind” and let go of any negative or self-critical thoughts. Try not to let your judging thoughts stick in your mind.
 - PMR (10 mins)
 - Creative process exercise (25 mins)

PMR Exercise – (10 mins)

- All exercises are voluntary, if you do not like the exercise, stop practicing.
- Turn cameras off if more comfortable for you.

Week 6 Poll

- What would YOU like to participate on moving through creatively?
 - Fear
 - Perfectionism
 - Low Energy
 - Inner Critic
 - Procrastination
- Please bring something to create on (paper/journal) and with (crayons, markers, pens, pencil crayons, paint) and some sort of glue.

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



Remember...

- Mindfulness skills take practice, but with time they can become your “new normal.” Start with the “What” skills, and work your way up to mastering mindfulness. Daily practice can help you feel more at ease and more in control of your emotions.
- Over time we will react less and observe, describe, and participate more. Giving us the choice.

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Thank You!

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