

Mindful Monday

Christina Ruggiero, RP
March 14, 2022



Disclaimer and Funding Statement

This presentation was prepared for the Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Mountain Plains MHTTC. For more information on obtaining copies of this presentation please email gberry@wiche.edu.

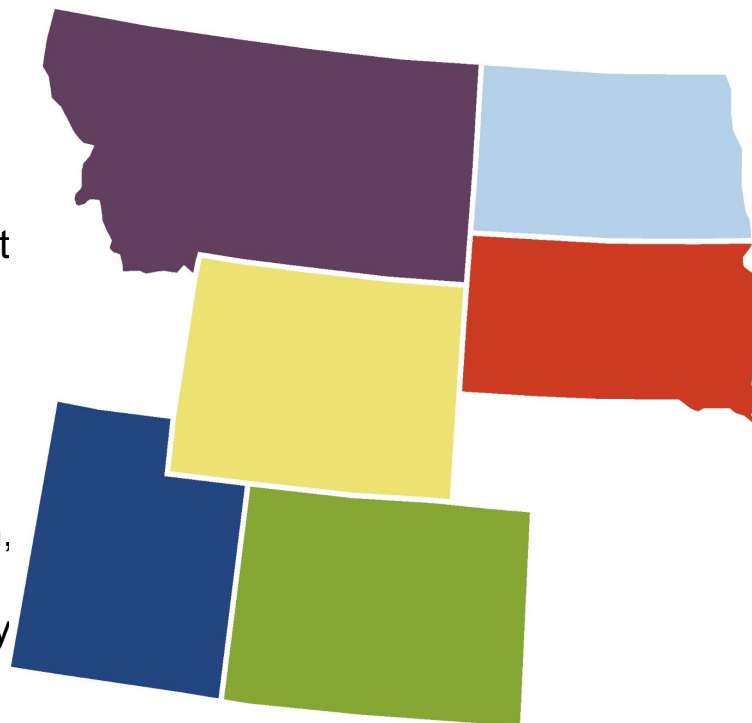
At the time of this presentation, Miriam E. Delphin-Rittmon, Ph.D. served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of Christina Ruggiero, CCP, RP, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

The work of the Mountain Plains MHTTC is supported by grant H79SM081792 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

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

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.



Stay Connected

Sign-up for our listserv and follow us on your favorite social media platform!



Mindful Monday

Christina Ruggiero, RP

March 14, 2022



Mindful Monday

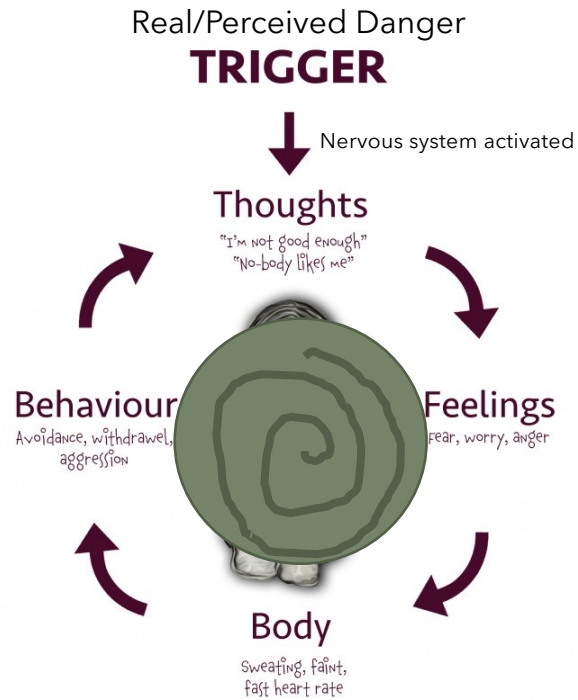
Week 1

Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

reflection

- What has been going on in your life that led you to attend these sessions?
- What is your goal from practicing and applying more mindfulness in your life?



What is Mindfulness?

- Learn how to respond differently to our triggers, starve the stress cycle!
- Moment you see the tricks/traps thoughts makes us believe, you gain freedom and choice to step out of it.

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!).

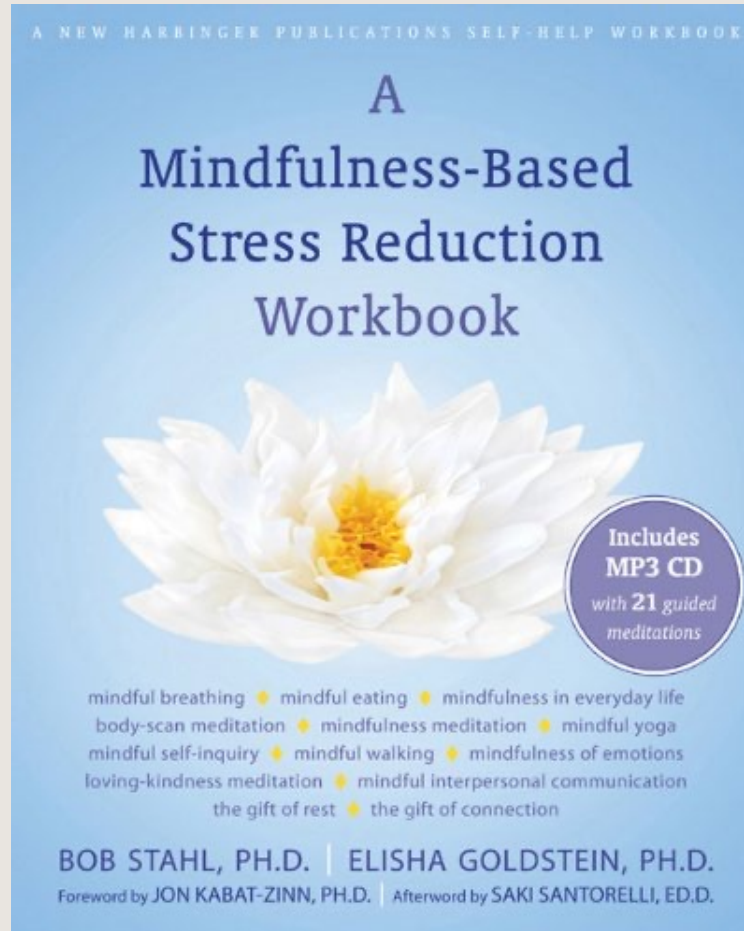
Mindfulness Based Stress Reduction (MBSR)

- Developed at the university of Massachusetts Medical Centre
- Jon Kabat Zinn – 1970's
- Structured 8 week program
 - Weekly group meetings (2.5 hours)
 - Homework (45 mins daily)

Mindfulness Based Stress Reduction (MBSR)

- Empirical evidence of improvement in:
 - Sleep
 - Coping with stress
 - Self-esteem
 - Focus, attention
 - Feeling better!

Next few months,
Mindful Mondays
based on this
workbook.

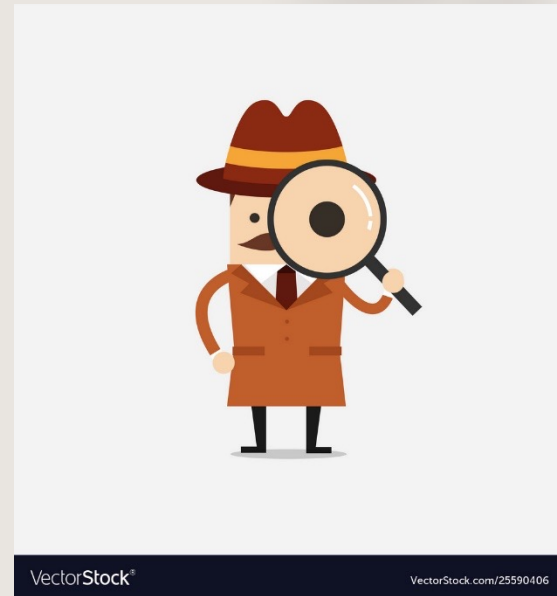


MBSR applied to everyday Mindfulness

- Mindful Monday's - Formal practice twice a month
 - Learn, participate, discuss - grab bag of practices
- Outside of session, everyday practice formal or informal.
 - **As this is a skill we are building, it needs practice practice practice!**
- Formal - taking time, sitting, standing, lying down. Focus attention on something (i.e. breath, body sensations, emotions, thoughts, 5 senses etc.)
- Informal - bring mindful awareness to daily activities.

Formal Practice – Mindful object

- Small object around you
- Sight, sound, smell, touch.



Formal Practice - Describing an object (5 mins)



<https://www.youtube.com/watch?v=VFBxHJRQXWQ>

Discussion

- What did you notice with the object in terms of – sight, sound, smell, touch?
- Any thoughts or memories pop up?
- Anything surprising?

Formal Practice – Mindful Check-in

- <http://www.newharbinger.com/43553>
- “mindful check-in”

Discussion

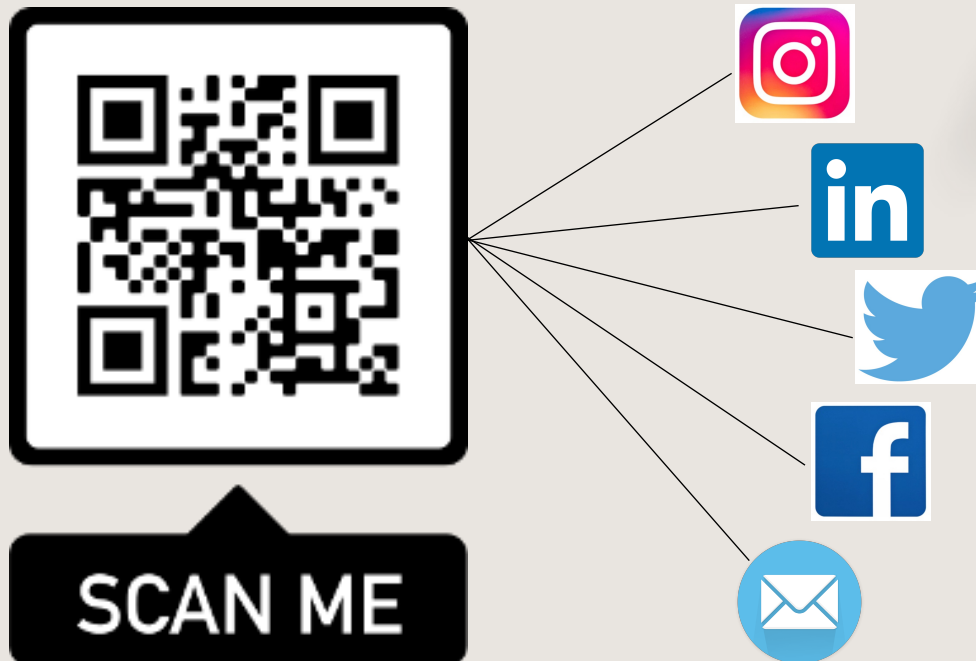
- Any thoughts, feelings, sensations you noticed while practicing?

Outside Practice (Homework!)

- Formal
 - Describing an object, Mindful Check in
- Informal
 - Daily activity
 - Choose one activity to be mindful of during the next 2 weeks. Something you do daily.
 - i.e. brushing teeth, remind self you are brushing teeth, feel bristles moving along teeth, listen to sound of toothbrush against teeth, smell and taste toothpaste...
 - i.e. drinking coffee, remind self you are drinking coffee, feel coffee in your mouth, smell the aroma, feel the temperature, how does it sound pouring it, drinking it...

Stay Connected

*Sign-up for our listserv and follow us on
your favorite social media platform!*



Mountain Plains (HHS Region 8)

MHTTC

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

Thank you for joining us today!

We'll See You Next Time:

Christina Ruggiero, RP
March 28, 2022

