

# Mindful Monday

Christina Ruggiero, RP  
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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

### Visualization Meditation

Christina Ruggiero

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# What is visualization meditation?

- Visualization vs visualization meditation
  - V used for performance, goals, motivation... picture what you want to achieve, helps move you towards that goal.
  - VM uses relaxing imagery and sounds to create calming picture and redirect the mind to positive and relaxation, calms stress spiral.
- More or less guidance, depending on preference.
- Mind wandering is normal, redirect back to imagery (skill of re-focusing!)

# 10-minute guided visualization meditation

- Based off of youtube: Relax for a while - Guided Meditation and Visualization for Stress Relief and Anxiety: Peaceful Lavender Meadow



# Visualization meditation benefits

- Encourages active imagination (right brain!) and may enhance creativity
- Can be used to help ease pain, feel connected/send love, relax, or fall asleep.
- Fastest way to provide us with a “vacation” from our day.

# 7-minute guided visualization meditation

- Guided sound
  - Island Paradise -  
<https://www.meditainment.com/>
- Need more? Visit the website as the majority of these visualizations are 20 mins, audio (sight and sound). Allowing for full immersion.



# Resources

- Visualizations for sleeping YouTube playlist
  - Relax for a while - Sleep story meditations playlist
- 20-minute relaxation and imagery collection
  - <https://www.meditainment.com/>
- Rainbow Waterfall visualization YouTube (children)
  - New Horizon - Meditation & Sleep Stories - Guided Meditation for Children | RAINBOW WATERFALL | Kids Relaxation video
- Loving kindness Meditation youtube (promotes love)
  - Mindfulness Exercises - Loving Kindness Meditation by Kristin Neff video





# Discussion

What did you notice?



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# Thank You for Joining Us!

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