Mindful Monday

Christina Ruggiero, RP April 11, 2022





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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

Masters of Counselling Psychology, Registered Psychotherapist

What is visualization meditation?

- Visualization vs visualization mediation
 - 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 refocusing!)

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.

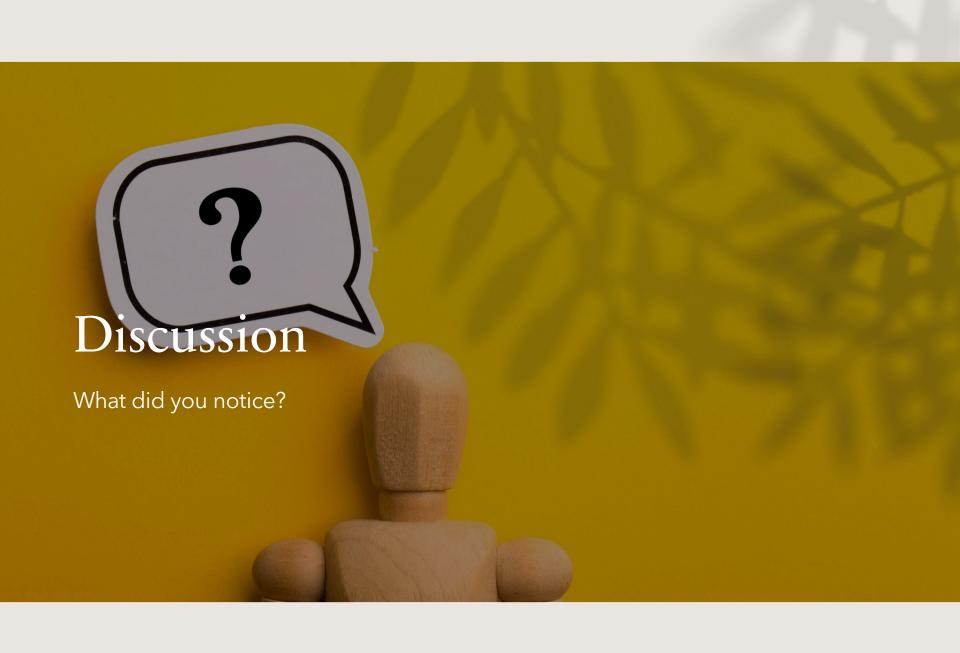
7-minute guided visualization meditation

- 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.



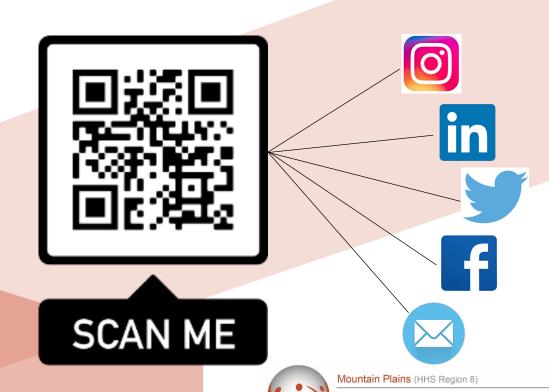
Resources

- 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



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Thank You for Joining Us!

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