

# Mindful Monday

Christina Ruggiero, RP  
May 9, 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 [david.v.terry@und.edu](mailto:david.v.terry@und.edu).

At the time of this presentation, Tom Coderre served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of [PRESENTER] 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.

# 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

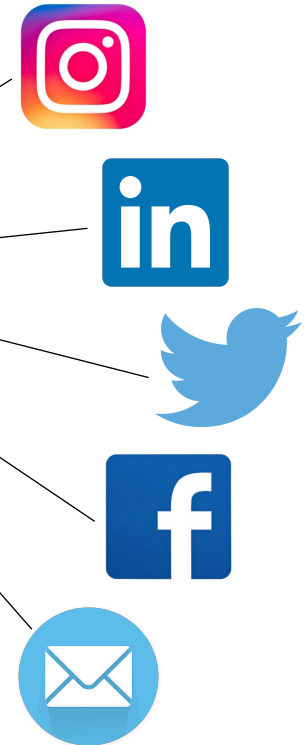
CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS



# Stay Connected

---

Scan this QR code to follow us on Instagram, LinkedIn, Twitter, and Facebook. You can also join our e-mail newsletter!



# Mindful Monday

Christina Ruggiero, RP  
May 9, 2022



# Mindful Monday

Week 5

Inner Home

Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

# External spaces...

- Why do we re-decorate our homes? Repaint, get new furniture...
- We want to feel different in the space we are in. We want to experience new feelings when we walk into that space, or sit in that space. Maybe we fix things that are broken so we feel more at ease, maybe we paint the walls a different colour to feel more peaceful or more in line with what we want...
- **What is it you want to experience when you re-decorate or re organize your space?**
  - Peace? Comfort? Happiness? Joy? Tranquility? Ease?



# Internal Spaces...



WE CAN ALSO APPLY THIS TO OUR INNER WORLD, OR INNER "HOME". WE ARE OUR OWN HOME. WE ALWAYS COME BACK TO OURSELVES.



WE CAN RE-CREATE OR RE-DECORATE OUR INNER SPACE THAT WE WANT TO LIVE IN. OUR BODY IS OUR PERMANENT HOME. IT IS WHAT WE ARE WITH AFTER OUR NIGHTS OUT WITH FRIENDS, AFTER A BUSY DAY WITH THE KIDS, AFTER A DAY AT WORK...



**WHAT DO YOU INTERNALLY WANT TO COME HOME TO AND EXPERIENCE?** (HINT: SIMILAR TO WHAT YOU FEEL WHEN RE-DECORATING YOUR EXTERNAL SPACE)





# the guest house

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

by rumi



# Current Inner home/world

- **How does your inner home currently feel?**
  - Disorganized? Unsafe? Dark? Light? A place you want to avoid? Or a place you want to rest at the end of the day?
- Are you constantly pushing thoughts/guests out the door? Or having them overstay their welcome and affect you?
  - **What beliefs are affecting your inner home?**

# Practice! Re-create your inner home/world

- Let's picture a different inner space, a different inner home, that moves you closer to what you feel if you were to redecorate, what you would feel if your inner home was your sanctuary.

• 10 minute visualization







# Resources

- Inner home meditation from today
  - <https://www.tripsinsilence.com/>
- <https://insighttimer.com/>
  - Search “inner home” or “inner house”
- Inner home work
  - <https://www.amandagilbertmeditation.com/>





# Discussion

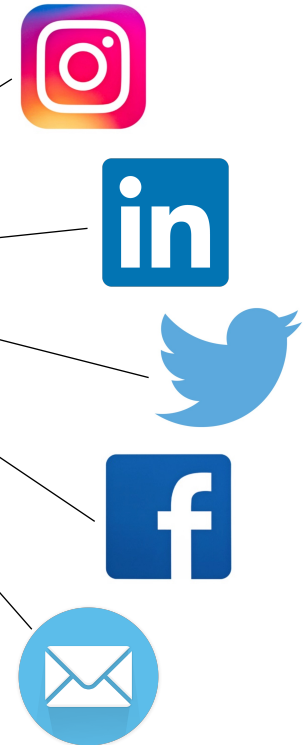
What did you notice?



# Stay Connected

---

Scan this QR code to follow us on Instagram, LinkedIn, Twitter, and Facebook. You can also join our e-mail newsletter!



# Thank You for Joining Us!

## Mindful Monday

Christina Ruggiero, RP  
May 9, 2022

