

Mindful Monday

Christina Ruggiero, RP
May 16, 2022



Disclaimer and Funding Statement

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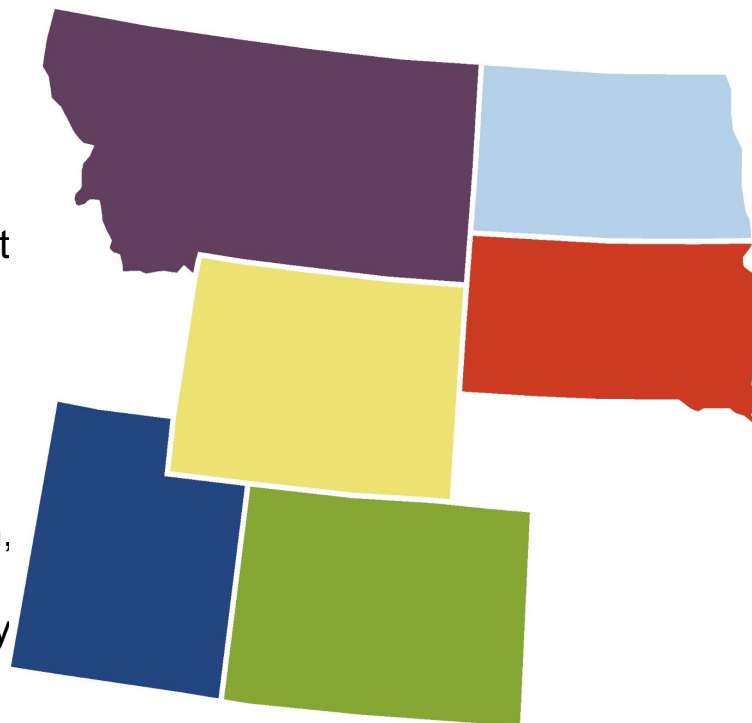
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The Mountain Plains Mental Health Technology Transfer Center

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

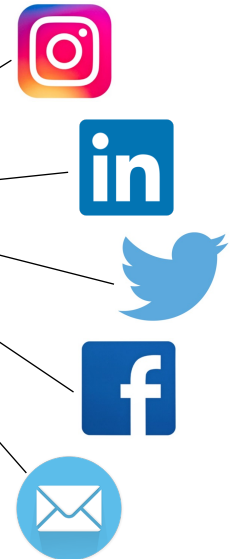
CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

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Mindful Monday

Week 6

Christina Ruggiero

Masters of Counselling Psychology, Registered
Psychotherapist

What is Progressive Muscle Relaxation?

Relax muscles in our body by consciously tensing and releasing them.

work on one muscle group at a time. This allows you to notice the tension in that specific area.

Essential to tense each muscle group *before* relaxing. This action emphasizes the sense of relaxation in the area.

Help you manage the physical effects of stress

Based on the theory that physical relaxation can promote mental relaxation

Progressive Muscle Relaxation Benefits

Reduces anxiety and tension

- Anxiety relief is one of the major benefits of PMR. This includes generalized anxiety disorder or anxiety due to a stressful situation.

Eases neck pain

- may help reduce symptoms of chronic nonspecific neck pain

Improves systolic blood pressure

- Decreases hypertension and high blood pressure by reducing stress.

Decreases the frequency of migraine attacks

- balancing levels of serotonin, a neurotransmitter that's often low in people with migraine.

Improves sleep

- Because PMR induces relaxation, it may also help you get better sleep.
- More information on studies and research:
<https://www.healthline.com/health/progressive-muscle-relaxation#how-to-do-it>



Progressive Muscle Relaxation (15 mins)

Resources

- PMR youtube (children)
 - Bri's Counseling Corner - Progressive Muscle Relaxation for Kids video
- PMR youtube playlist
 - Relax for a while – Progressive Muscle Relaxation Playlist
- PMR quickie (3 mins)
 - Eastern Health NL - Progressive Muscle Relaxation - Bridge the gAPP video

Sent to you:

- PMR SCRIPT



Discussion

What did you notice?

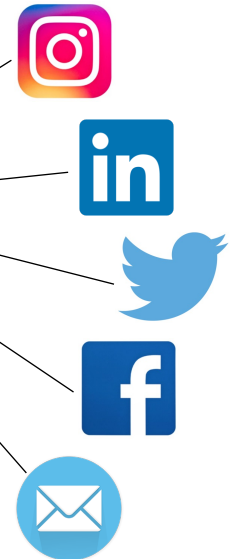


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Thank You for Joining Us!

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