

# Mindful Monday

Christina Ruggiero, RP  
June 20, 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](mailto: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 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

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



SCAN ME



# Mindful Monday

Christina Ruggiero, RP  
June 20, 2022



# **JUNE TEENTH** FREEDOM DAY

JUNE 19



# Mindful Monday

## Week 8 Self Compassion

Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

# What is Self Compassion?



Compassion means you are able to acknowledge suffering, feel warmth, be caring, and help others. Using understanding and kindness when one makes mistakes.



Self Compassion is no different than compassion you give to others, but turned inwards.



# Self Compassion is NOT...

- self pity - immersion in self problem, feel alone in suffering, separation from others, disconnecting/feeling different
- self indulgence - "I feel awful today, therefore I will allow myself to sit on the couch and watch Netflix all day/smoke this pack of cigarettes/eat a tub of ice-cream"
  - yes, sometimes this is what we need, but will the action make us feel good only in the short term? or long term also? self compassion is a longterm skill to build support and MOTIVATION in self.

# SELF-COMPASSION

“Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?”

— Kristin Neff

[www.philacounseling.com](http://www.philacounseling.com)

Motivational "systems": Achieve, Survive,  
Soothe.

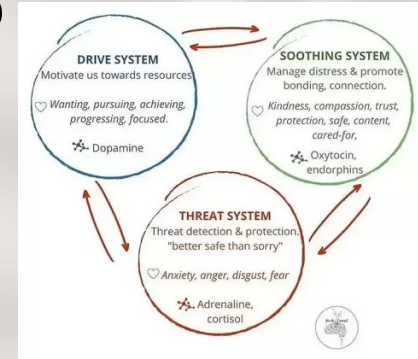
Achieve! Win!  
Positive!  
Motivated!  
Focused!



Soothe! Care for!  
Safeness!  
Calm!

Survive!  
Fear!  
Anxiety!  
Fight or  
Flight!

# Exercise 1: How would you treat a friend?



- First, think about a recent situation(s) when you felt bad about yourself or were struggling. How did you respond to yourself in this situation(s)?
  - what did you do, what did you say, what tone did you talk to yourself in?
- Now think about if your good friend came to you and told you they were going through the exact same situation(s). How would you respond to your friend in this situation(s) (especially when you're at your best)?
  - what do you do, what you say, what tone do you talk to them in?
- Did you notice a difference? If so, ask yourself why. What factors, fears, or motivational systems come into play that led you to treat yourself differently than others?
- How do you think things might change if you responded to yourself in the same way you typically respond to a close friend when you're suffering?

**Why not try treating yourself like a good friend and see what happens?**

# Exercise 2: Self Compassion Break

# Resources

- Kristen Neff – Self-Compassion
  - <http://self-compassion.org>
- Empower your students with self compassion
  - <https://www.mindfulschools.org/inspiration/empower-students-with-self-compassion/>



# Discussion

What did you notice?



# Stay Connected

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





# Thank You for Joining Us!

## Mindful Monday

Christina Ruggiero, RP  
June 20, 2022

