

Mindful Monday

Christina Ruggiero, RP

August 8, 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

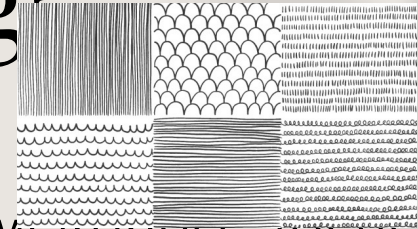
Week 11

Mindful drawing

Christina Ruggiero

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What is mindful drawing?



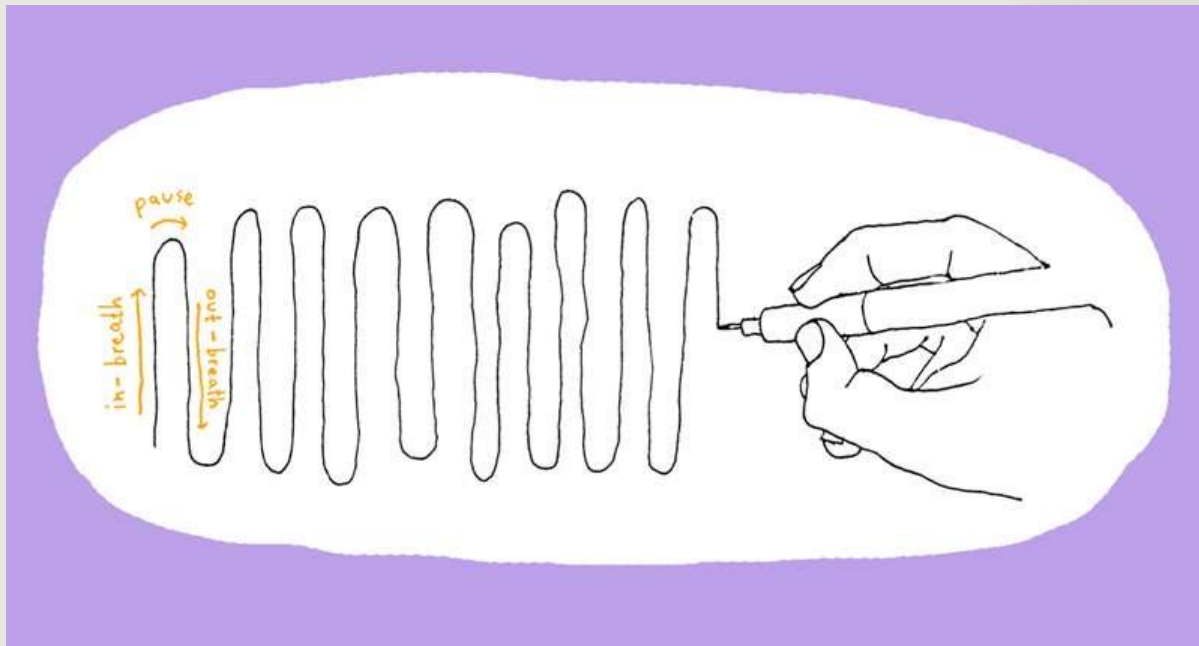
- Visual technique for training attention and awareness, focusing the mind in the present, and exercising your creative muscle.
- Embodied practice, bringing yourself (both mind and body) to the present moment, immersed in drawing without doing anything else.
- Similar to focusing on 5 senses, breathing, movement, visualization etc. with added movement of hand and pen to paper

- Simple and slow movements of pen to paper drawing lines and shapes can promote:
 - Increased actions to focus on and bring us back to the present
 - Repetitive movement promote calm and stability
 - Random movement promote creativity, curiosity, expression

We can do this with...



Exercise: Mindful line drawing (15 mins)



Resources

- Meditative drawing practice
 - <https://journalsmarter.com/meditative-drawing>
- Mindful meditative art activities
 - <https://mindfulcreativemuse.com/>
- Mindful art activities for kids
 - <https://empoweringeducation.org/blog/mindful-art-activities-for-kids/>



Discussion

What did you notice?



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Thank You for
Joining Us!

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