# Mindful Monday

Experiential Practices to Develop Personal Resilience

Christina Ruggiero, RP August 29, 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

#### Meditation for Monkey Mind

Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

## Welcome and ground

## What is the monkey mind?

 Thousands of years ago bhuddist monks watched monkeys in the wild.

- Compared this to our thoughts that run wild in our minds
  - Chaos, destruction, chatter

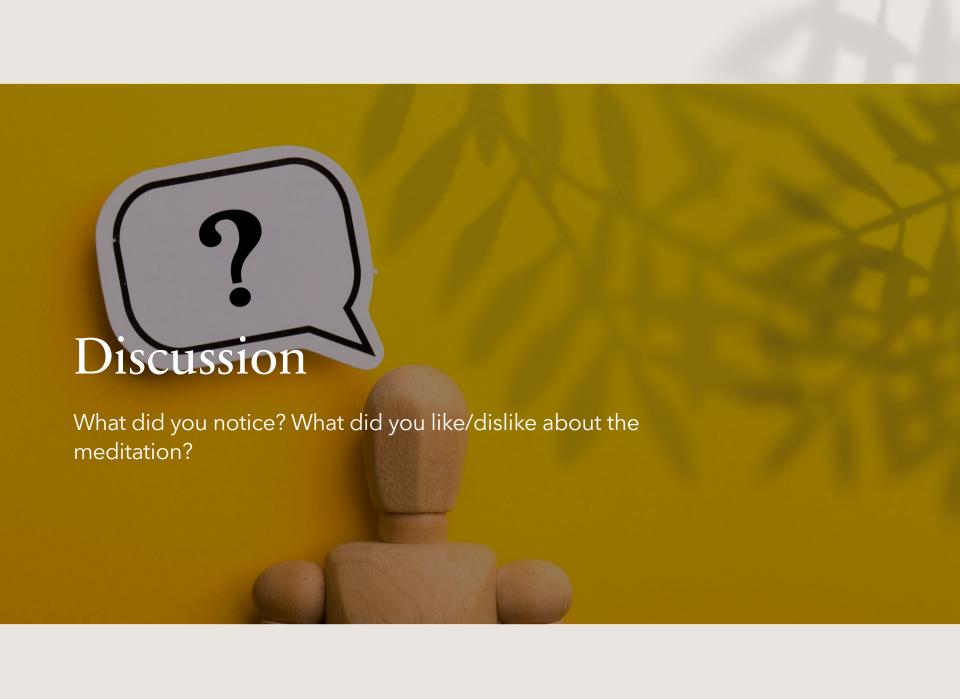
 Described meditation as a way to calm the monkeys in our mind.

## What is the monkey mind?



15-minute meditation to quiet the monkey mind





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# Thank You for Joining Us!

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