

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?



- https://www.youtube.com/watch?v=qxyVCjp48S4&list=RDLVqxyVCjp48S4&start_radio=1&rv=qxyVCjp48S4&t=17

15-minute meditation to quiet the monkey mind





Discussion

What did you notice? What did you like/dislike about the meditation?



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Thank You for
Joining Us!

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