

Mindful Monday

Experiential Practices to Develop Personal Resilience

Christina Ruggiero, RP

September 12, 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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Breathing & Visualization Techniques 1

Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

Welcome and Ground



What is a breathing meditation?

- *Anapanasati* is the word that the Buddha used to describe his personal meditation technique.
- This word, in and of itself, tells us everything we need to know in order to practice this technique for ourselves.
- In the ancient Indian language of Pali:
 - “Ana” means “Inhale”
 - “Pana” means “Exhale”
 - “Sati” means “Mindfulness” (or “Attention”)

15-minute breathing meditation





Discussion

What did you notice?



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Thank You for
Joining Us!

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