

Mindful Monday

Experiential Practices to Develop Personal Resilience

Christina Ruggiero, RP

September 26, 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.

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

Experiential Practices to Develop Personal Resilience

Christina Ruggiero, RP
September 26, 2022





Mindful Monday

September 26 2022

Breathing & Visualization Techniques 2

Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

Welcome and Ground

What is visualization meditation?

- VM uses relaxing imagery and sounds to create calming picture and redirect the mind to positive and relaxation, calms stress spiral.
- More or less guidance, depending on preference.
- Mind wandering is normal, redirect back to imagery (skill of re-focusing!)
- Encourages active imagination (right brain!) and may enhance creativity
- Can be used to help ease pain, feel connected/send love, relax, or fall asleep.
- Fastest way to provide us with a “vacation” from our day.

20 minute visualization meditation



<https://www.meditainment.com/>



Discussion

What did you notice?



Stay Connected

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



SCAN ME



Thank You for
Joining Us!

Mindful Monday

Experiential Practices to Develop Personal Resilience

Christina Ruggiero, RP

September 26, 2022

