# Mindful Monday

Experiential Practices to Develop Personal Resilience

Christina Ruggiero, RP September 26, 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

#### September 26 2022 Breathing & Visualization Techniques 2

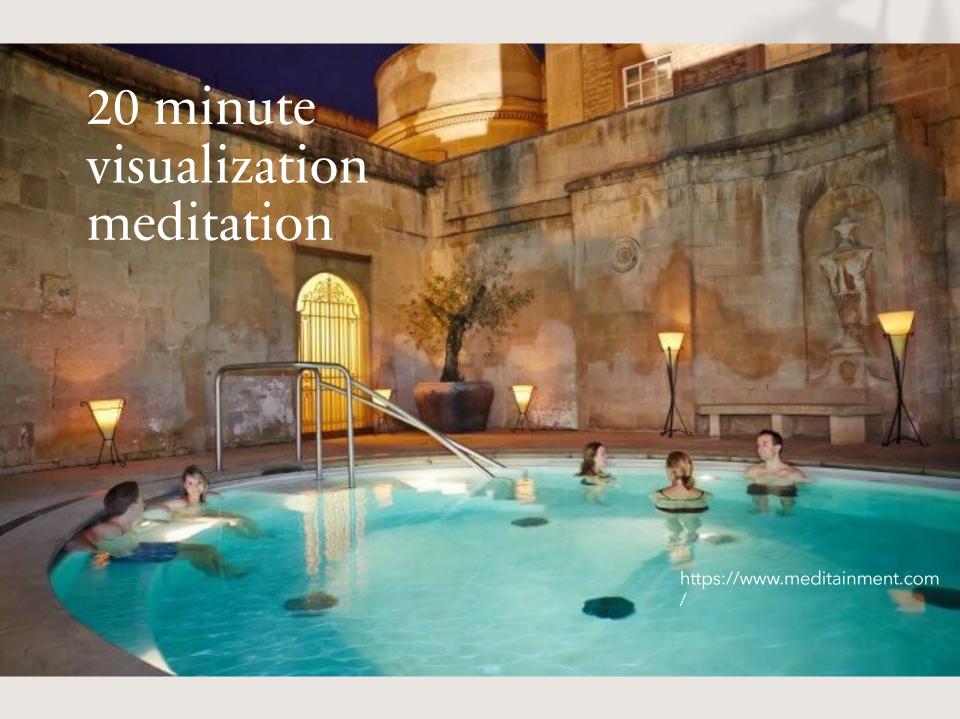
Christina Ruggiero

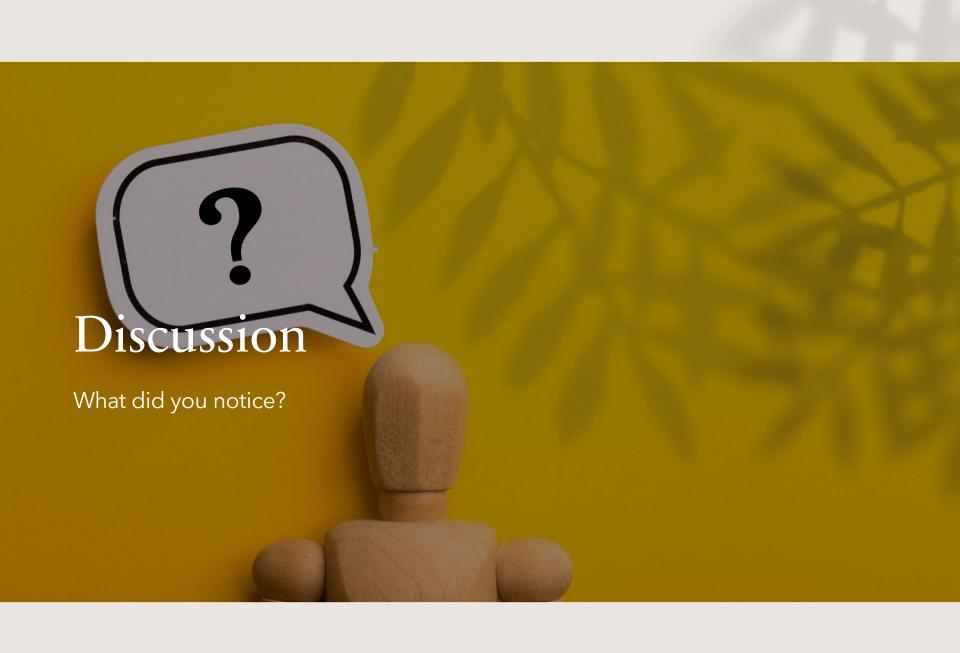
Masters of Counselling Psychology, Registered Psychotherapist

#### 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.





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# Thank You for Joining Us!

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