Mindful Monday

Experiential Practices to Develop Personal Resilience

Christina Ruggiero, RP

October 10, 2022

Creative Mindfulness Thru Art





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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

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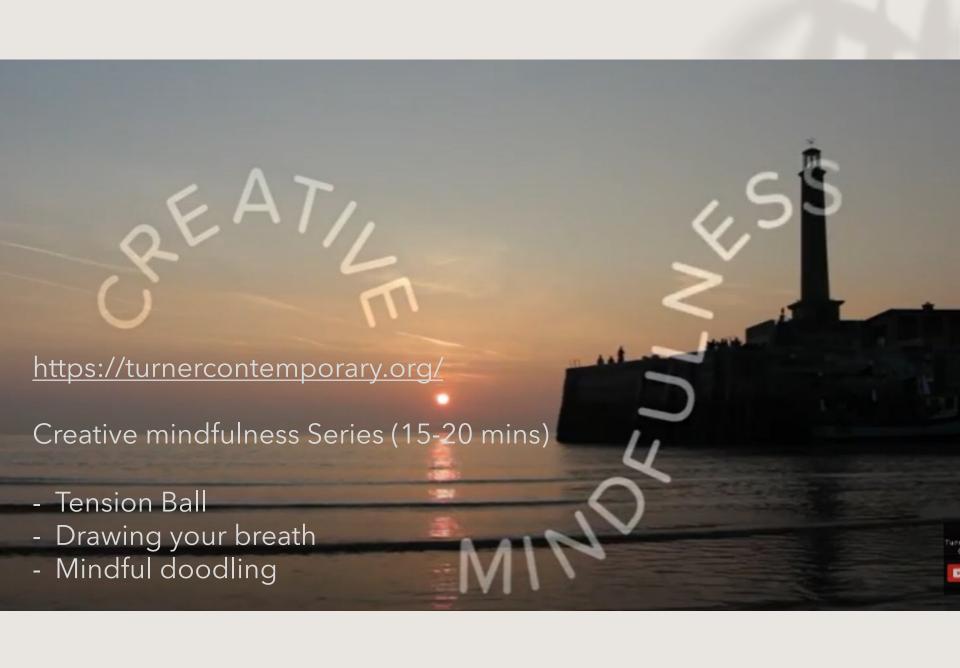
Christina Ruggiero

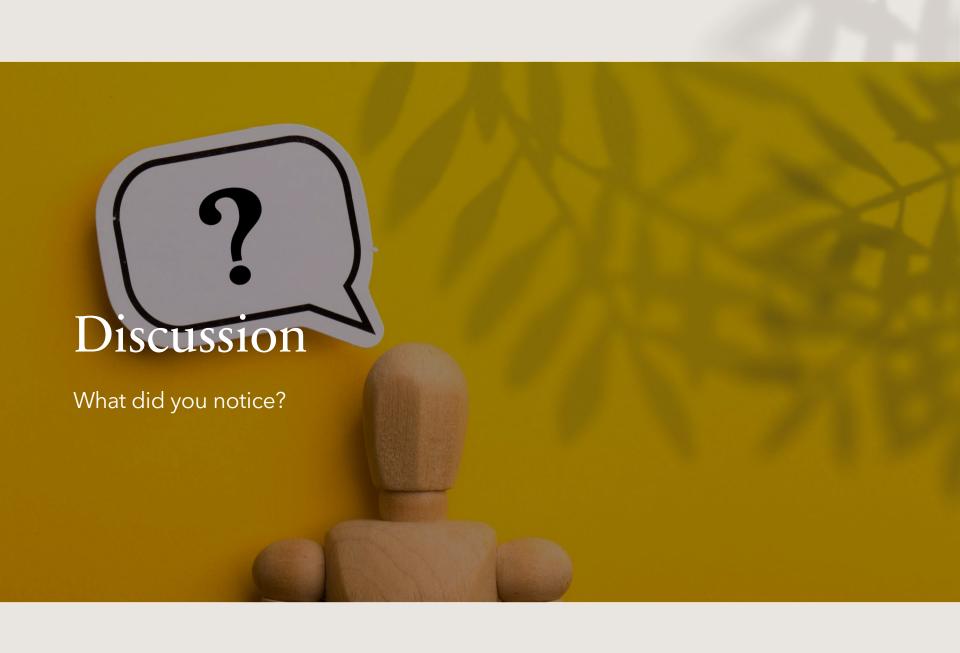
Masters of Counselling Psychology, Registered Psychotherapist

Welcome and Ground

What is creative mindfulness?

- Use creativity to foster certain feelings
- Focus on your senses during the exercise, or the process and feelings during the exercise, rather than the final outcome of the work.
- Taken from childlike wonder and play to enhance right brain activation.
- Allow us to build trust in ourselves by trying out "what we want" in that moment, allowing for "spontaneity"





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Thank You for Joining Us! Mindful Monday

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