

Mindful Monday

Experiential Practices to Develop Personal Resilience

Christina Ruggiero, RP

October 10, 2022

Creative Mindfulness Thru Art



Disclaimer and Funding Statement

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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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SCAN ME





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Creative Mindfulness Through Art 1

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”



CREATIVE

<https://turnercontemporary.org/>

Creative mindfulness Series (15-20 mins)

- Tension Ball
- Drawing your breath
- Mindful doodling

MINDFULNESS



Discussion

What did you notice?



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Thank You for Joining Us!

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