

Mindful Monday

Experiential Practices to Develop Personal Resilience

Christina Ruggiero, RP

October 24, 2022

Creative Mindfulness Thru Art – Part 2



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 2

Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

Welcome and Ground

- How do you want to feel at the end of our time today?
- What do you need to give yourself permission to do today to move towards this feeling?

What is creative mindfulness?

- Use creativity to foster certain feelings
- Focus is on 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.

Artist Elizabeth Foley

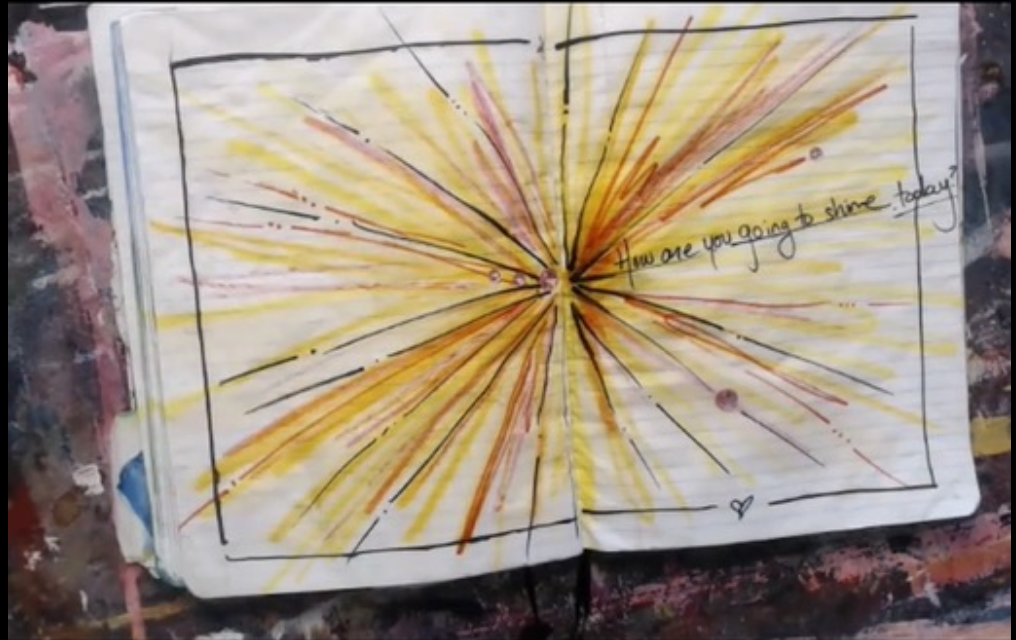
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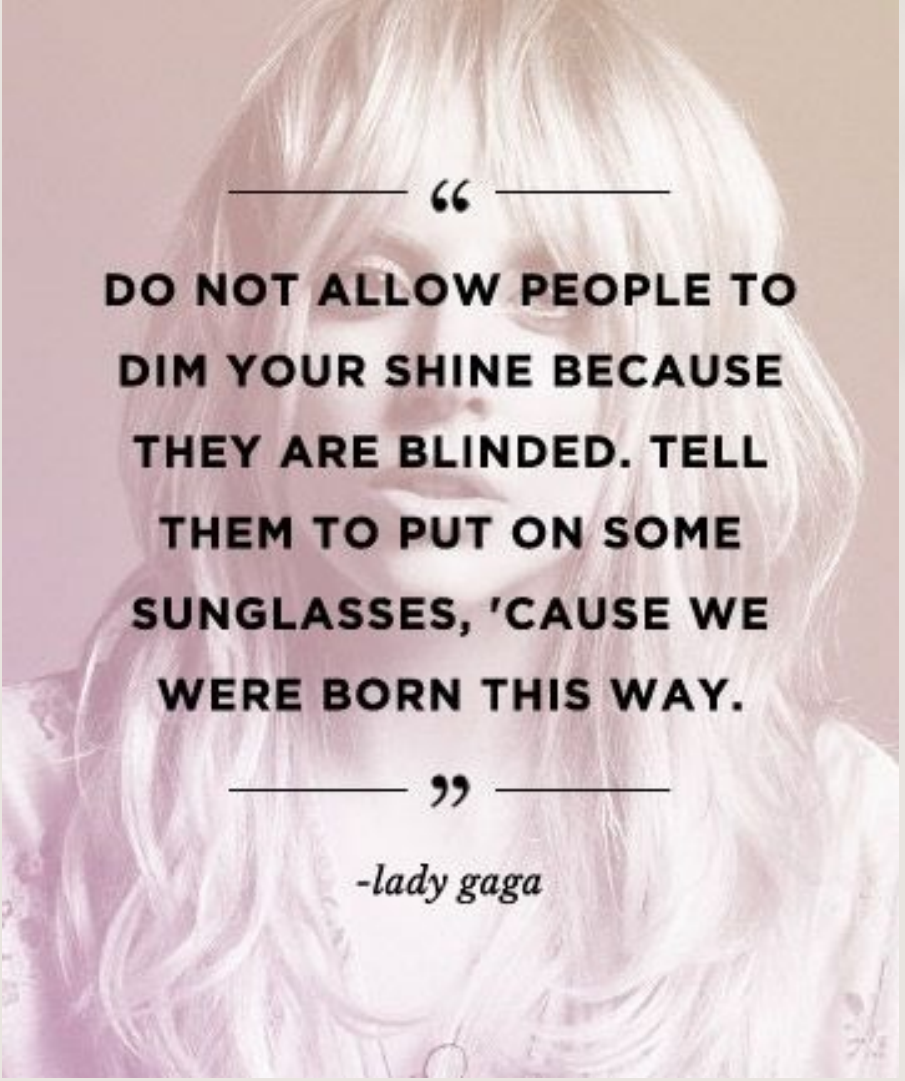
“I'll be sharing fun creative exercises to help you move past the most common things that stop people from creating.” –
Unlock your artist challenge



20 minute
creative space to
**SHINE YOUR
LIGHT!**



<https://vimeo.com/699211407/adabef8322>



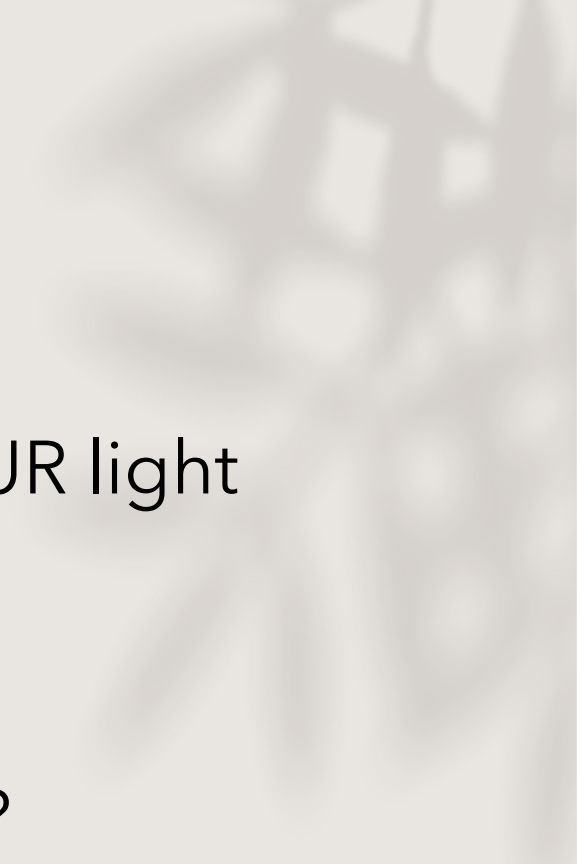
———— “ ————

**DO NOT ALLOW PEOPLE TO
DIM YOUR SHINE BECAUSE
THEY ARE BLINDED. TELL
THEM TO PUT ON SOME
SUNGLASSES, 'CAUSE WE
WERE BORN THIS WAY.**

———— ” ————

-lady gaga

Colours? Shapes?

- 
- How can you represent shining YOUR light brightly in todays exercise?
 - How are YOU going to shine today?



Discussion

What did you notice?



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Thank You for Joining Us!

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