## Mindful Monday

Experiential Practices to Develop Personal Resilience

Christina Ruggiero, RP

November 7, 2022

Somatic Experiences – Part 1





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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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#### November 7 2022 Somatic Experiences 1

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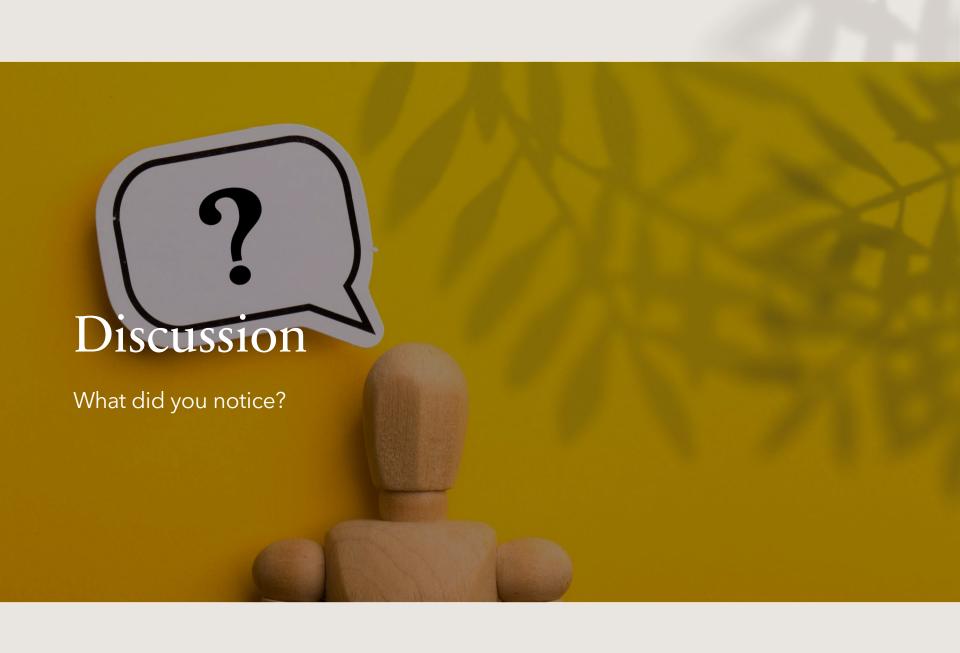
#### Welcome and Ground

# What is somatic mindfulness?

- Engaging in different exercises while placing your attention on the movements you are making, and your breathing
- Slow repetitive movement (similar to tai chi).
- Similar benefits as other mindfulness practices, added benefit of improved blood flow, physical activity, and stretching

### Mindful chair yoga

• 15 min practice



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## Thank You for Joining Us! Mindful Monday

Experiential Practices to Develop Personal Resilience

### Somatic Experiences – Part 2

November 21, 2022



