

# Mindful Monday

Experiential Practices to Develop Personal Resilience

Christina Ruggiero, RP

December 5, 2022

Self-Compassion



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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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SCAN ME





# Mindful Monday

## December 5 2022 Self-Compassion

Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

# What is self compassion?

- Acknowledge suffering, feel warmth, be caring, help others.
- Use understanding and kindness when we make mistakes.
- How does this feel when someone else gives this to you?
- How does this feel when you give this to someone else?
- Self Compassion is no different than compassion you get from, and give to others, but turned inwards.

# Loving Kindness meditation (20 mins)

- Kristin Neff – Self Compassion
- Tara Brach – Loving Kindness



# Discussion

What did you notice?



# Thank You for Joining Us!

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