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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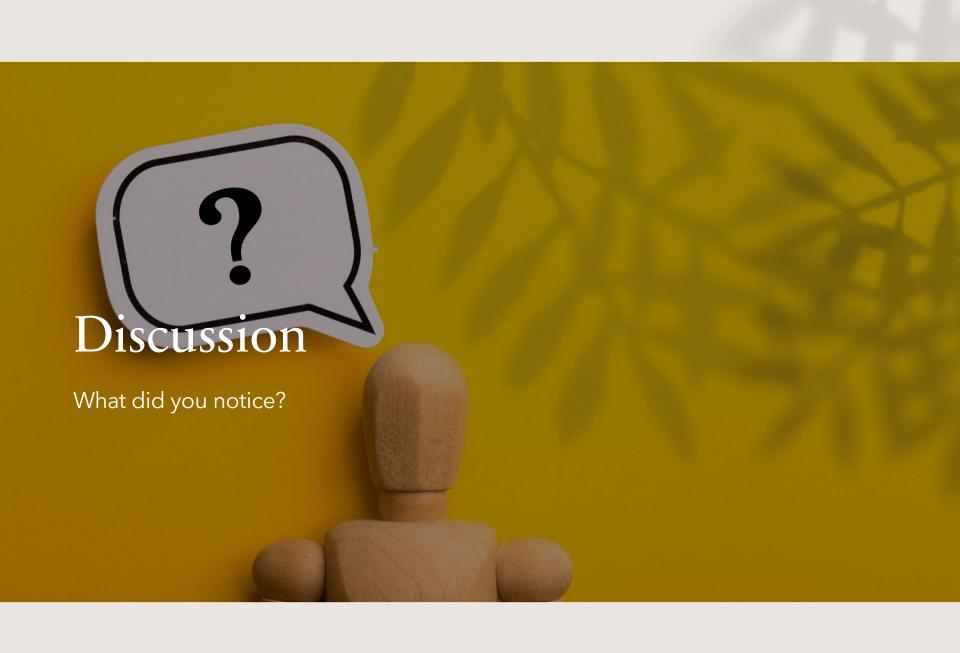
Masters of Counselling Psychology, Registered Psychotherapist

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



Thank You for Joining Us! Mindful Monday

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