

Mindful Monday

Discovering and Cultivating Tools for Personal Resilience

Christina Ruggiero, RP

February 6, 2023

Intentional Visualization 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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SCAN ME





Mindful Monday Intentional Visualization 1

February 6, 2023

Christina Ruggiero

Masters Counselling Psychology, Registered Psychotherapist



➤ Grounding and welcome

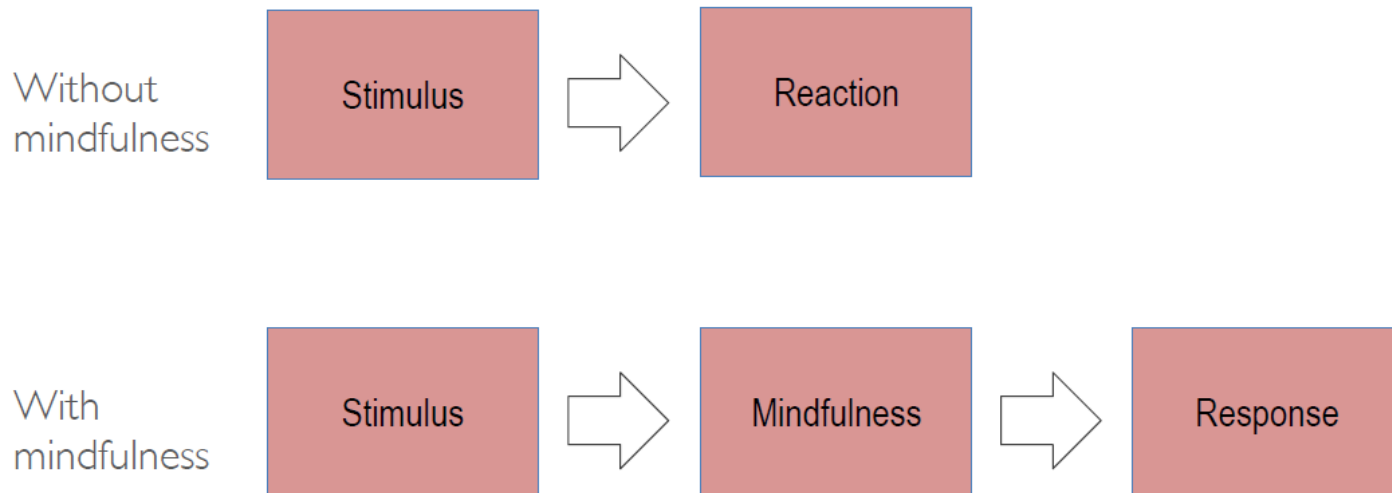


Intentional Visualization



- ▶ Visualization can be
 - ▶ active, picturing what we want to achieve, or moving us towards something we want.
 - ▶ passive, using relaxing imagery to create and foster a sense of calm to redirect the mind towards relaxation.
- ▶ Intention setting is a bit of both, tapping into our intention with cues in the form of questions brings awareness to how we want to feel, respond, or act in a situation. This could lead us towards more open and “positive feelings”.
- ▶ First session back after a brief break in our mindful series, dedicate this month to intention.
 - ▶ Intention guides us it reminds us of how we want to feel, behave, think, or what we want to work towards to make us feel more fulfilled. Maybe its an intention for our mindful practices together, or intention for your whole year, or something to focus on when you are struggling...

The Mindful Response



Training in mindfulness is a conscious and directed way of shaping our neural networks according to our intentions.



- ▶ Things that will happen...

- ▶ mind wandering! Redirect to the imagery, to my cues.

- ▶ Things that might happen...

- ▶ difficulty visualizing/imagining something, not a visual person, listen to my voice, see how it makes you feel when you hear what I'm saying, focus on your breathing, feel your body against the chair or ground.
- ▶ if I'm cuing you and nothing visual comes to you, don't force it, see what happens, and trust the process. Sometimes no information, is also information.



15-20 min
practice



Discussion

What did you notice?



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Thank You for Joining Us!

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THANK YOU!

