

Mindful Monday

Discovering and Cultivating Tools for Personal Resilience

Christina Ruggiero, RP

February 20, 2023

Intentional Visualization 2



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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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▶ Grounding and welcome

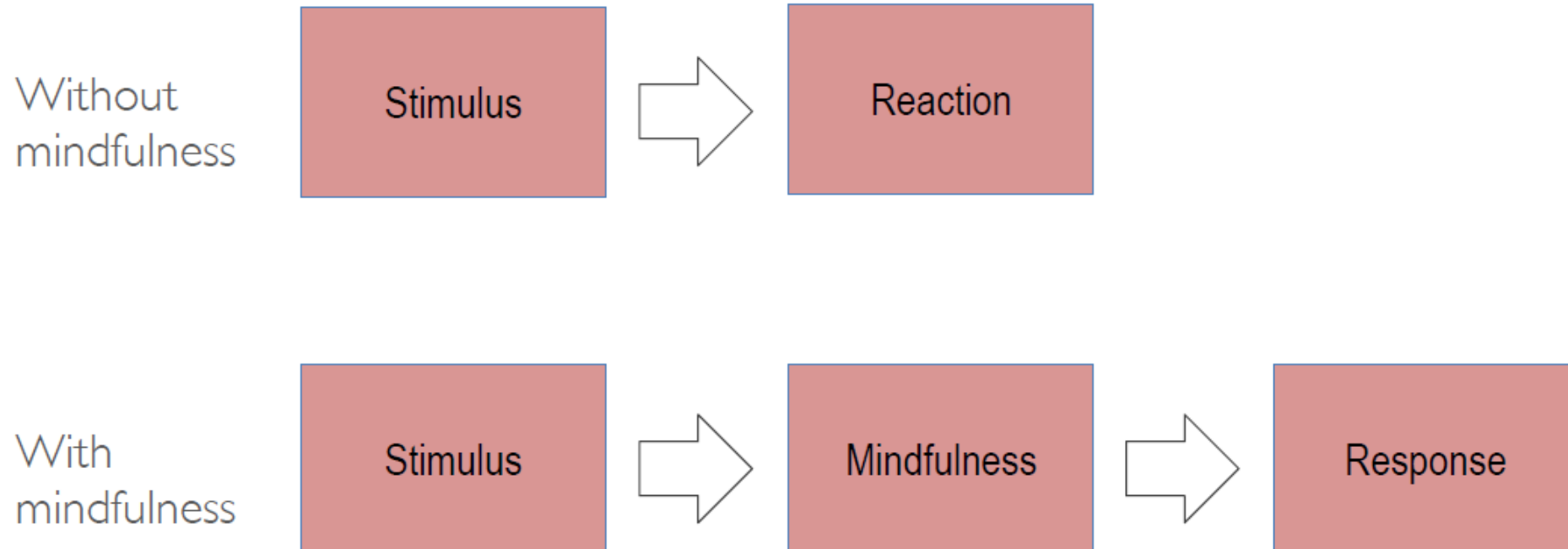


Intentional Visualization

- ▶ 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, actively picturing what we want to achieve, in this exercise, grounding and centering through the image of a tree, roots, and light. Passively taking in relaxing imagery to evoke calm, or energizing feelings.
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- ▶ “Grounding and centering” is a visualization and meditation exercise you can use to focus yourself on the present and learn to feel more whole, more aware.
 - ▶ The image of a tree evokes feelings of stability and connectedness for many people. Bringing up our energy when we feel tired or numb and bringing down our energy when we feel anxious or overwhelmed.

The Mindful Response



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



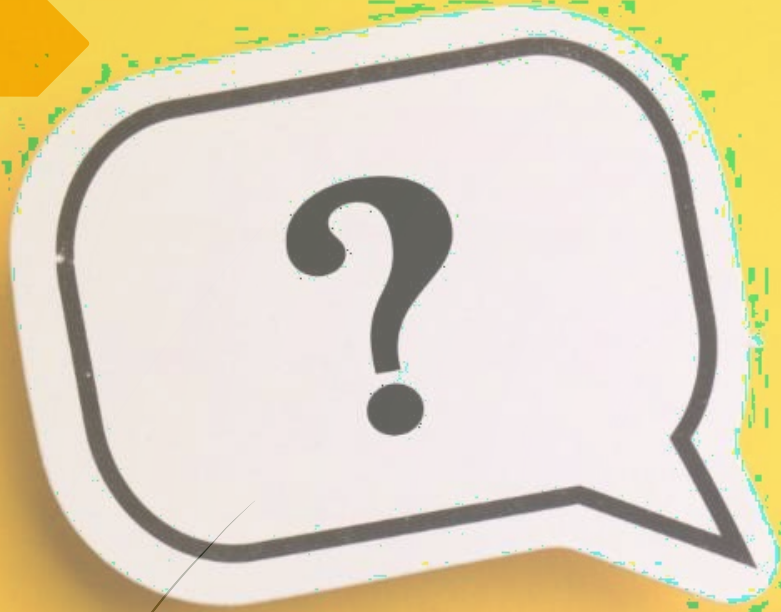
- ▶ Things that will happen...

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

- ▶ Things that might happen...

- ▶ difficulty visualizing/imagining something, not a visual person, alternatively 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...





Discussion

What did you notice?



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Thank You for Joining Us!

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