

Mindful Monday

Discovering and Cultivating Tools for Personal Resilience

Christina Ruggiero, RP

March 20, 2023

Compassion 2



Disclaimer and Funding Statement

This presentation was prepared for the Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Mountain Plains MHTTC. For more information on obtaining copies of this presentation please email gberry@wiche.edu.

At the time of this presentation, Miriam E. Delphin-Rittmon, Ph.D. served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of Christina Ruggiero, CCP, RP, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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**

Stay Connected

Sign-up for our listserv and follow us on your favorite social media platform!



SCAN ME



Mindful Monday

Discovering and Cultivating Tools for Personal Resilience

Christina Ruggiero, RP

March 20, 2023

Compassion 2






Mindful Monday Self Compassion 2

March 20, 2023

Christina Ruggiero

Masters Counselling Psychology, Registered Psychotherapist



▶ Grounding and welcome

Three Circles of Emotional Regulation – Paul Gilbert

Achieve! Win!
Positive!
Motivated!
Focused!



Soothe! Care for!
Safeness!
Calm!

People often switch between 3 systems to manage their emotions.

Many of us have built up threat and drive system, but not soothe system, causing an imbalance, and emotional dysregulation.

Survive!
Fear! Anxiety!
Fight or Flight!



THE POWER OF SELF-COMPASSION

with Dr. Kristen Neff

Skeptical???

1.39 minutes

<https://www.youtube.com/watch?v=3MGxmw7BgZE&vl=en>



RAIN acronym

- ▶ Most commonly associated with meditation teacher and psychologist Tara Brach
- ▶ The acronym RAIN is an easy-to-remember tool for practicing mindfulness and compassion using the following four steps:
 - ▶ Recognize what is going on
 - ▶ Allow the experience to be there, just as it is
 - ▶ Investigate with interest and care
 - ▶ Nurture with self-compassion



- ▶ Things that will happen...

- ▶ mind wandering! When you notice, try redirecting to the meditation, we are building on the skill of redirection.

- ▶ Things that might happen...



- ▶ Difficulty sitting with a moment or situation of struggle, facing our inner critical side.
 - ▶ Pull back if it gets too much, focus on breathing, maybe a situation with less weight or that has less of an affect on us.
- ▶ Difficulty at first to evoke kindness for self and others, may feel “fake” or uncomfortable. This is normal!
 - ▶ We have our own inner protection, or familiarity on how we act towards ourselves. Know that we can build up our “soothing system” over time, with practice it will feel more natural.

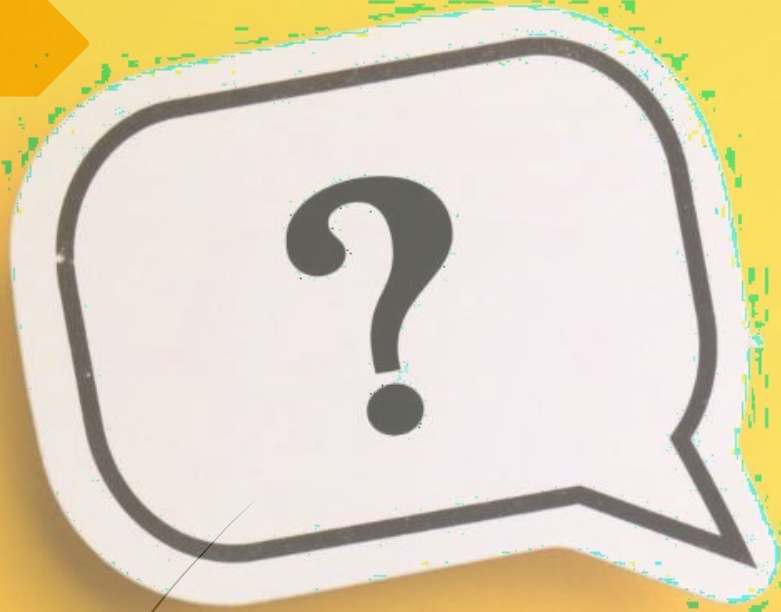


The RAIN of self compassion.

15 mins



- 
- 
- ▶ “my beloved child, break your heart no longer. Each time you judge yourself you break your own heart, you stop feeding on the love which is the wellspring of your vitality, the time has come, your time to live, to celebrate, and see the goodness that you are, let no one ,no thing, no idea or ideal obstruct you. If one comes even in the name of truth forgive it for its unknowing, do not fight, let go and breathe into the goodness that you are.”
 - ▶ Indian Master Bapuji



Discussion

What did you notice?



Stay Connected

Sign-up for our listserv and follow us on your favorite social media platform!



SCAN ME



Thank You for Joining Us!

Mindful Monday

Discovering and Cultivating Tools for Personal Resilience

April 3, 2023

Movement

