

Mindful Monday

Discovering and Cultivating Tools for Personal Resilience

Christina Ruggiero, RP

April 3, 2023

Movement 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**

Evaluation Information

The MHTTC is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event. At the end of today's training please take a moment to complete a **brief** survey about today's training.



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Mindful Monday Movement 1

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Christina Ruggiero

Masters Counselling Psychology, Registered Psychotherapist



▶ Grounding and welcome



Why mindful movement?

- ▶ The body can get stuck in a dysfunctional response of somatic behaviours (fight/flight/freeze). We bring focus to our body to calm and relax it.
- ▶ Allowing for our nervous system (stress response) to relax, calm, and find soothing in body movements.
- ▶ Good way to reset our nervous system (baseline).
- ▶ I.e. ever had a body response to an event? Shaking before a presentation, trembling when talking to a certain person, heart beat racing with no trigger?



Sitting/standing Qigong

- ▶ Engage in different slow and repetitive movements paired with the breath, taking focus onto the movement and body.
- ▶ Light hitting and tapping of different points of our body to improve circulation and strengthen those areas of connection points or organ areas.
- ▶ Potential benefits: lowers blood pressure, lessens symptoms of anxiety/depression, strengthens immune system, improves fitness.

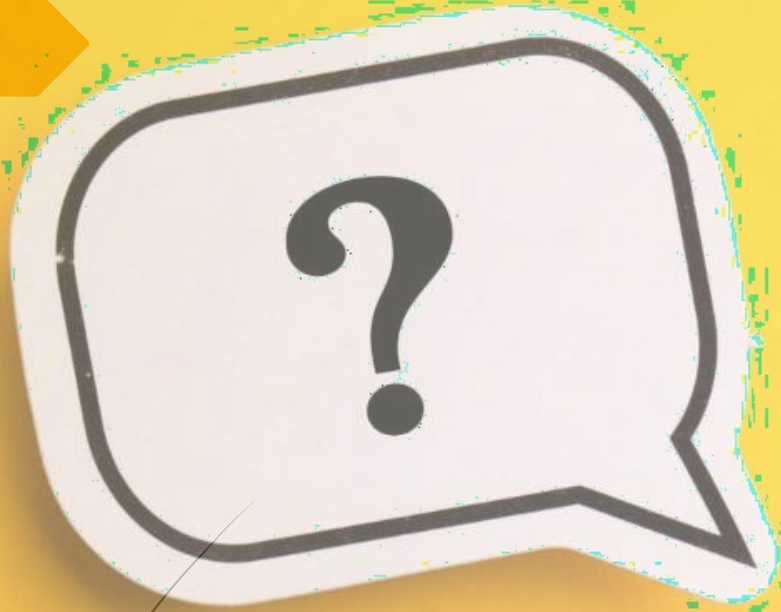


- ▶ Things that will happen...

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

- ▶ Things that might happen...

- ▶ Movement is not accessible in certain postures
 - ▶ Repetitive movement and gestures are more important than getting it “right”, modify the movement so it is accessible to you.



Discussion

What did you notice?



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Thank You for Joining Us!

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Movement 2

