

# Mindful Monday

Discovering and Cultivating Tools for Personal Resilience

Christina Ruggiero, RP

May 1, 2023

Creativity 1



# 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](mailto: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**




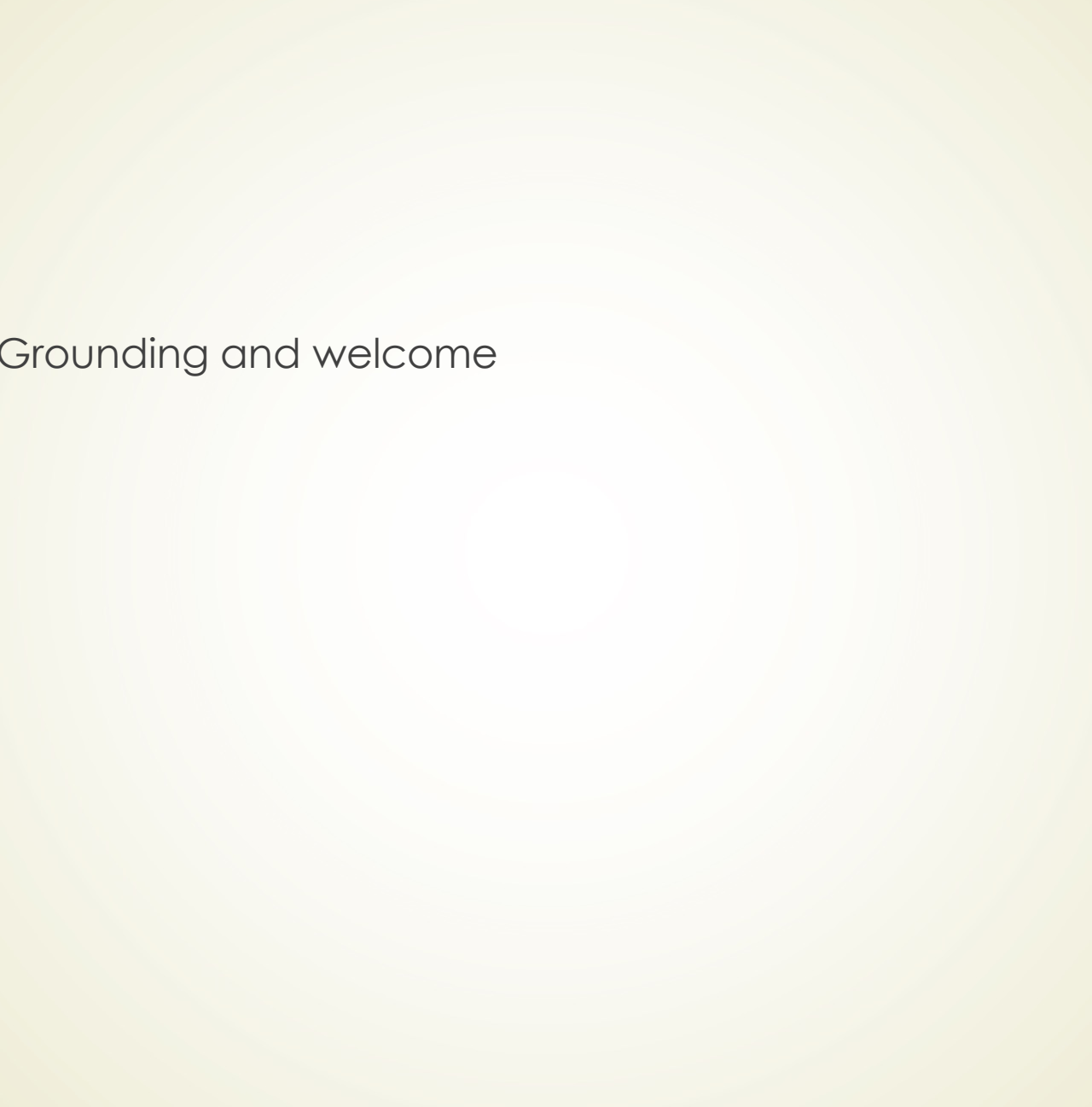


# Mindful Monday Creativity 1


May 1, 2023

Christina Ruggiero

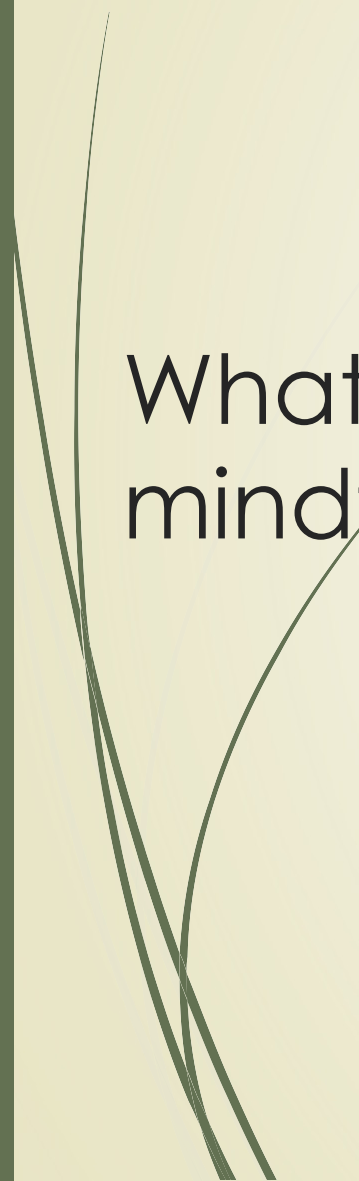
Masters Counselling Psychology, Registered Psychotherapist



▶ Grounding and welcome



# What is creative mindfulness?



- ▶ Use creative medium (drawing, colouring, lines, dots etc) to express ourselves in the present moment. Sometimes accessing subconscious information that can not be cognitively described with words.
- ▶ Focus on your senses, sensations, feelings, and outletting those on the page, we focus on the **process of creating** to keep us in the present moment.
- ▶ Different than traditional creating, where we focus on the final product, what it looks like, how we want it to look etc. which puts us in the past, future.
- ▶ Taken from childlike wonder and play to enhance right brain activation.
- ▶ Present: feelings, wants, needs, senses
- ▶ Past/future: what we have seen before, and what we expect the outcome to look like.



# Mindful Breath Drawing

- ▶ We will be drawing our breathing, changing the direction of our pen each time we inhale and exhale.
- ▶ We will start by allowing ourselves to draw with precision, planning, rigidity, and slowly take away elements of information and control, making moment by moment decisions based on our senses and in the moment wants!
- ▶ Great for those “perfectionists” and those that get “decision paralysis”, we are practicing making in the moment decisions with little to no risk.
- ▶ Allow us to sit with discomfort of in the moment choice vs. planning, basing off of past and future information.
- ▶ Many people find the slow mark making with attention on the breath and thoughts (without judgment) helps them to relax and destress.
- ▶ Fosters imagination, play, creativity, curiosity.





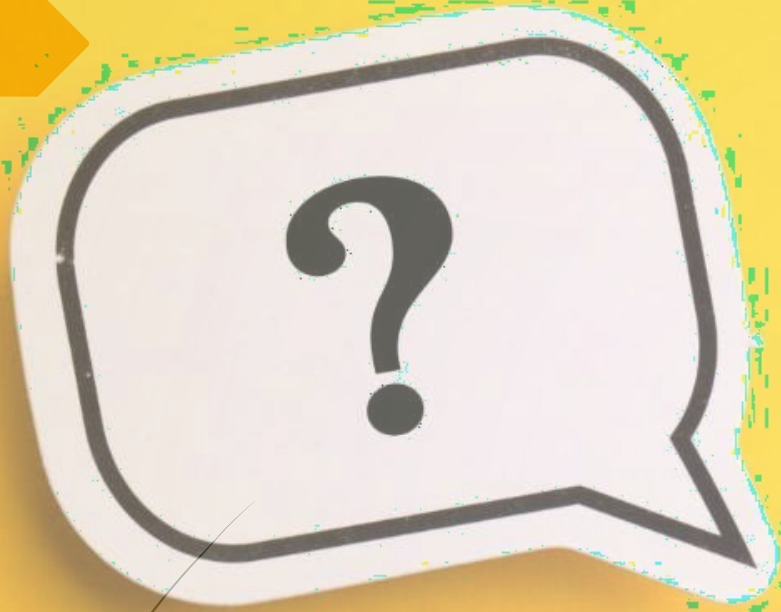
- ▶ Things that will happen...

- ▶ mind wandering! When you notice, try redirecting to focus on what your pen wants to do in that moment, we are building on the skill of redirection.

- ▶ Things that might happen...

- ▶ You may get caught up in the final product, what will it look like? And you might direct your pen to make the picture “look better”.
- ▶ Your need to “control” the outcome
  - ▶ Try to bring yourself back to the moment, this exercise is about the process in the moment, not the final result, try to take the pressure off for it to look a certain way and just go with it! There are no consequences.





# 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

May 15, 2023

Creativity 2

