

# Mindful Monday

Discovering and Cultivating Tools for Personal Resilience

Christina Ruggiero, RP

April 17, 2023

Movement 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**

# The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use, and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



# Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



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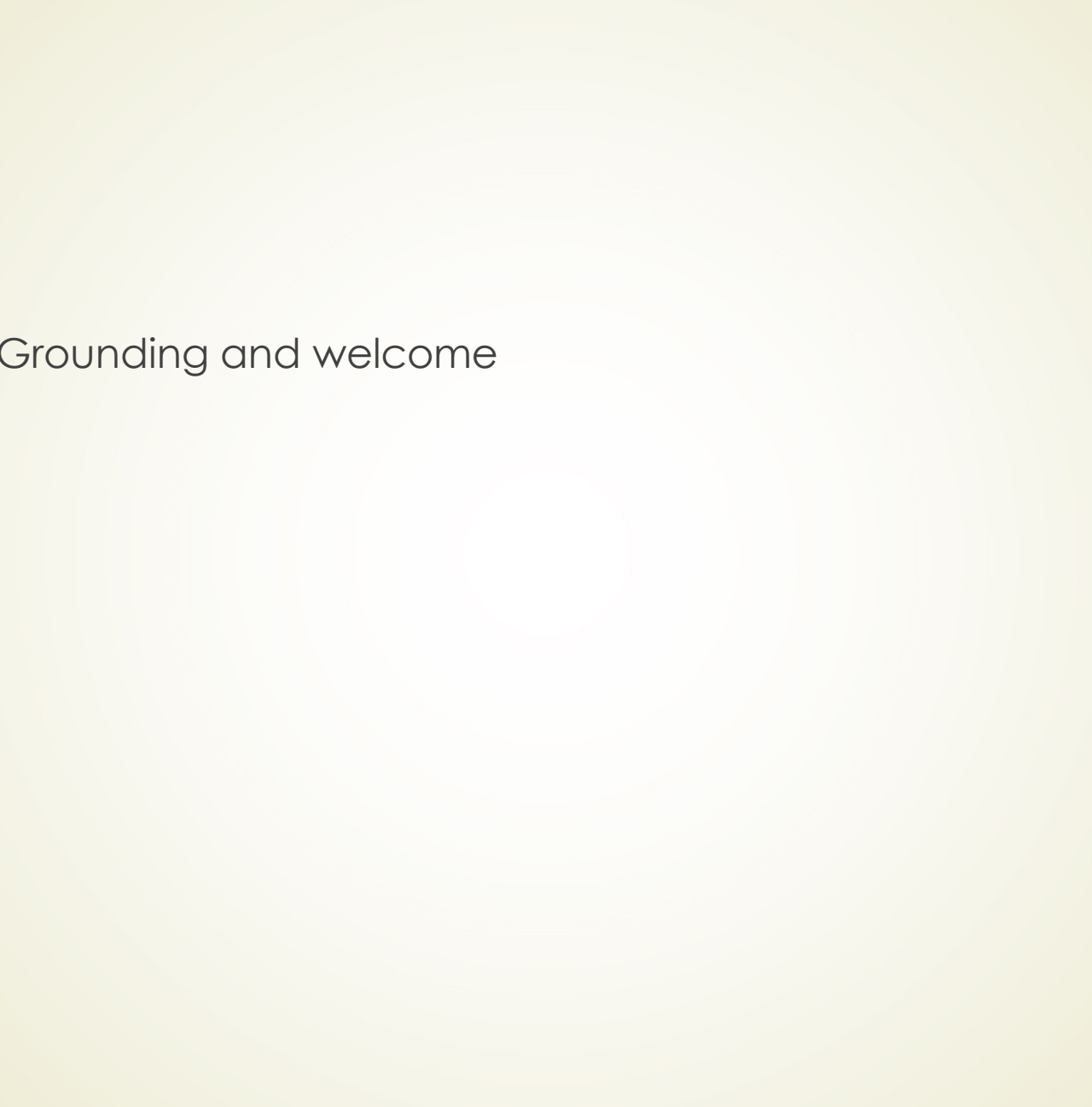
# Mindful Monday Movement 2

April 17, 2023

Christina Ruggiero

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▶ Grounding and welcome



# What happens when we are stressed?

- ▶ In stressful events either present or perceived, we use our primitive response of fight or flight to get out of danger.
- ▶ When we perform either of these actions, stress chemicals are discharged energetically when we fight or leave, allowing us to go on with our day after we respond.
- ▶ What happens when we can't fight or flee? We freeze, and our stress chemicals remain stuck in our bodies.
  - ▶ Animals – automatic reaction after danger is gone to start trembling, shaking, and trembling. This allows them to release their stress hormones and trauma.
  - ▶ Humans – stay stuck/frozen and do not release these stress hormones after danger is gone.



# What are the consequences of bottling up our stress?

- ▶ Humans don't have this automatic way of releasing stress chemicals physically when we freeze, and it stays locked in our nervous system resulting in:
  - ▶ Physical – headaches, tight muscles, upset stomach, aches and pains
  - ▶ Mental – anxiety, poor concentration, difficulty sleeping, anger, fear...



# Tension and Trauma releasing exercise (TRE)

- ▶ TRE is one way to evoke the body's natural tremor/shaking response and allows for stress chemicals to be discharged.
  - ▶ Physical symptoms will improve, primitive (survival) brain will sense survival and safety, and cognitive brain will allow us to feel more empowered to handle stresses in the future.
- ▶ TRE at home is used for simple stress reduction and releasing tension in your muscles. Not to be used to work through mild or severe trauma, which should be done with one on one guidance from a TRE trained professional.
- ▶ Guided through exercises to promote muscle use to a 7 out of 10. (Aka not pushing ourselves to our COMPLETE limit, but allowing for some muscle use to promote shaking)



- ▶ Things that will happen...

- ▶ mind wandering! When you notice, try redirecting to focus on the movement, we are building on the skill of redirection.
- ▶ We will perform exercises that allows for the natural tremor/shaking response of our muscles and release of stress chemicals.

- ▶ Things that might happen...

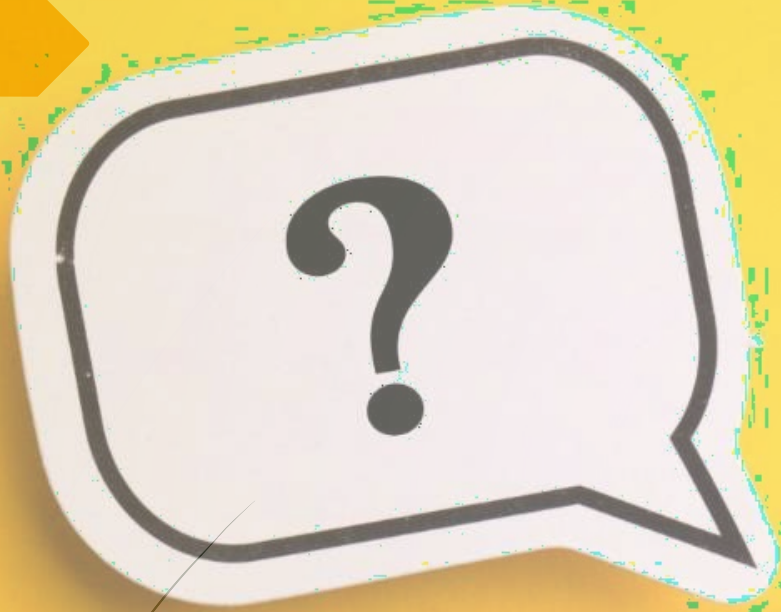
- ▶ You may go past your limit of comfort in the exercises, and find the discomfort too much. If this is the case try to bring yourself back to a 5 out of 10 of muscle use and discomfort, or bring yourself out of the posture all together and back into resting and focusing on your breath.
  - ▶ All exercises are voluntary and it is completely normal and ok for some activities to not be “right” for us. Listen to your body!



# Impala escapes death and shakes off stress and trauma



<https://www.youtube.com/watch?v=-QggITik6G4>



# Discussion

What did you notice?





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# Thank You for Joining Us!

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May 1, 2023

Creativity 1

