

Mindful Monday

Experiential Mental Health Practice

Christina Ruggiero, RP

December 4, 2023

Boundary Meditation



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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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Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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The background features a light beige color with faint, stylized leaf patterns in the upper left corner. On the right side, there are large, overlapping abstract shapes in shades of light brown and beige, with a white wavy line separating them.

Mindful Monday Setting Boundaries

Christina Ruggiero

Masters Counselling Psychology

Registered Psychotherapist



3 month agenda



~~Oct 9, 23~~

~~Nov 6, 20~~

Dec 4

Grounding and welcome



Why set boundaries?

- Holiday stress
 - Want to give a nice present to your partner or family, but can't afford it
 - Burnt out with long to do list and events/plans
 - Treated disrespectfully by others at holiday gatherings, anxious about being triggered
 - Alone for the holidays/ holidays not meeting “candy coated” expectations
 - Around alcohol/food that you can't have
- This is when healthy boundaries come in.

What is Boundary Setting?

- Boundaries are invisible “lines” that let others (and self) know what our limits are, and what is ok and not ok behaviour.
- Emotional and/or physical space between you and another person.
- Setting limits, rules, stating wants, needs to either SELF or OTHERS.
- Consequence if boundary is not respected.
- Example
 - Self - I do not have the finances to afford elaborate gifts for others, so will set a limit on my spending.
 - Others - If my uncle yells at me or talks about a topic I am uncomfortable with, I will ask them to stop or tell them I am not interested when I feel myself getting triggered. If they continue to yell or talk about uncomfortable topics I will walk away.



Guided Visualization and Affirmations for Boundaries

- Visualization – “see” something changing or being created in ourself, shifting our mood.
- Affirmations – Short phrases you can repeat to change the way you think and feel about yourself and a situation.

I am worthy &
deserving of setting &
maintaining boundaries
that serve me

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- Things that will happen...

- Mind wandering! When you notice, try redirecting back to the visualization and affirmations. We are building on the skill of redirection.

- Things that might happen...

- Hard to believe affirmations

- Normal! If this is new, or the affirmations don't line up with how we see ourselves and others, it can take time to believe them.
- Ask yourself why it is so hard to believe “my needs matter”, reflect on this.

The background features a light grey gradient with large, overlapping organic shapes in muted colors: a large brownish-tan shape on the left, a greenish-grey shape on the top right, and a light blue-grey shape on the bottom right. A thin white line curves across the bottom right area.

Guided Visualization and Affirmations for Boundaries

15 minutes



DISCUSSION

Questions?
What did you notice?

References to presentation, and where to learn more about today's meditation...

Boundary Meditation

Youtube – Michelle Chalfant - A Guided Meditation for Setting Boundaries

Meditation for Boundaries: Inner land

<https://mindfulnessercises.com/imagining-your-inner-land/>

Affirmations

<https://www.silkandsonder.com/blogs/news/boundaries-affirmations>

Setting Boundaries

<https://declutterthemind.com/blog/setting-boundaries/>

Boundaries during the holidays

<https://www.familycentre.org/news/post/how-to-reduce-holiday-stress-by-setting-strong-boundaries>

Thank You for Joining Us!

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Happy Holidays!!!

