

Mindful Monday

Intentional Mental Health Practices

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August 21, 2023

Intentional Visualization 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**

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SCAN ME



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Intentional Visualization 1

“mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment”

~Jon Kabat-Zinn



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Welcome

Grounding



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What is Visualization Meditation?

Visualization meditation focuses on the use of [guided imagery](#) to cultivate certain psychological qualities. The foundations of meditation remain the same as for other non-visual forms, such as ensuring the posture supports a straight spine, whether sitting, standing, or lying down



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5 Benefits According to Psychology

- Helps to maintain alertness
- Cultivates psychological stability and wellbeing
- Enhances creativity
- Strengthens focus and goal achievement
- Improves self-image



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What is a Gratitude?

Gratitude is an emotion similar to appreciation. The American Psychological Association (n.d.) more specifically defines this phenomenon as a sense of happiness and thankfulness in response to a fortunate happenstance or tangible gift.

Gratitude is both a state and a trait (Jans-Beken et al., 2020). Better explained, one can experience gratitude for someone or something at a certain moment in time, and someone experience gratitude more long-term as a positive character trait.



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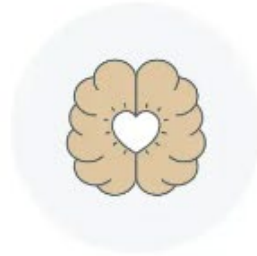
The Benefits of Gratitude



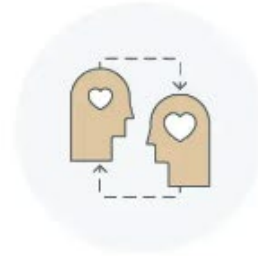
**IMPROVES PHYSICAL
HEALTH**



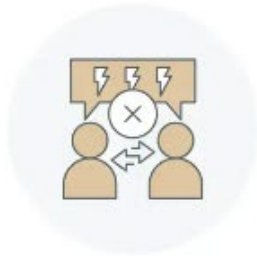
**IMPROVES
SLEEP**



**IMPROVES
PSYCHOLOGICAL HEALTH**



**INCREASES
EMPATHY**



**REDUCES
AGGRESSION**



**MORE SOCIAL
CONNECTION**



**ENHANCES
SELF-ESTEEM**



**IMPROVES MENTAL
STRENGTH**

Source: Morin (2014)

A dark, blurred photograph of a forest path, likely a dirt or stone trail, winding through dense green foliage. The image is centered on a light blue background with decorative white and green wavy lines at the top and bottom. The text "GRATITUDE MEDITATION" is overlaid in white, bold, sans-serif capital letters.

GRATITUDE MEDITATION

Reflections

How did this meditation make you feel?

Feel free to share your thoughts in the chat or unmute.



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Resources

- ▶ How to Practice Visualization Meditation

https://positivepsychology.com/visualization-meditation/#google_vignette

- ▶ What is Gratitude and Why Is It So Important?

<https://positivepsychology.com/gratitude-appreciation/>

- ▶ 13 Most Popular Gratitude Exercise & Activities

https://positivepsychology.com/gratitude-exercises/#google_vignette

- ▶ Gratitude Meditation

<https://chopra.com/articles/gratitude-meditation-connect-to-the-happiness-within>



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Thank You for Joining Us!

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August 28, 2023

