

Mindful Monday

Intentional Mental Health Practices

Genevieve Berry

September 11, 2023

Creativity 1



Disclaimer and Funding Statement

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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**

Stay Connected

Sign-up for our listserv and follow us on your favorite social media platform!



SCAN ME




In Memoriam

"If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate."

—Sandy Dahl, wife of Flight 93 pilot Jason Dahl, in Shanksville, Pennsylvania, in 2002

Parade





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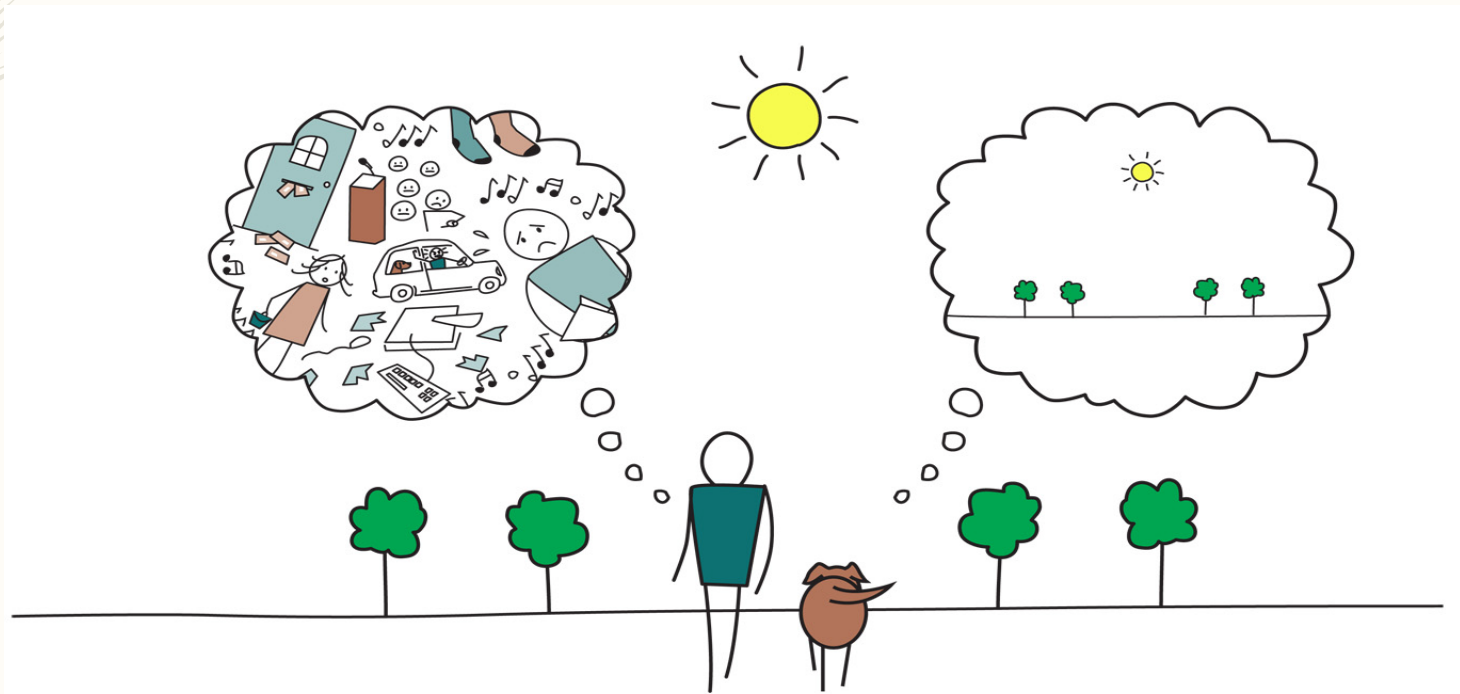


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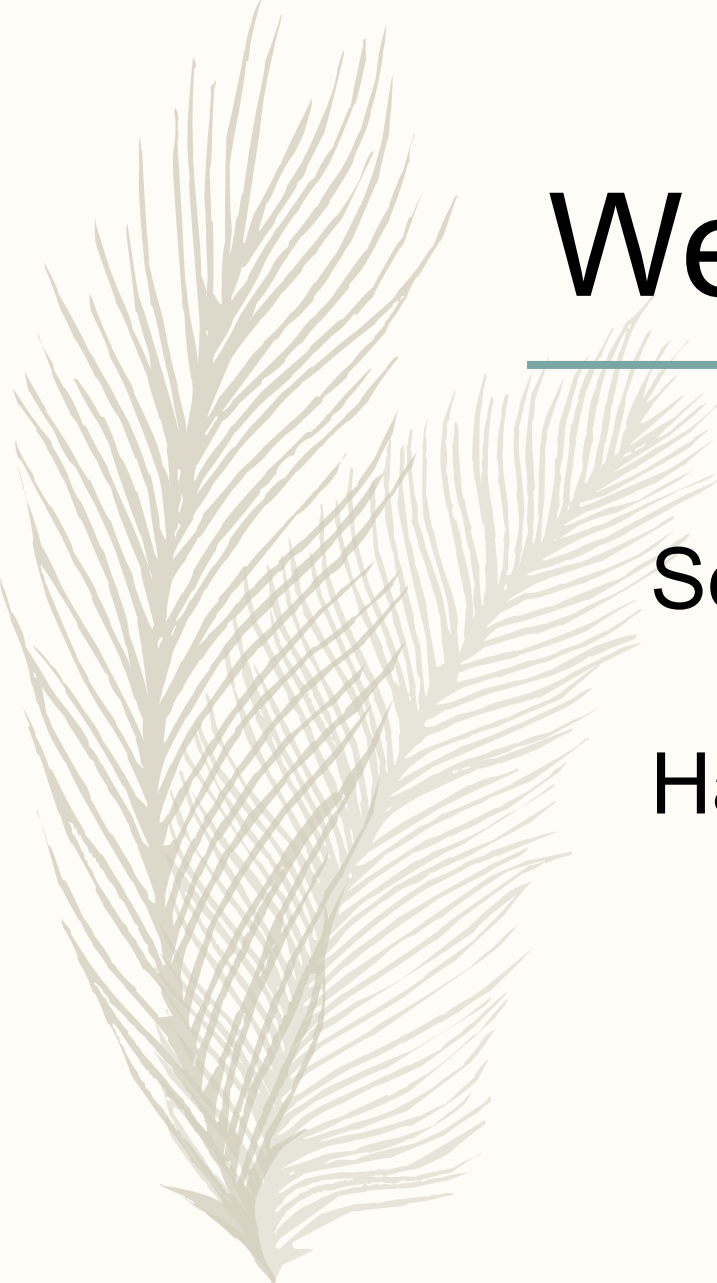
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Mindfulness Defined



Mind Full, or Mindful?



Welcome & Grounding

September's focus is Creativity

Havening



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Creative Mindfulness

Do you ever notice that when you're drawing or making something, the time flies by? Sometimes, it is just the process of doing something creative that is enjoyable, rather than the finished result. This is what creative mindfulness is all about.



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Mindful Soundscapes

How much can you notice when you really pay attention to your senses?



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Reflections

How did this activity make you feel?

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



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Resources

Havening

<https://www.choosingtherapy.com/havening/>

Creative Mindfulness

<https://turnercontemporary.org/creative-mindfulness/>

<https://www.interactive-discovery.com/blog-library/creative-mindfulness>



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Thank You for Joining Us!

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September 25, 2023

