

Mindful Monday

Intentional Mental Health Practices

Genevieve Berry

September 25, 2023

Creativity 2



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





Mindful Monday

Creativity 2

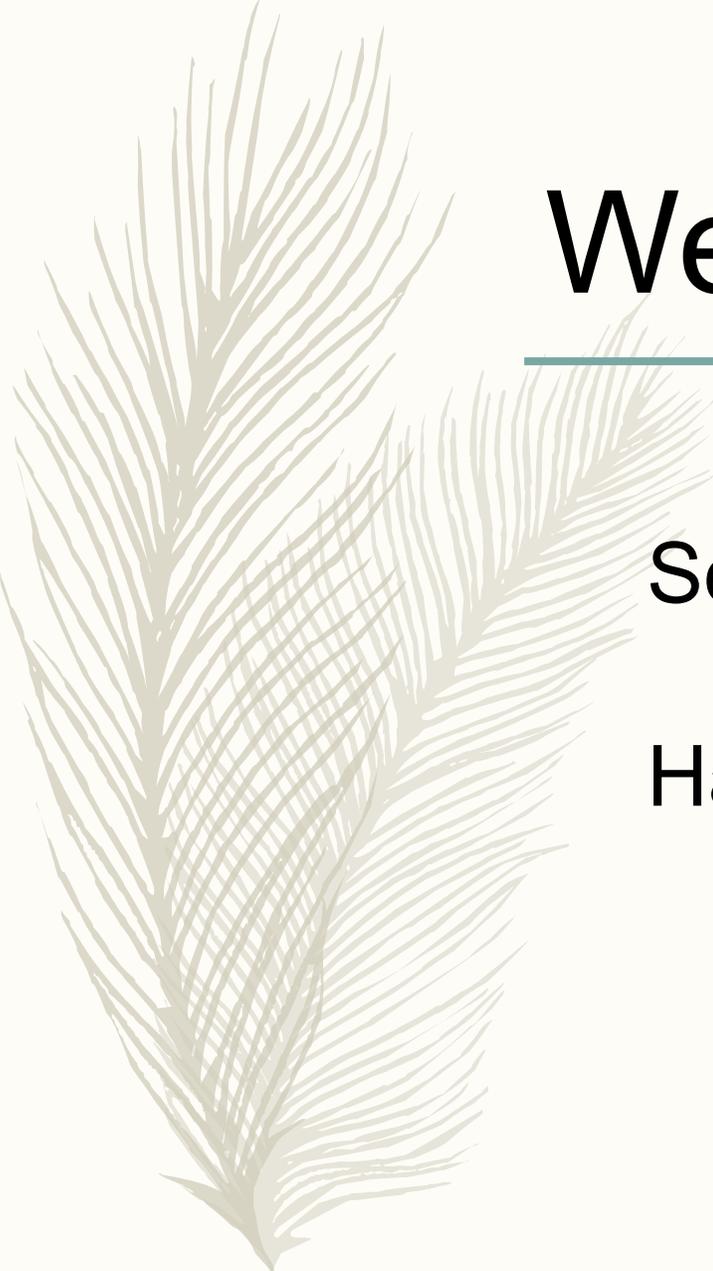
September 25, 2023



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Welcome & Grounding

September's focus is Creativity

Havening & Tapping



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Mindfulness

“Unease, anxiety, tension, stress, worry — all forms of fear — are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of nonforgiveness are caused by too much past, and not enough presence.”

— Eckhart Tolle, [The Power of Now: A Guide to Spiritual Enlightenment](#)



Mindful Meditative Art

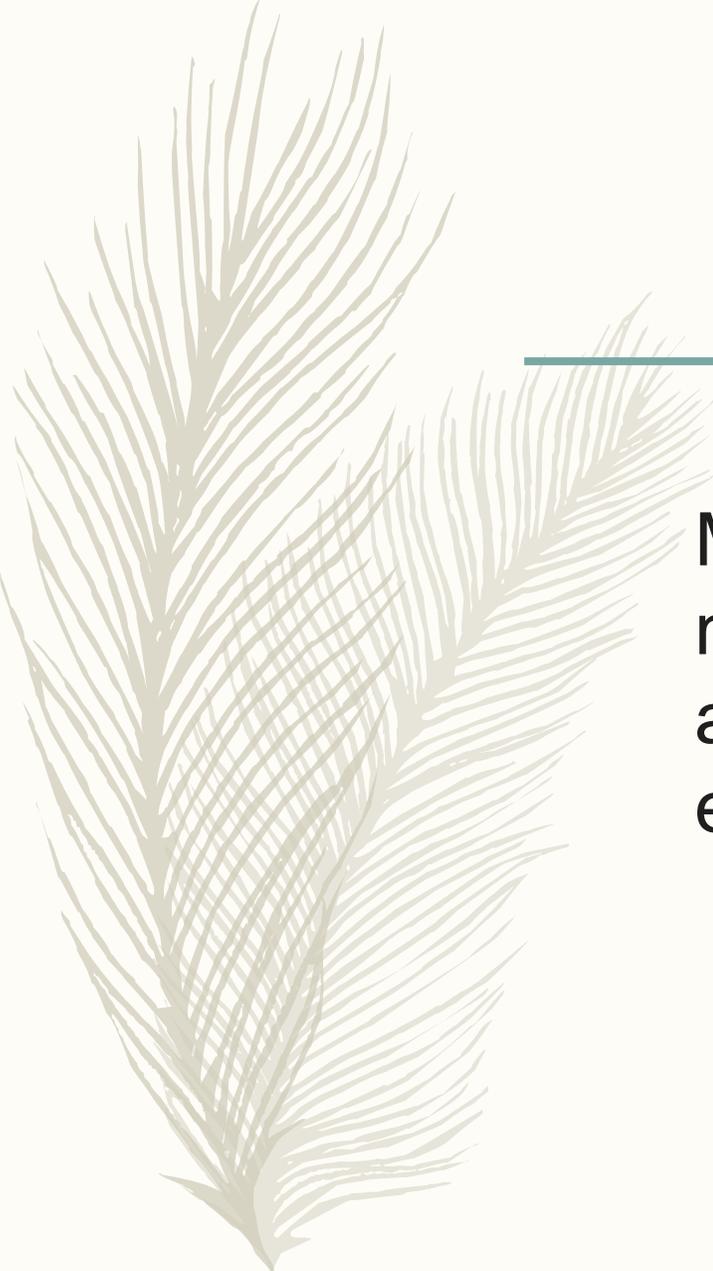
Mindful Art combines simple Mindfulness and Art exercises to help you de-stress, connect with how you're feeling in the present moment, and create without judgment. Mindful Art activities focus on Trusting the Creative Process and giving yourself permission to create with self-compassion! Mindful Meditative Art also includes simple meditation practices (such as mindfulness meditations, body scan meditations, and breath meditations) that focus your attention on the present moment.



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Mindful Art

Mindful Meditative Art is a creative form of meditation. Whether you're an experienced artist, meditator, or have no previous experience this practice is for you!



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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

Mindful Creative Muse

<https://mindfulcreativemuse.com//>

Mindful Art Workbook for Self-Care

<https://learn.mindfulcreativemuse.com/mindful-art-workbook-for-self-care>

Julia Cameron – The Artist’s Way

<https://juliacameronlive.com/>



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Thank You for Joining Us!

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New Series Starts

October 9, 2023

