

Mindful Monday

Experiential Mental Health Practice

Christina Ruggiero, RP

October 23, 2023

Grounding



Disclaimer and Funding Statement

This presentation was prepared for the Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Mountain Plains MHTTC. For more information on obtaining copies of this presentation please email gberry@wiche.edu.

At the time of this presentation, Miriam E. Delphin-Rittmon, Ph.D. served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of Christina Ruggiero, CCP, RP, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

The work of the Mountain Plains MHTTC is supported by grant H79SM081792 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

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



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

Mindful Monday Grounding

Christina Ruggiero

Masters Counselling Psychology

Registered Psychotherapist



3 month agenda



Oct 9, 23

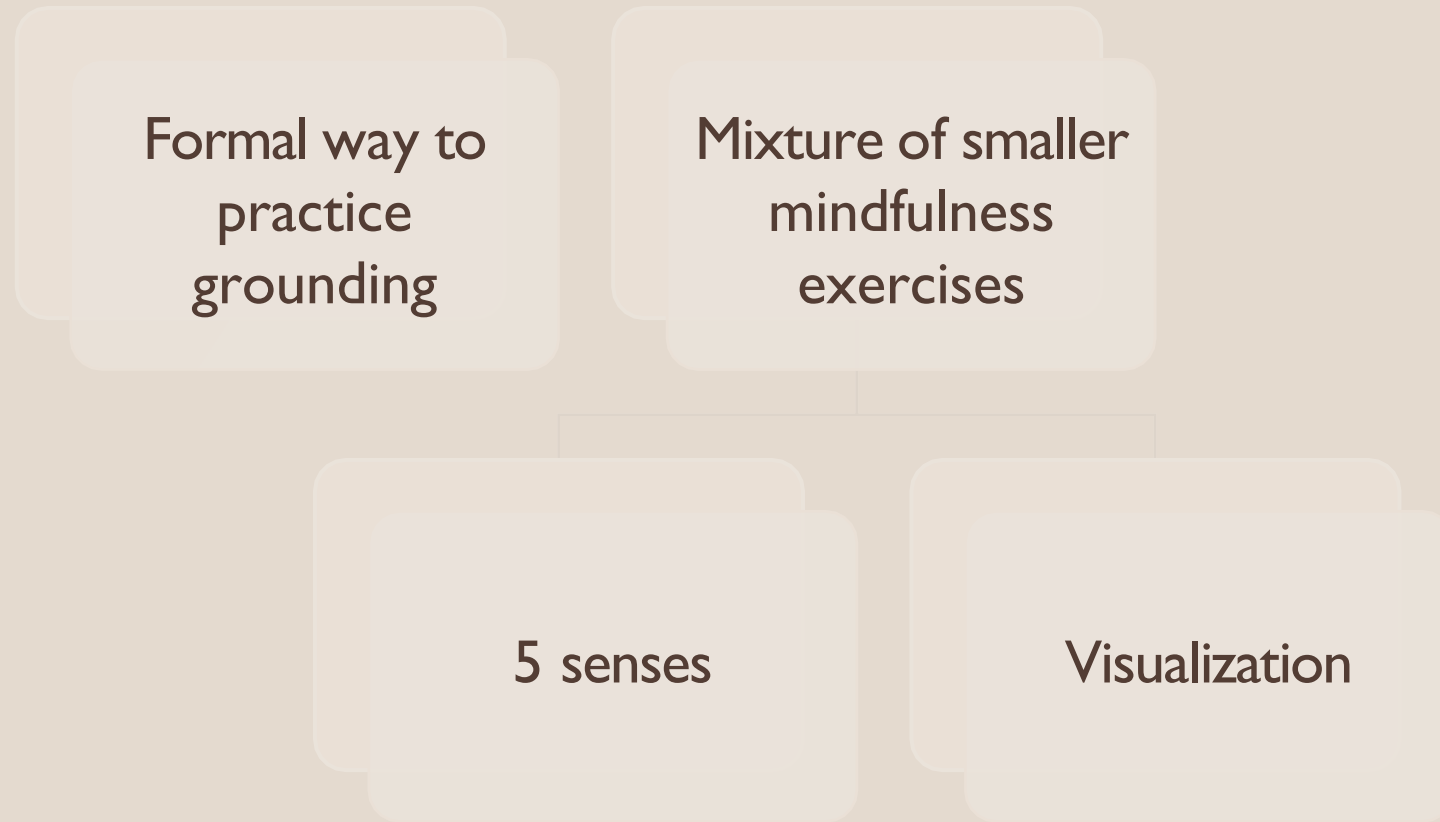
Nov 6, 20

Dec 4

Grounding and welcome



Grounding meditation



- Things that will happen...

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

- Things that might happen...

- You feel uncomfortable or more stressed

- Redirect your attention back to the breath, longer exhales than inhales. Or open your eyes and focus on what you see/hear. All exercises are voluntary, if it doesn't feel right or is increasing stress, end the meditation.

- You run out of things to focus on

- Having a hard time finding sounds? Or description words for smells or tastes? Take your time, it doesn't mean your doing anything wrong, that is normal! Try to focus on your breath until you find another sound, smell, or taste that becomes available to you!

- Pains in your body become more noticeable

- If you have a history of chronic pain, or a specific area in pain today, feel free to skip over those parts of the body when we scan the body.

The background features several overlapping organic shapes in muted colors: a large brownish-tan shape on the left, a light grey shape in the center, and a dark olive green shape on the right. A thin white line curves across the bottom right area.

Grounding meditation

15 minutes



DISCUSSION

Questions?
What did you notice?

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

Other ways to ground

<https://www.therapistaid.com/therapy-article/grounding-techniques-article>

Quick grounding to manage stress and anxiety

<https://www.youtube.com/watch?v=30VMIEmA1I4>

Longer grounding meditations

<https://insighttimer.com/search?query=grounding>

Thank You for Joining Us!

Mindful Monday

Experiential Mental Health Practice

November 6, 2023

Creativity and the Inner Critic

