

Thank you for joining us today!

Please Note: All attendees are muted for the presentation portion of today's session.

Today's presentation will be recorded.



Mindful Monday

Experiential Mental Health Practice

Christina Ruggiero, RP

November 6, 2023

Creativity and the Inner Critic



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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



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 bordering one of them.

Mindful Monday Creativity for Inner Critic

Christina Ruggiero

Masters Counselling Psychology

Registered Psychotherapist



3 month agenda

~~Oct 9, 23~~

~~Nov 6, 20~~

Dec 4

Grounding and welcome



What is creative mindfulness?

- Use creativity to foster certain feelings
- Focus is on the process and feelings during the exercise, rather than the final outcome of the work.
- Taken from childlike wonder and play to enhance right brain activation.
- Allow us to build trust in ourselves by trying out “what we want” in that moment.

Guided creativity

We will be consciously thinking about our shaming, critical, “mean” inner critic and thoughts, and observe how that makes us feel.

Sit in that feeling for some of the exercise, then consciously use supportive creativity to shift our mood state to become more neutral/encouraging/compassionate.

Using both drawing and thoughts/words on the page to create different mood states.



- Things that will happen...

- Mind wandering! When you notice, try redirecting to focus on what you are creating. We are building on the skill of redirection.

- Things that might happen...

- You may judge what you are creating, when judgement comes up notice it as a normal human reaction, and redirect back to the moment.
- Difficulty thinking about and processing through the uncomfortable situation.
 - Try to keep the situation in mind at a 5-6 on your scale, nothing too unbearable or unmanageable (like a 9 or 10).
 - All exercises are voluntary, if you become overwhelmed shift out of thoughts and back to drawing, or practice self care (breathing, grounding, self compassion etc.)



Creative expression for the Inner Critic

20 minutes



DISCUSSION

Questions?
What did you notice?

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

Artist Elizabeth Foley

@radiantearthstudios

www.radiantearthstudios.com

“I'll be sharing fun creative exercises to help you move past the most common things that stop people from creating.” – Unlock your artist challenge



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Self-Compassion HEAL acronym

