

# Mindful Monday

Experiential Mental Health Practice

Christina Ruggiero, RP

November 20, 2023

Self-Compassion HEAL acronym



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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**



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 separating them.

# Mindful Monday

## Self Compassion (HEAL acronym)

Christina Ruggiero

Masters Counselling Psychology

Registered Psychotherapist



# 3 month agenda



~~Oct 9, 23~~

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~~Nov 6, 20~~

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Dec 4

# Grounding and welcome



# What is Self Compassion?

- Compassion
  - acknowledge suffering, feel warmth, be caring, help others.
  - Use understanding and kindness when one makes mistakes to encourage change.
- How does this feel when someone else gives this to you?
- How does this feel when you give this to someone else?
- Self Compassion
  - no different than compassion you get from, and give to others, but turned inwards.



# What Self Compassion IS NOT

- self pity - immersion in self problem, feel alone in suffering, separation from others, disconnecting/feeling different
- self indulgence - *"I feel awful today, therefore I will allow myself to sit on the couch and watch Netflix all day/smoke this pack of cigarettes/eat a tub of ice-cream"*
  - yes, sometimes this is what we need, but will the action make us feel good only in the short term? or long term also? self compassion is a long-term skill to build support and MOTIVATION in self.

# H.E.A.L Acronym

- The acronym HEAL is an easy-to-remember tool for practicing mindfulness and compassion using the following four steps.
- Honour the experience/emotion, without judgement.
- Enquire and be curious about why it is present and where it comes from (the “origin” or “root”).
- Allow the experience to be there, just as it is.
- Love by bringing compassion to these emotions and to self.



- Things that will happen...

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

- Things that might happen...

- Difficulty sitting with core reason for emotional response. This may bring up past trauma, habits, addictions, or childhood experience.
  - Listen to yourself, if it is getting to be too much open your eyes, ground to the room you are in (look around, listen to sounds, touch things, deep breaths)
- Difficulty finding the “beginning” or “origin” of the emotion.
  - Just think of a time in the past you have felt something similar, what was that situation? Why did it lead to the emotion you are feeling?
  - It takes practice to reflect on our emotions, if you cannot find the origin today, simply sit with the feeling and what you are experiencing.

**H**

*Honor*

**E**

*Enquire*

**A**

*Allow*

**L**

*Love*

10-15 minutes



## DISCUSSION

Questions?  
What did you notice?

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



**Sez Kristiansen**

FÅREVEJLE KIRKEBY, DENMARK

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Thank You for Joining Us!

# Mindful Monday

Experiential Mental Health Practice

December 4, 2023

Boundary Meditation

