

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

March 11, 2024

Rest 1



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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

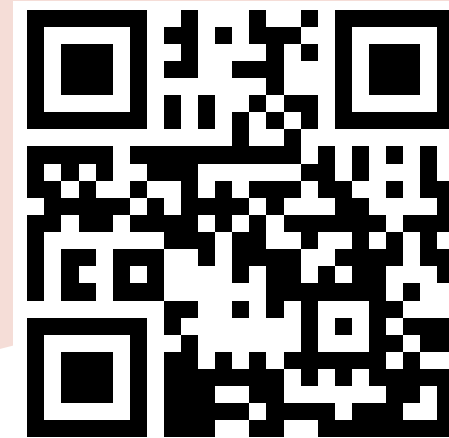
NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Evaluation Information

The MHTTC is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event. At the end of today's training please take a moment to complete a **brief** survey about today's training.



<https://ttc-gpra.org/P?s=969279>



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Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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Mindful Monday

Rest I

Christina Ruggiero
Masters Counselling Psychology
Registered Psychotherapist

3 month agenda

REST

March 11, 25

CREATE

April 15, 22

(SELF) CARE

May 6, 20



Mindful Warm-up

4-3-2-1 grounding

REST... what is it?

What do you do to rest?

SYMPATHETIC NERVOUS SYSTEM



Stress Response

Revs you up, preparing you to fight, take flight or freeze

- Heart beats fast
- Breath is fast and shallow
- Pupils of eyes expand (can make you sensitive to light)
- Gut becomes inactive (difficult to digest)
- Blood rushes to your skeletal muscles and away from your brain, making it hard to think clearly
- Hormones rush through your body, making you feel anxious
- Expend your energy

PARASYMPATHETIC NERVOUS SYSTEM



Relaxation Response

Calms you down, preparing you to rest, think and restore

- Heart beats in slow, rhythmic pattern
- Breath is full and slow
- Pupils of the eyes shrink
- Gut is active (helps you digest and absorb the nutrients from your food)
- Increased blood flow to gut, lungs and brain
- Hormones rush in, lifting your mood and helping you to relax
- Conserves your energy

Is distraction the same as rest?

- Distraction – TV, social media, video games, zoning out while driving etc.
 - Engages the sympathetic nervous system. Keep your body active and alert constantly responding to information and stimuli.
 - “Brain” break, temporary escape, nervous system is still engaged.
 - Not restful, restorative, or relaxing for your nervous system.
- Rest – Mindfulness, breathing, progressive muscle relaxation (PMR), imagery etc.
 - Engages the parasympathetic nervous system. Allow body and mind to unwind, rejuvenate, recover.
 - “Body” break, nervous system is disengaged.
 - Practice getting still and quiet, go inwards. Neutral or relaxing stimuli.

Distraction has a time and place, but we also need a TRUE break from the doom scrolling, numbing out, dopamine chasing, and seeking thrills; by activating our parasympathetic system with rest.

REST I Meditation

- Things that will happen...
 - Mind wandering! This is normal! When you notice, try redirecting back to your breath and the meditation. We are building on the skill of redirection.
- Things that might happen...
 - Distraction
 - Our body is used to being “on” and overstimulated ^. Shifting from sympathetic to parasympathetic takes practice.
 - Discomfort focusing on breath or body.
 - Body sensations (heartbeat, tingling etc.) usually become more heightened in our awareness when we remove external stimuli and distractors. This is normal.
 - Each meditation is voluntary, if these sensations are too uncomfortable, you always have choice to open your eyes, or end the meditation (great time to focus on 4-3-2-1!)

Rest and Restore Meditation

Using breath and PMR – 10 mins

The background features a light orange-to-cream gradient. On the left, there is a dark red circular area with faint leaf outlines. A large, thick purple outline frames the central text. On the right, there are white line-art leaf patterns.

DISCUSSION

Questions?
What did you notice?

Resources

- “OPEN” app for apple and android
- Balancing the Nervous System
 - <https://zensationalkids.com/2019/08/20/balancing-the-nervous-system/>
- Rest Without Distractions
 - <https://www.littlewithgreatlove.com/rest-without-distractions/>

Thank You for Joining Us!

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Christina Ruggiero, RP

March 25, 2024

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