

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

May 20, 2024

Self-Care 2



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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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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

(Self) Care 2

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

Past-Future-Present

Self-Care continued...

- Self-care means asking yourself what you need and following through on the honest answer.
- Practicing self-care can be as simple as getting to bed earlier on a work night, or as hard as taking a look at some of the habits you've created for yourself and their long-term effects.
- Note: Self-care, grows from self-love. You first have to CARE enough about yourself to take CARE of yourself.
 - You have to know that you matter in order to treat yourself like you do.

Self Love = Self-Care

- What feeling do you get when thinking about self-love? What did you learn about self-love? (+ and -)
 - Look at your bias, where they come from, where you learned your definition. If you see self love as something difficult for you to do or apply, know you are not alone.
 - Upbringing, society, culture, family, friends, beliefs about self AND others... all color our definition of self-love
 - Good thing is it is a skill we can learn, it will be uncomfortable at first, that's NORMAL.

We can only genuinely love and care for others the amount that we love and care for ourselves.

(self) Care Activity

- Things that will happen...
 - Mind wandering! This is normal! When you notice, try redirecting back to your breath or the meditation. We are building on the skill of redirection.
- Things that might happen...
 - Discomfort around the practice and turning care towards self.
 - Meet yourself where you are, know that if there is discomfort it is normal when practicing something that we are not familiar with or that we see as “selfish” or “icky”.
 - Remember self love helps fuel our gas tank of self care, therefore giving us energy to take care of people we love, and obligations we need to perform in our day without burnout.

Go easy on yourself: Self-Love and Self-Care

15 mins



DISCUSSION

Questions?
What did you notice?

Resources

A guide to practicing self-care with mindfulness

<https://www.mindful.org/a-guide-to-practicing-self-care-with-mindfulness/>

Meditation adapted from “Guided Mindfulness Meditation - Go Easy on Yourself - Self-care and Self-Love (15 Minutes)”

https://www.youtube.com/watch?v=Rx5X-fo_fEI

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