

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 25, 2024

Rest 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



Mindful Monday

Rest 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

Physiological Sigh

Recap of last session

- Distraction - “Brain” break, temporary escape, nervous system is still engaged in sympathetic system.
- Rest – “Body” break, nervous system is disengaged, parasympathetic system activated.

Body scan

- Pay attention to body parts in gradual sequence from head to toe.
- Allows us to slow down and notice our body sensations and pinpoint our emotions and feelings, checking in with ourselves.
- awareness leads to reflection which leads to choice
 - My jaw is clenched, I'm going to relax my jaw
 - My brain feels heavy with thoughts, I'm going to meditate longer
 - My back feels tight, I'm going to adjust my posture/stretch

Breath counting

- Complete focus on inhalation and exhalation. Redirect focus away from thoughts.
- In, one... out, two... in, three... etc until you reach 10, then start again.
- Recognize when you get lost in thought, pass 10, lose count.
- Redirect attention to something neutral.

REST 2 Meditation

- Things that will happen...
 - Mind wandering! This is normal! When you notice, try redirecting back to the body scan and breath. We are building on the skill of redirection.
- Things that might happen...
 - Move quickly through the body scan
 - Re-scan the body as many times as needed before we move to the next part of the meditation. Trying to slow down each mental movement from body part to body part.
 - Difficulty with counting breath
 - Just count 1-10, or keep practicing other parts of the meditation (thought labelling, body scan etc), or focus on senses 5-4-3-2-1.

Body Scan and Breath Meditation

10 mins

Resources

- “headspace” app, youtube account, website
- Counting your breath Summary
 - <https://gaianism.org/meditation-at-its-simplest-count-your-breaths/>
- Body Scan Summary
 - <https://ggie.berkeley.edu/practice/brief-body-scan/>

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April 15, 2024

Creativity 1



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