

Wisconsin Public Psychiatry Network Teleconference (WPPNT)

- This teleconference is brought to you by the Wisconsin Department of Health Services (DHS) Bureau of Prevention, Treatment and Recovery and the University of Wisconsin-Madison, Department of Psychiatry.
- The Department of Health Services makes no representations or warranty as to the accuracy, reliability, timeliness, quality, suitability or completeness of or results of the materials in this presentation. Use of information contained in this presentation may require express authority from a third party.

1

---

---

---



---

---

---

---

---



## Mindfulness Practices to Support Regulation and Relationships

Presented by:  
Nanette Negri, PhD  
Waisman Center-Community TIES  
RHYTHMS PROGRAM  
for  
Wisconsin Public Psychiatric Teleconference Series  
April 20, 2017

---

---

---



---

---

---

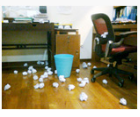


---

---



## What's on your mind?

- Write it down...and...



---

---

---

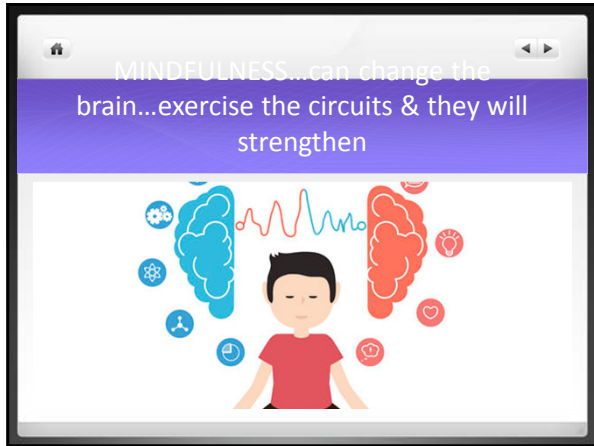
---

---

---

---

---



---

---

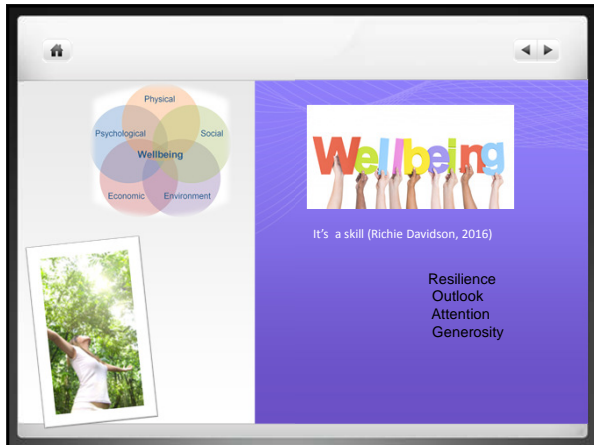
---

---

---

---

---



---

---

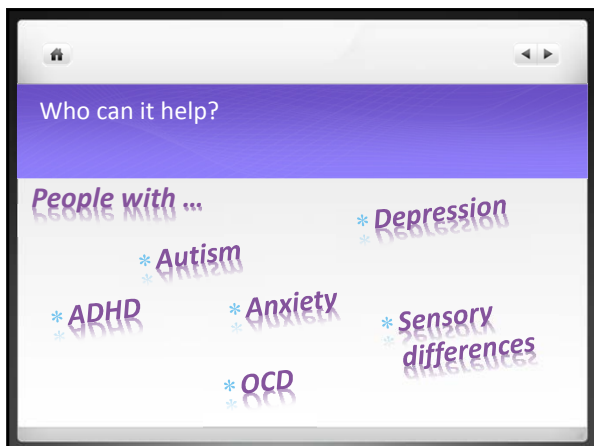
---

---

---

---

---



---

---

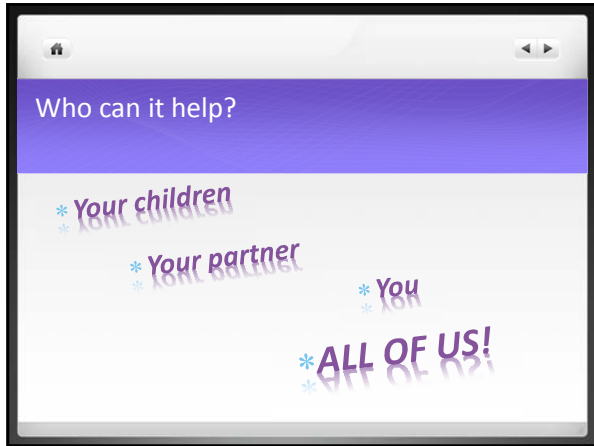
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

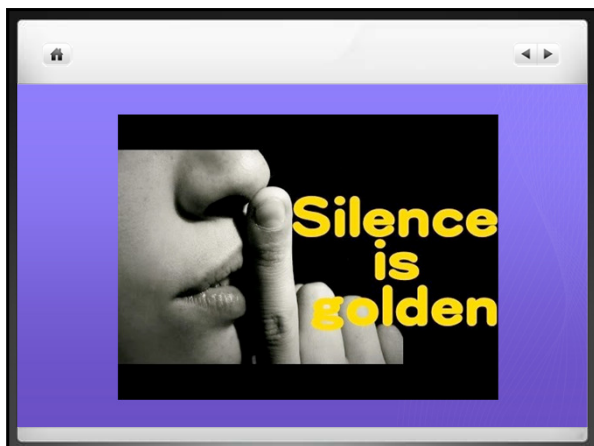
---

---

---

---

---



---

---

---

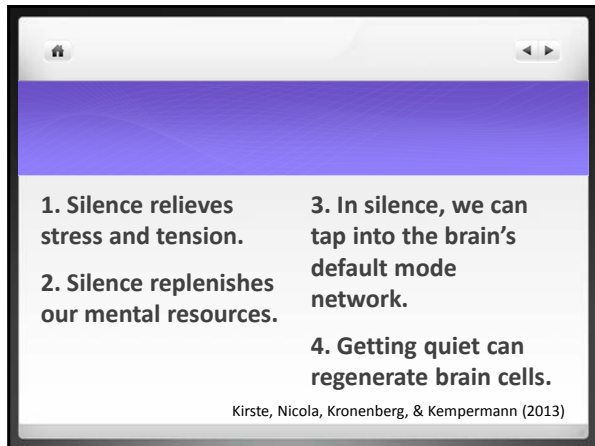
---

---

---

---

---



1. Silence relieves stress and tension.

2. Silence replenishes our mental resources.

3. In silence, we can tap into the brain's default mode network.

4. Getting quiet can regenerate brain cells.

Kirste, Nicola, Kronenberg, & Kempermann (2013)

---

---

---

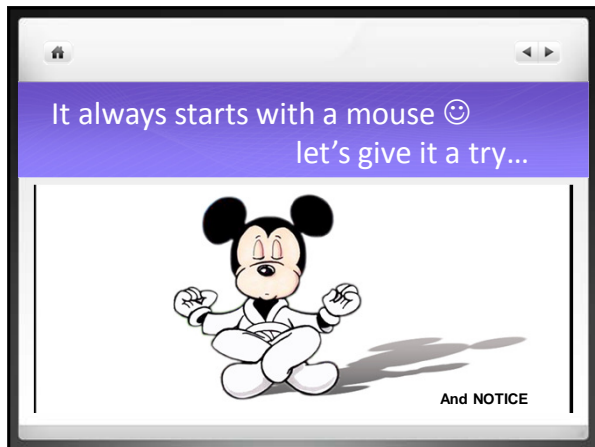
---

---

---

---

---



It always starts with a mouse 😊  
let's give it a try...

And NOTICE

---

---

---

---

---

---

---

---



think positive!!

Outlook  
Particularly positive

IF "Plan A" Didn't Work, The alphabet has 26 more letters! Stay Cool.

YOU CAN'T LIVE A POSITIVE LIFE WITH A NEGATIVE MIND

---

---

---

---

---

---

---

---



---

---

---

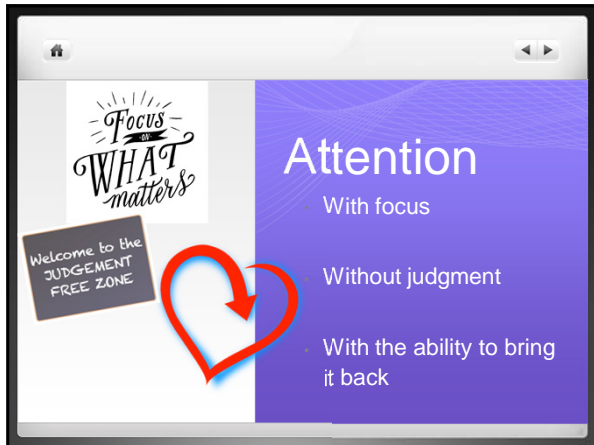
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

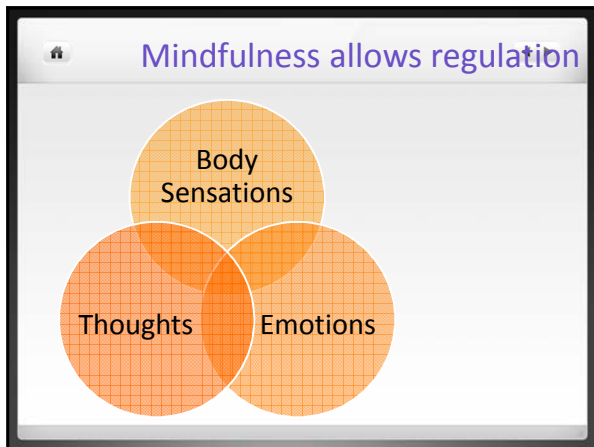
---

---

---

---

---



---

---

---

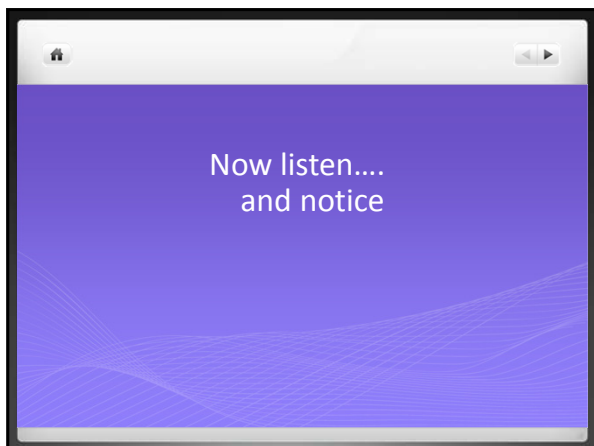
---

---

---

---

---



---

---

---

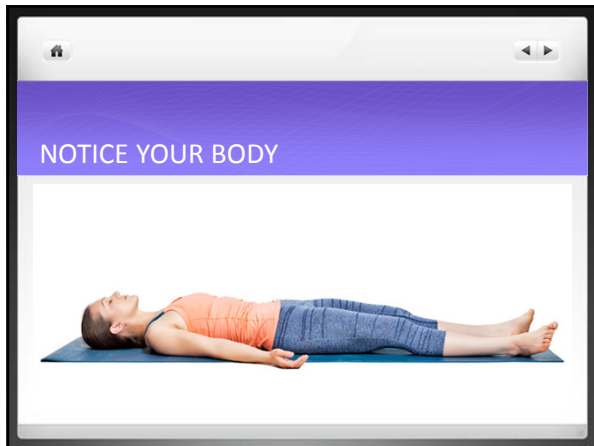
---

---

---

---

---



---

---

---

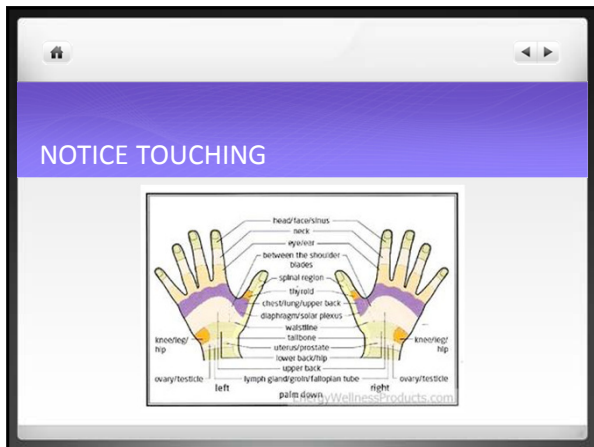
---

---

---

---

---



---

---

---

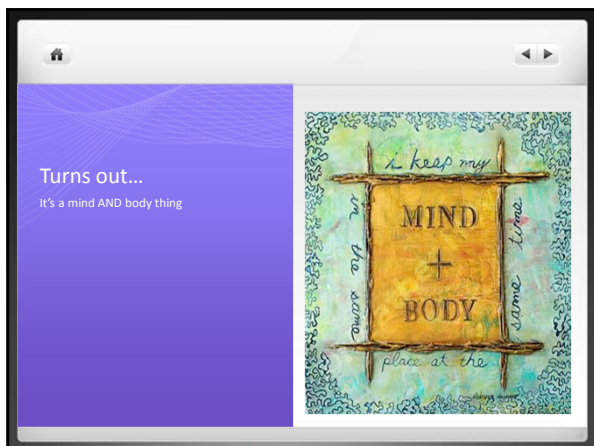
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

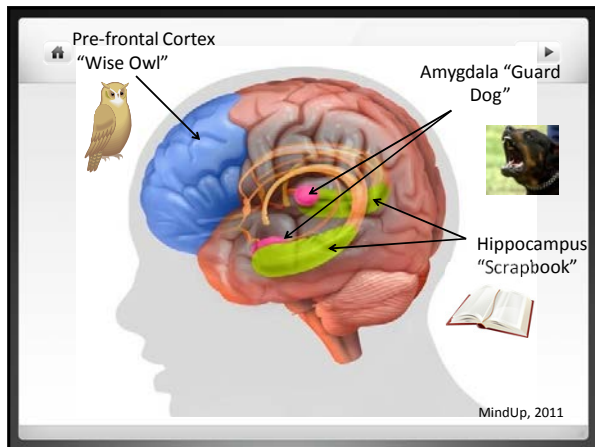
---

---

---

---

---



---

---

---

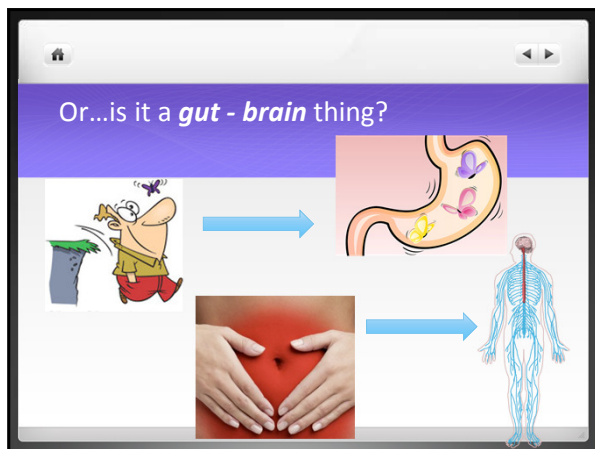
---

---

---

---

---



---

---

---

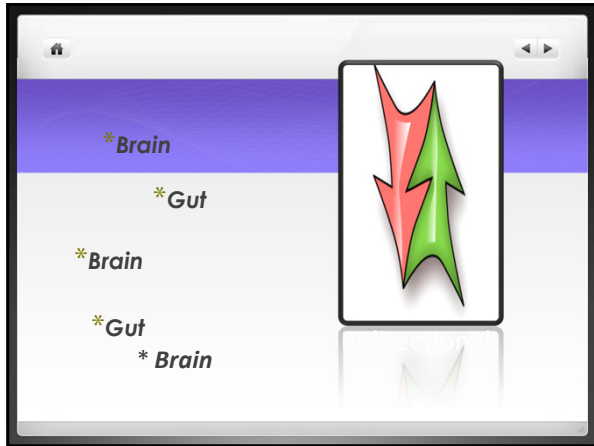
---

---

---

---

---



---

---

---

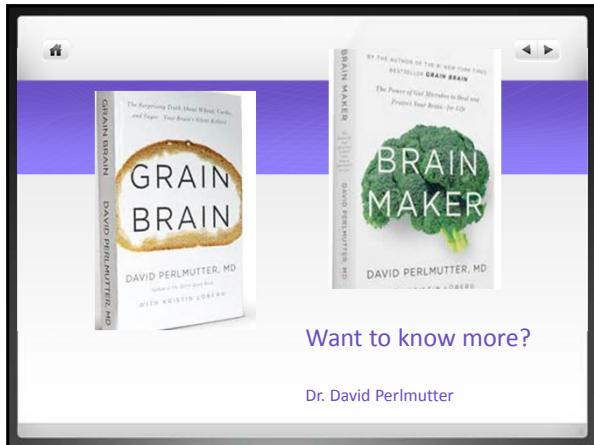
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---


---

---

---

---

REMEMBER...  
It's a mind AND body thing



---

---

---


---

---

---

---

Too much difficulty regulating too often and/or  
for too long leads to...



---

---

---

---


---

---


---

Generally...

When one individual "loses  
balance" or disregulates



So does the other...at least  
a bit



---

---

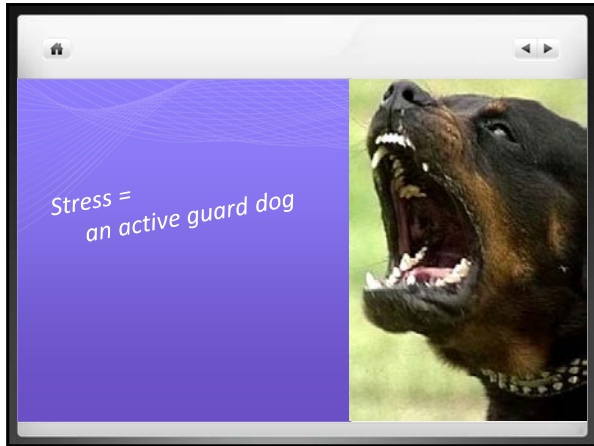
---

---

---

---

---



---

---

---

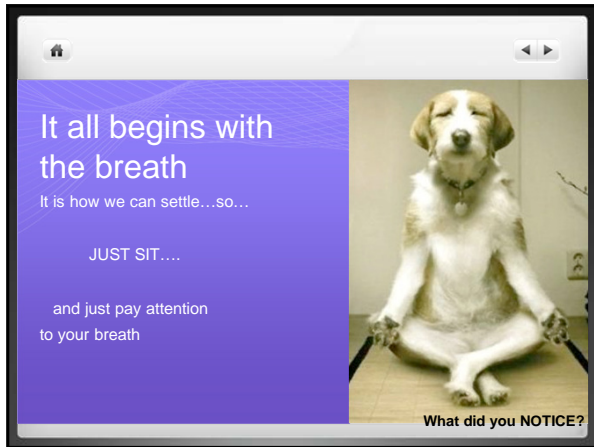
---

---

---

---

---



---

---

---

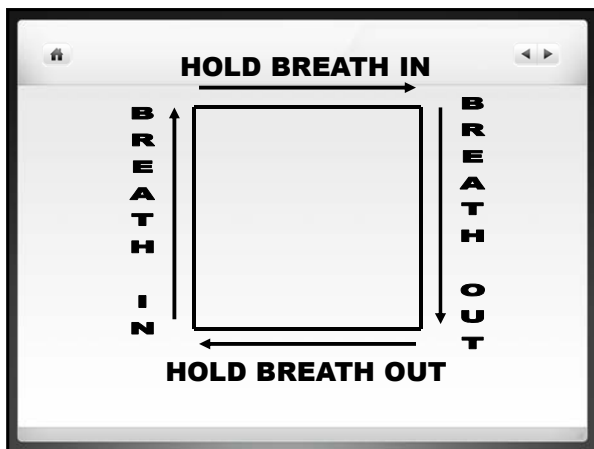
---

---

---

---

---



---

---

---

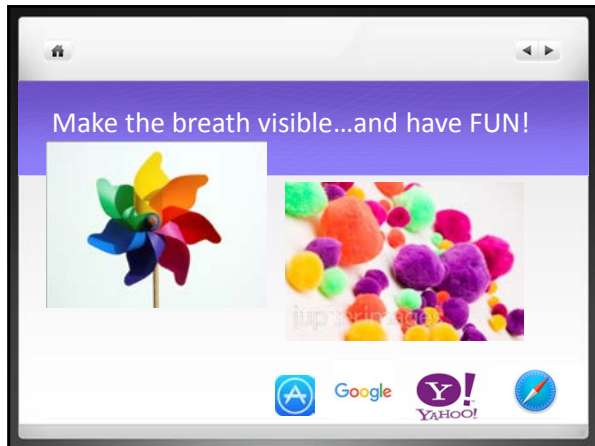
---

---

---

---

---



---

---

---

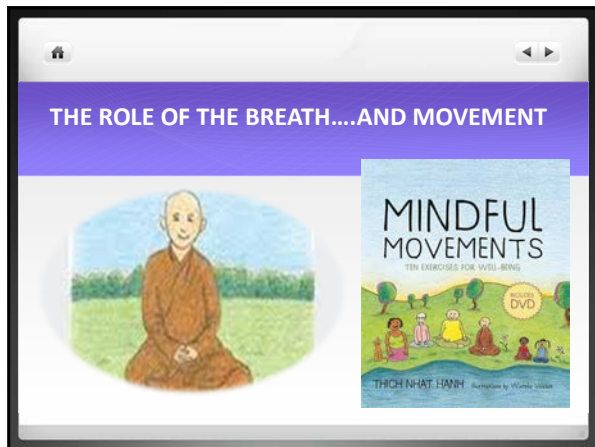
---

---

---

---

---



---

---

---

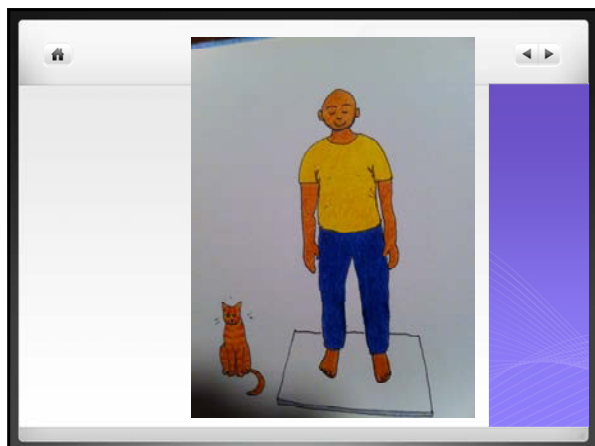
---

---

---

---

---



---

---

---

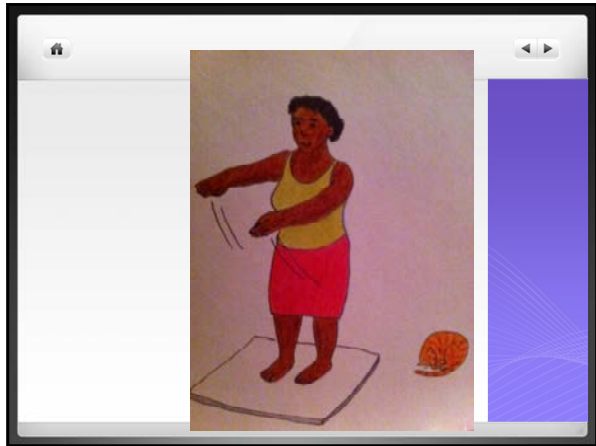
---

---

---

---

---



---

---

---

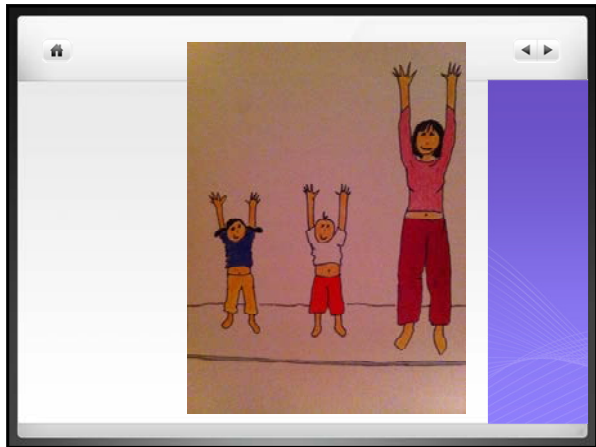
---

---

---

---

---



---

---

---

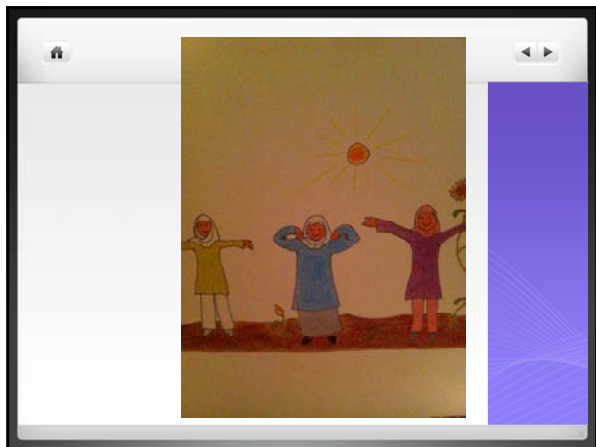
---

---

---

---

---



---

---

---

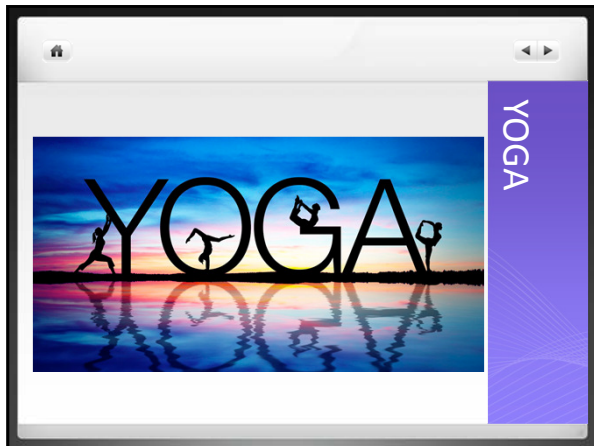
---

---

---

---

---



---

---

---

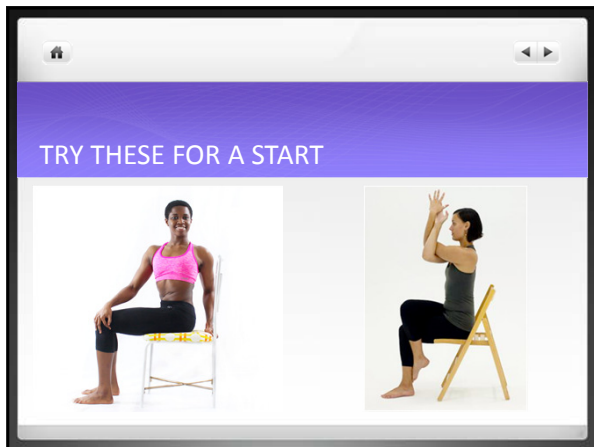
---

---

---

---

---



---

---

---

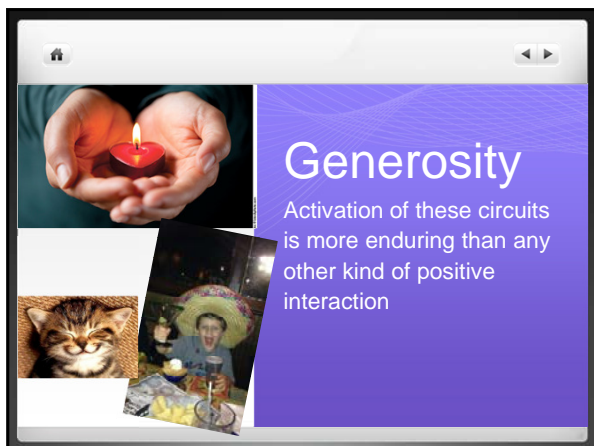
---

---

---

---

---



---

---

---

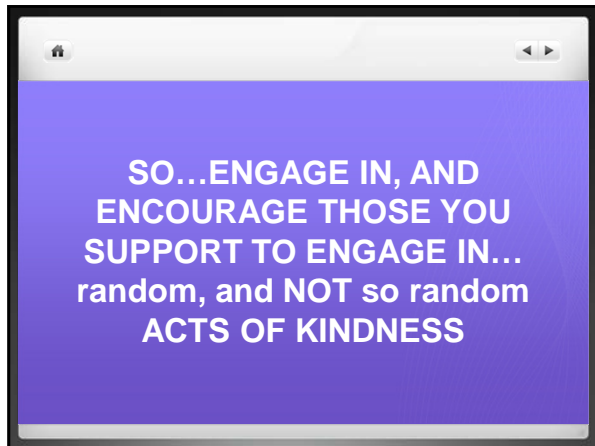
---

---

---

---

---



---

---

---

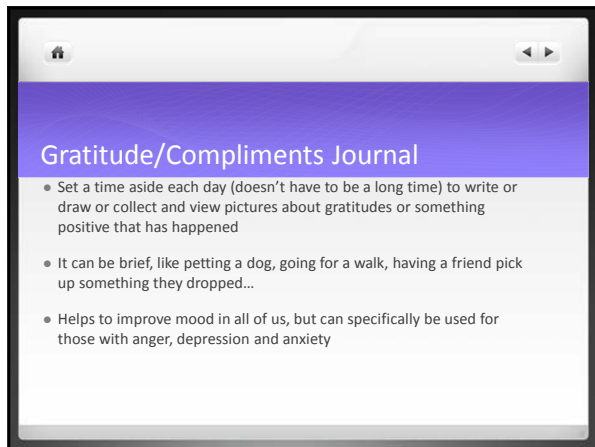
---

---

---

---

---



---

---

---

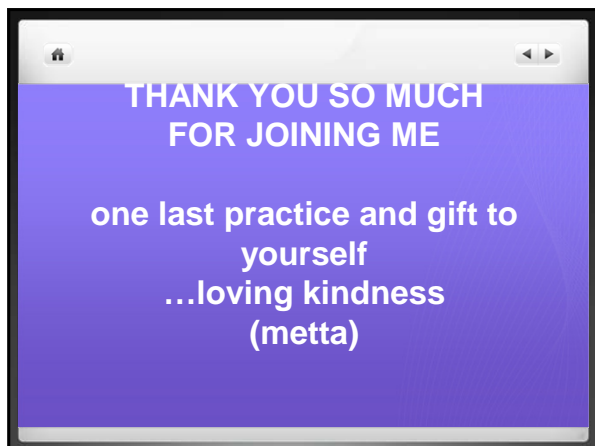
---

---

---

---

---



---

---

---

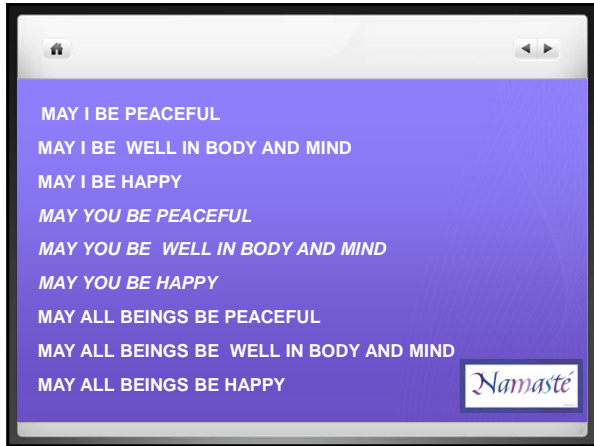
---

---

---

---

---



---

---

---

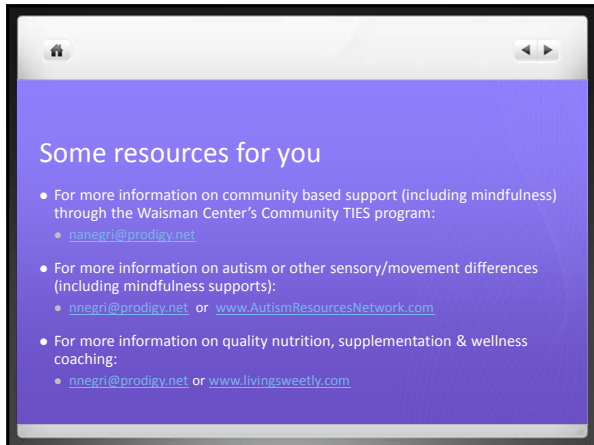
---

---

---

---

---



---

---

---

---

---

---

---

---