



### Finding Self Compassion & Acceptance with Mindfulness Handout

Hi there!

Thank you for attending today's session! I'm Jules Hobbs of Hobbs Holistic Health and wanted to create this handout to support what we covered today and provide you with some activities, recommendations and resources to continue your mindfulness journey.



You can contact me @hobbsholstichealth on Instagram or email [juleshobbshealth@gmail.com](mailto:juleshobbshealth@gmail.com) if you have any questions or would like to find out more about what I could offer to your wellbeing journey.

I would also love it if you could provide feedback on the session via the Feedback Labs app that was mentioned during the session or directly via Instagram or email. Feel free to tag me in any stories or posts too!

#### **Your Inner Critic**

We spoke a lot about our inner critic today which is a subject I could talk about for hours, hopefully it gave you enough of a snap shot to realise what thoughts are unjustified and allow yourself some mental freedom to give yourself more self-compassion and love.

If you'd like to learn more I'd recommend you check out the following sources:

*Note – Melissa's book is more geared to women and I'd recommend starting with her Ted Talk first which summarises her stance on the inner critic before downloading the book to make sure it's for you.*

Melissa Ambrosini, Ted Talk – Inner Critic -

[https://www.ted.com/talks/melissa\\_ambrosini\\_how\\_your\\_inner\\_critic\\_is\\_holding\\_you\\_back](https://www.ted.com/talks/melissa_ambrosini_how_your_inner_critic_is_holding_you_back)

Mastering Your Mean Girl, Melissa Ambrosini (book)

The Melissa Ambrosini Show – Spotify podcasts

#### **Poem**

The poem I read out today was called Enough and was written by Aloha Jacqueline. You can read the poem at <https://medium.com/soul-poetry-soul-songs/Enough-a-poem-for-healing-and-finding-about-self-love-self-acceptance-c00d119a58d9>.

## Task

To continue on your path of self-compassion I'd like you to look in the mirror each morning and say three things that you like about yourself. It could be anything! Your eyes, your passion, your fitness levels, the silkiness of your hair... Anything as long as you genuinely believe it. Do this each morning for a week.

## Book, Podcast & Application Recommendations

Here are a number of books, podcasts and apps that have really helped me over the years in my journey with managing stress and anxiety through mindfulness. These recommendations are based purely on my own experience.

Mindfulness, A Practical Guide to Finding Peace in A Frantic World, Mark Williams & Danny Penman (Book).

A Mindfulness-Based Stress Reduction Workbook, Bob Stahl, PHD & Elisha Goldstein, PHD (Book).

Happy Place, Fern Cotton (Book).

Happy Place, Ferne Cotton (Podcast).

How to Fail, Elizabeth Day (Podcast) – reflecting on how failures make us.

Insight Timer (app) – meditation and mindfulness.

Headspace (app) – meditation and mindfulness.

Blinkist (app) – Summaries of self development books in “blinks” that you can read or listen to.

Mindfulness, A Practical Guide to Finding Peace in a Frantic World is available on here.

## Support

Emotions can be overwhelming and I'm very aware that a short session with so many people in attendance could spotlight some intense feelings.

Remember, that it is OK to feel down or to have a good cry. These emotions will usually pass. If you're still feeling down or uneasy, please contact the person who's name you wrote down at the start of the session to talk through. Journaling and getting it all onto paper can also help!

Should you still be feeling uneasy there are people who can help, please reach out to a professional, i.e. your GP (General Practitioner).