



Mastering Your Inner Critic 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, personal recommendations and resources to continue your self-development and mindfulness journey.



You can contact me @hobbsholstichealth on Instagram or email juleshobbshealth@gmail.com if you have any questions - I also love connecting with you all on social media!

Feel free to contact me to discuss what I could offer to your wellbeing journey, or even for your office or local community. I can create bespoke wellness seminar packages delivered by Zoom or provide one to one coaching. Please note, I am not qualified in Mental Health care such as counselling or psychotherapy but, as a Mental Health First Aider, I can point you in the direction of sources of support.

Today's Session

Today we looked at letting go of things, people, thoughts and ideas.

"Letting go" is an invitation to cease clinging onto something (anything!) whether it's an idea, event, view-point, desire or a point in time. Sometimes holding onto it can make us feel a little stuck.

Letting go is a conscious decision to release whilst fully accepting the present moment, giving up resistance and struggling in exchange for something more powerful and wholesome. Practicing mindfulness and allowing things to be just as they are in the here and now.

Mindfulness is a mental state achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts and sensations. Simply observing, without judgement, as if we are a spectator of our own life.

Letting go is only possible if we become more aware and the following journal questions have been designed to help us to reflect (these are the same journal questions that we covered during the session).

The initial focus of these questions is to look at 2020 so far, we recently celebrated the Summer Solstice (the longest day of the year) and are around half-way through the year. These questions are designed to encourage reflection on the year so far and how you're truly feeling about a number of topics.

You can revisit these at any time to add to your answers from our session, see how your thoughts change or even share with friends.

Journal Questions

Remember, there is no right or wrong way to journal. These questions are simply a guide to start a dialogue with yourself. If you are completing these in private then there's no need to apply a time limit, simply allow your writing to flow, answering each question as if it were a conversation starter with a trusted friend. Each question includes prompts to help you to open up, taking into account that we are all unique and have different experiences that we might wish to journal about.

- *What does the term "letting go" mean to you?*
- *What do you want to let go of? If you could wave a magic wand to let go of three things, what would they be?*
- *Think back to New Year's Day 2020... what intentions, goals or resolutions did you set?*
- *If you could send a message back in time to yourself on New Year's Day 2020, what would it say? What would tell yourself? It could be reassurances, warnings, learnings.*
- *What has not gone well for you during 2020? What went wrong? What has upset you? Who has hurt you?*
- *What has gone well? What memories bring you joy? Any people? What successes have you enjoyed?*
- *What challenges or adversity have you faced this year? How? What happened?*
- *Is there anyone you are holding anger or resentment towards, if so who? Who has hurt you? It could even be yourself? Why?*
- *What are you grateful for today? List three things. What are you grateful for this month? This year? Again, try to list three things for each.*
- *Who do you need to forgive in your life? Why do you need to forgive them? Is there anything you need to forgive yourself for?*

Take a look at what you've written so far...

- *Which of the challenges or adversity that you've listed in your life cannot be changed? What situations are out of your control?*
- *What do you have control over in your life? What can you change?*
- *If you could not fail/ there were no obstacles - what would you attempt to do? Who would you be?*
- *If you had unlimited amounts of free time what would you focus on?*

Review your notes again... are there any surprises? Is there anything that was expected? What key things do you want to let go of? They could be people, thoughts, ideas, memories.

Recommended Listens

What I love about podcasts, Ted Talks and even Blinks (see Blinkist below) is that you can listen while cooking, cleaning or even out on a walk!

Elizabeth Gilbert Ted Talks Daily on Spotify - It's OK to Feel Overwhelmed:

<https://open.spotify.com/episode/5PtEuT0uTAIUWgn3OcB9z7?si=U6lsYomDTu2oQDNgaXc3GQ>

If you're new to meditation and mindfulness try this ten minute letting go meditation from Daily Calm on Youtube:

https://youtu.be/syx3a1_LeFo

Book, Podcast & Application Recommendations

Here are several book, podcast and application recommendations that have helped me over the years in my personal journey of self-growth and managing stress and anxiety. These recommendations are based purely on my own experience.

Mastering Your Mean Girl, Melissa Ambrosini (Book & also podcast).

Daring Greatly, Brene Brown (Book).

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

How to Fail, Elizabeth Day (Podcast & Book).

Happy Place, Fern Cotton (Podcast & Book).

The Mindset Mentor, Rob Dial (Podcast).

Good Vibes, Good Life, Vex King (Book).

The 6 Minute Diary (journal) – Available on Amazon.

Insight Timer (app) – meditation and mindfulness – there are many on here that focus on letting go.

Headspace (app) – meditation and mindfulness.

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

Sources

Wherever You Go, There You Are, Jon Kabat-Zinn (Book).

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

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 whose name you wrote down at the start of the session to talk. Journaling and getting it all down on 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). There are also dedicated websites available such as this one to help you during this tumultuous times: <https://www.mentalhealth.org.uk/coronavirus>.