## Episode 235: How to stop your inner critic hijacking your day

## *With Dr Helen Garr and Simon Alexander Lyne at Wounded Healer 2024*

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| Date  Total CPD hours |

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| EPISODE SUMMARY |
| We all have an inner critic. It's that nagging voice that tells us we're not good enough or that we've messed up. This voice can get really loud, especially on tough days, and can lead to burnout.  One way to quiet this inner critic is to understand and work with it. Instead of trying to shut it off, we should try to understand what it's trying to protect us from. This approach can help us be kinder to ourselves and reduce the critic's harshness.  To achieve this, we can start by being aware when the critic shows up. Acknowledge its presence and get curious about what it's trying to tell us. We can also name it and thank it for trying to protect us. Over time, this practice can help rewire our brains to respond more compassionately.  Ignoring this inner critic can lead to increased stress and burnout. It can make us feel constantly inadequate and overwhelmed, even in supportive environments.  Let's start by simply noticing when our critic appears. Pause and ask it what it's trying to achieve. This small step can begin the journey to a kinder, more understanding relationship with ourselves. |

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| IN THIS EPISODE, YOU’LL: |
| * Learn practical strategies for managing and quieting your inner critic * Understand the impact of internal critical voices on burnout and stress * Discover techniques for recognising and addressing signs of burnout in yourself and colleagues |

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| LISTEN |
| More episodes of You Are Not A Frog:  [How to Deal with Your Inner Critic](https://youarenotafrog.com/episodes/197/)  Episode 197  [How to Increase Your Confidence and Impact](https://youarenotafrog.com/episodes/198/)  Episode 198, with Dr Claire Kaye  [How to Ditch the Saviour Complex and Feel More Alive](https://youarenotafrog.com/episodes/88/)  Episode 88, with Rob Bell |
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| WATCH |
| [Watch the video version on YouTube](https://youtu.be/Rjajx5fYhNU)  Episode 235: How to stop your inner critic hijacking your day |

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| DO |
| List three things you have learned from this episode which have had an impact on you |
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| Write down what action(s) you will take as a result of listening |
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| Suggest how these actions will make a difference to you, your colleagues or your patients |
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| Write down how you will know that a positive change has happened - what does good look like? |

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| ADDITIONAL RESOURCES |
| Download [Get Your Life Back](https://www.shapestoolkit.com/getyourlifeback), our 60-minute reset for overwhelmed healthcare professionals!  Check out our [Beat Stress & Thrive](https://www.shapestoolkit.com/beat-stress-and-thrive-course-healthcare) course for busy healthcare professionals!  Join our [Shapes Academy](https://www.shapestoolkit.com/shapesacademy) membership for leaders in healthcare  Find out more about the [Shapes Toolkit Training programme](https://www.shapestoolkit.com/programmes-and-trainings)  Check out more free resources from [You Are Not a Frog](https://youarenotafrog.com/resources/)  Join our Facebook Group [You Are Not A Frog](https://www.facebook.com/groups/2212687302308522/) |

HAVE QUESTIONS?

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**6**

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