



# You Are Not a Frog Podsheet

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

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

Date

Total CPD hours

### 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.



### 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

### LISTEN

More episodes of You Are Not A Frog:

[How to Deal with Your Inner Critic](#)

Episode 197

[How to Increase Your Confidence and Impact](#)

Episode 198, with Dr Claire Kaye

[How to Ditch the Saviour Complex and Feel More Alive](#)

Episode 88, with Rob Bell

### WATCH

[Watch the video version on YouTube](#)

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



DO

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?





## ADDITIONAL RESOURCES

Download [Get Your Life Back](#), our 60-minute reset for overwhelmed healthcare professionals!

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

Join our [Shapes Academy](#) membership for leaders in healthcare

Find out more about the [Shapes Toolkit Training programme](#)

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## HAVE QUESTIONS?

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