

Give Yourself a Break Discussion Notes

What does “Give Yourself a Break” mean to you?

- Stop being so hard on myself
- Taking time to rest/do something/decline/take a lunch break
- Don't always have to be the pleaser
- Lowering expectations
- ½ day off – going outside (Time for yourself)

In what ways are you most hard on yourself and why?

- I tell myself I'm rubbish at this/that (and I know it's not true)
- Keeping ourselves safe
- Replay situations over & over (even if others probably don't think twice) – holding up the standard/illusion of perfection
- Set much higher standards and much less forgiving (habit)
- Always striving for better, never enough
- High standards
- Always striving go educations – still feel I need more – Constantly searching and trying to prove myself to others
- Always thinking others are better than I am

What can we do to give ourselves a break?

- Work in Cyprus
- Block out hour at lunchtime (and taking it!)
- Leave your phone
- Setting boundaries
- Talk through feelings (and give permission to be challenged)
- Small daily things – so all feel nicer – diffuser, value, throughout day, tea in a nice mug, notice things



- Write down what I've achieved – the truths
- Hard on others' feelings & what they say – allowing myself to feel vulnerable (being brave)

How can we build positive habits for the future?

- Awareness of points where I'm hardest and looking for opportunities to challenge/overcome (and remind myself)
- Learning to say no (no explanation needed)
- Thank you, but no thanks
- Put in flexible working
- Reflect on what I've achieved (not what I haven't)
- Set a time for tea/dinner
- Scheduling/alarms to stop

Takeaways and actions

- Saying "no" (and positive)
- What's the cost of carrying on?
- Tell ourselves the truth
- Consider the facts around the stories we're telling ourselves