



Embracing Gratitude and Positive Thinking 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, 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 or would like to find out more about what I could offer to your wellbeing journey or even for your office or local community.

Sources

I've listed the sources earlier than usual because so much of today's content has been inspired by some incredible people, the usual podcast and book recommendations can be found at the end of this document.

Good Vibes, Good Life, How Self-Love is the Key to Unlocking Your Greatness, Vex King – I highly recommend the “How to Transform Negative Emotions” exercise. Book, available on Amazon.

Positivity: Ground-breaking Research to Release Your Inner Optimist and Thrive, Barbara Fredrickson. Book, available on Amazon.

100 days of happiness journal – there are so many options out there for happiness and gratitude journaling, have a look online and pick one that speaks to you! 😊

Mental Health Tsunami news article, BBC - <https://www.bbc.co.uk/news/health-52676981>

Mental Health Awareness Week, dedicated website full of information and resources - <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Positive Psychology overview - <https://positivepsychology.com/what-is-positive-psychology-definition/>

Bryony Hopkins, one lovely thing:

Instagram @bryonyehopkins – check out her one lovely thing highlights

Blog post - <https://abellyfullof.com/2020/03/16/one-lovely-thing/>

Amy Cuddy - Ted Talk on Body Language - <https://www.youtube.com/watch?v=Ks-Mh1QhMc>

Tasks & Activities

We covered a few different tasks and activities today. Repetition of these can help increase happiness, gratitude, positivity and confidence.

The Power Pose



Posing like this for just two minutes a day can boost confidence, check out Amy Cuddy's Ted Talk to learn more (link in sources).

Image source: Google – Wonder Woman

Gratitude Journaling

There are many options that you can do here. You could set an alarm on your phone each day to think of "one lovely thing" like Bryony or count off ten things you're grateful for on your fingers. If you prefer to write there are some beautiful happiness and gratitude journals available online.

Happiness Hour

A great way to boost happiness and recharge your batteries! Choose an activity that nourishes you to do for an hour, it could be anything. Perhaps a walk, reading, cooking, yoga... Whatever makes you happy!

Enjoy the experience/ activity and allow yourself to live in the moment. Maybe even put your phone on airplane mode so you're not disturbed.

Negative Emotion Exercise

Vex King has an amazing exercise in one of his books where he guides you through a way to transform an emotion that could be seen as negative through identifying, challenging and understanding it. Before then replacing it with a more empowering thought and visualise handling the emotion better.

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) – Check out the exercises on gratitude. Available on Amazon.

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

Happy Place, Fern Cotton (Book)

Happy Place, Ferne Cotton (Podcast) – Vex King was recently interviewed on here!

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

The Mindset Mentor, Rob Dial (Podcast) – mindset and self-development.

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 featured on it.

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).