Insight Mind Body Talk

Listener's Journal

Welcome to the Insight Mind Body Talk Listener's Journal.

On Insight Mind Body Talk, Jess & Jeanne, both licensed mental health professionals and body-based therapists, extend their areas of expertise beyond the walls of their therapy rooms.
Episodes explore the many aspects of integrative wellbeing as well as dive deeper into mental and physical health issues through a body-centered, trauma-informed lens. They challenge the mainstream "one-size-fits-all" approach to health and healing.

This journal is a space for you, our valued friend, to reflect on the insights gained through our podcast. We hope these journaling prompts help guide you on your path to empowerment and mind/body balance.

Jess & Jeanne

Episode 13
"Why Self-Compassion Works"

In episode 13, “Why Self-Compassion Works”, Jess and Jeanne talk about being kind, understanding, and supportive of ourselves during times of suffering. When we do this, we’re offering ourselves compassion. These purposeful acts of kindness positively influence our mental state and physical health.
Please use the questions as inspiration for your own personal development.

- How do you currently practice self-compassion? In what areas of your life is it easiest to practice, and why? How can you "shine your light" on the more difficult areas? What would that look like? (Be as descriptive as possible, for example: When I catch myself thinking "I should've...", I will instead say "I'm doing the best I can.")

- Ask yourself, "What is happening in my brain as I offer others care and concern?" Are you over-using empathy and lighting up pain centers? How might you use compassion to avoid empathy-fatigue, simultaneously activating areas of your brain responsible for pleasure?

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- Think about a situation causing you to feel strong emotions. What emotion is strongest or most present? Where do you feel this emotion in your body? What are the sensations actually like? What happens if you place your hand on your heart or your arm, and offer yourself compassion? You could even say something like, "It's natural to feel this way" or "I'm here for you". Do you notice any changes in your emotions? In your body?