

PRAESTA

Managing The Chatter In Your Head: Next Steps

Looking ahead, what will be the dominant voices in your head? How might you calm feelings of exhaustion or frustration? What encourages you and gives you hope about the future?

In these reflections about managing the negative chatter in our heads, we have considered how we might: tame our inner critic, stay resilient to setbacks, value our strengths, be conscious of what we are avoiding, and recognise that self-talk affects other too.

Themes that have resonated with leaders when reflecting on these themes have included:

- How might I show to myself the compassion and kindness that I seek to bring to others?
- There is little point in ruminating about past events that cannot now be changed.
- Apparent setbacks can turn out to have built my resilience and longer-term contribution
- When I write down my strengths, do I notice that my inner critic gives undue emphasis to my weaknesses? I would not accept that from a friend so why accept it from myself?
- There is value in facing into difficult situations rather than letting my anxiety get the better of me.

Looking to the future we encourage leaders to:

- Seek to move on from anguish or disappointment
- Ask themselves whether a sense of relentless expectation comes from within as much as from the outside world, and whether it has to be that way
- Park uncertainties about work and create opportunities which allow their batteries to recharge
- Cherish the gift of good relationships, searching out the people who make them smile, and bringing smiles to the faces of others
- Look to the future with a degree of hope, seeing opportunities in even the toughest situations
- Anticipate the positive influence they can have , and how that will feel.