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# Mindful Muscles Workbook: MODULE 2



**MINDFUL**  
MUSCLES

# Acceptance

## What is this module about?

In this module you will focus on identifying and accepting the thoughts and emotions you are experiencing, rather than trying to fight them or block them out. By accepting and getting in touch with your thoughts and emotions you can develop more useful coping strategies in the future.

### *What will you do?*

*To get us started we draw attention to difficult feelings. To give an example, if you have a thought or feeling about your physical appearance, is this because you are thinking about your own body, or are you comparing yourself to others? Where do these feelings come from? Is it based purely on how people around us look? Do you feel this way because you saw something on social media? And what does it mean to be able to identify thought processes like this, can you use these experiences in a positive way?*

*The first exercise you will do in this module to help you start thinking about acceptance of emotions is called **Practicing a Non-Judgemental Stance toward Emotions**.*

*Over the course of a week, when you notice an emotion related to your physical appearance, note it down in the form below. Think about what the initial emotion or feeling was, and what the consequences of judging that emotion were. For example:*

*“I felt sadness. Feeling sadness made me feel weak. Feeling weak made me feel angry and ashamed”.*



## Practicing a Non-Judgmental Stance toward Emotions

**What do I have to do?** Use the table below to reflect on and evaluate your emotions.

**Why is this helpful?** This exercise can help you become more aware about your emotions and realise how negative judgements might lead to an even more negative experience.

**How to do this exercise?** As a first step, bring in mind a negative emotion you had in relation to your physical appearance and sport or exercise (e.g., *I feel sad*). Then consider the judgement that you made about this emotion. For instance, you may consider that *“You felt weak for feeling sad about your physical appearance, which made you angry”*. Then think about how the initial emotion of sadness became sadness and anger when you took a judgemental stance. You don’t have to look at negative emotions such as sadness in a positive light, you just need to become more accepting of that feeling and acknowledge that as humans we may feel sad sometimes. By becoming aware of how you judge emotional experiences, you can become more accepting and comfortable of a negative emotion, making it easier to let go of them. In the last column try to reflect on ways you can become less judgmental in the future.

## Practicing a Non-Judgmental Stance toward Thoughts and Emotions

Emotion that you judged	Judgements	Consequences of judgements	Becoming non-judgmental
<i>Sadness</i>	<i>“I felt weak for feeling sad about my physical appearance, which made me angry”.</i>	<i>Feeling weak, angry.</i>	<i>Next time I will accept my emotion</i>

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## Gratitude

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Gratitude is an emotional response. It is about being thankful for things and expressing it to others or acknowledging it to yourself.

The following exercise will help you feel grateful about things that are commonly unnoticed during the day. Over time, you will learn to remember positive things that happen rather than focus on the negative ones.



## Gratitude Journal

**What do I have to do?** This exercise is called the **Gratitude Journal** and involves you spending a week deliberately recalling 3 positive things that happened during the day.

**Why is this helpful?** This exercise is focused on acknowledging and accepting positive emotions and experiences, being present in moments that make you feel good, and allowing you to enjoy things that make you feel good about yourself.

**How to do this exercise?** You can use the form below to make these daily observations, and we've provided an example which might help you when filling this out.

<b>Day</b>	<b>Positive 1</b>	<b>Positive 2</b>	<b>Positive 3</b>
<i>Example</i>	<p><b>Positive thing:</b> I felt good about the way I look</p> <p><b>What caused it:</b> I saw myself in the mirror and thought my body looked in good shape</p>	<p><b>Positive thing:</b> I felt full of energy</p> <p><b>What caused it:</b> I had a good, light workout and it made me feel active</p>	<p><b>Positive thing:</b> I felt calm about my emotions</p> <p><b>What caused it:</b> I was able to reflect on why I felt a certain way and felt more connected to my sense of self</p>
<i>Monday</i>	<p><b>Positive thing:</b></p> <p><b>What caused it:</b></p>	<p><b>Positive thing:</b></p> <p><b>What caused it:</b></p>	<p><b>Positive thing:</b></p> <p><b>What caused it:</b></p>
<i>Tuesday</i>	<p><b>Positive thing:</b></p> <p><b>What caused it:</b></p>	<p><b>Positive thing:</b></p> <p><b>What caused it:</b></p>	<p><b>Positive thing:</b></p> <p><b>What caused it:</b></p>
<i>Wednesday</i>	<p><b>Positive thing:</b></p>	<p><b>Positive thing:</b></p>	<p><b>Positive thing:</b></p>

	<b>What caused it:</b>	<b>What caused it:</b>	<b>What caused it:</b>
<i>Thursday</i>	<b>Positive thing:</b>  <b>What caused it:</b>	<b>Positive thing:</b>  <b>What caused it:</b>	<b>Positive thing:</b>  <b>What caused it:</b>
<i>Friday</i>	<b>Positive thing:</b>  <b>What caused it:</b>	<b>Positive thing:</b>  <b>What caused it:</b>	<b>Positive thing:</b>  <b>What caused it:</b>
<i>Saturday</i>	<b>Positive thing:</b>  <b>What caused it:</b>	<b>Positive thing:</b>  <b>What caused it:</b>	<b>Positive thing:</b>  <b>What caused it:</b>
<i>Sunday</i>	<b>Positive thing:</b>  <b>What caused it:</b>	<b>Positive thing:</b>  <b>What caused it:</b>	<b>Positive thing:</b>  <b>What caused it:</b>



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