



# Nine Tea Cups

GRATITUDE  
JOURNAL



Welcome to your seven day gratitude journal challenge, we are so excited to have you on this journey with us!

The way we experience the world starts with the way we see ourselves.

Wherever you are, we already know that you are immensely talented.

All you need is help so you can see it.

If you'd like to post about our challenge, please do and tag us @9\_teacups!

You are, quite literally, stardust,

*Hannah, Zahra & Maxine,*  
Nine Tea Cups Bakery & Social Enterprise.



# Let's get physical: the comparison trap

The comparison trap can breed a lot of fear- and/or shame-based feelings. But what are our triggers?

It's a huge question, and we definitely don't know the answer. Shame makes us want to pull away from the herd and hide. Which makes it pretty difficult to figure out what our shame triggers are.

Luckily, there is an easier way: we can learn to recognise what the physical symptoms of shame are for each of us.

Task #1: My shame symptoms

When I feel shame, I physically feel \_\_\_\_\_

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I know I am in shame when I feel \_\_\_\_\_

If I could taste shame, it would taste like \_\_\_\_\_

If I could smell shame, it would smell like \_\_\_\_\_

If I could touch shame, it would feel like \_\_\_\_\_



## The science bit; why feelings of shame are so easy to come by

As it turns out, pride, shame and guilt all activate similar parts of the brain. Guilt and shame both activate the same reward centre (it's called the nucleus accumbens and it's also involved in our response to alcohol), which is why it's so easy to fall into a comparison trap; Our brains think that we are rewarding ourselves.

Social media relies on similar reward systems. With every like, comment and DM our reward system pings. With every "I'll never be good enough" our reward system pings.

These reward systems are all involved in addiction and encourage seeking behaviours.

## What Gratitude does

Gratitude activates the same reward centres and it increases activity in our social reward circuits which makes interacting with people more enjoyable.

The simple act of trying to think of things you are grateful for can also boost serotonin in the part of your brain that is involved in emotional connection.

It's not finding things to be grateful for that matters.

All you have to do is look for it to benefit! And the more you do, the easier it becomes!



# What happens when I am in shame?

Now you have outlined what your shame symptoms are, the next step is working with them. We don't want to reward shame, so if you feel triggered after having looked at a post, a comment or even spent a certain amount of time online. Take a second to reset.

Maybe make yourself a cup of tea, play some music, get outside or if you are pushed for time, take a few deep breaths.

If you are around others, reach out and connect.

The whole point of this seven day challenge is to figure out how better to practice celebrating, instead of comparing.

You got this.

And, if you find yourself struggling, @ us and tell us what's happening. Above all, social media is a community and we're here for each other.



*"I am imperfect, and I am enough"* - Brene Brown

From my interaction with social media today, I am grateful for:

1.

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2.

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4.

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5.

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In my life today, I am grateful for:

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*"Be with those who help your being"* - Rumi

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In my life today, I am grateful for:

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*"Do your thing and don't care if they like it"* - Tina Fey

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In my life today, I am grateful for:

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"Success is liking yourself, liking what you do, and liking how you do it." - Dr Maya Angelou

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In my life today, I am grateful for:

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*"If you only read the books that everyone else is reading, you can only think what everyone else is thinking."*  
- Haruki Murakami

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*"The greatest glory in life lies not in never failing, but rising every time we fall"* - Nelson Mandela

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*"An ounce of practice is worth more than tons of teaching"*  
- Mahatma Gandhi

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*You did it!*

In the past week, you have leaned in to learning about your physical shame triggers, you have practiced gratitude and you have hopefully made new connections with other people who have been practicing too!

Thank you so much for joining us on our first group gratitude journey, we hope you can be there for our future journeys!

It has been truly amazing. Thank you again!

## *A reintroduction....*



What do you get when you combine a food scientist, a camera woman, a psychology major and lots of food allergies?

Us! We're; Hannah (the psychology major MSc), Zahra (the food scientist), and Maxine (the camerawoman). Between us we have 3000 allergies.

Okay, that's not true, but we have a lot of them! And we've been developing inclusive bakes and foods for just under 20 years now.

But, the world is a big place and to us food is only the beginning of nourishment and sustenance. So every time you buy from us, you are helping us run social skills workshops, body image workshops, accessible community fitness classes, one-on-one and family support sessions. You are helping to make the world a better place, and we are so grateful.

(Told you you were stardust!)

*Want to work with us or ask about our support services?*  
Drop us a line at [hello@nineteacups.com](mailto:hello@nineteacups.com)

*Want to meet us?* Come to our instameet in Copenhagen this April, details to follow on the blog!

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