



You Are Not a Frog Podsheet

Episode 212: Beware Your Kindest Colleagues

Quick Dip with Dr Rachel Morris

Date

Total CPD hours

EPISODE SUMMARY

What happens when we're not feeling well, or when we're feeling overwhelmed at work? Often, we turn to our colleagues for support. But what happens when that support doesn't come, or it's not as helpful as we'd hoped?

When we're all in the same boat, it's tricky to get a different perspective. Even well-meaning advice from a colleague can feel misplaced or missing the mark, as it's shaped by their own experiences and limitations. This can leave us feeling resentful and even more stressed than before.

We need to look outside our immediate work environment, to seek out "useless friends", understand why we're asking for advice and be clear about what we hope to gain from it.

In this quick dip episode, Rachel lays out where to seek help when we're stressed, and some pitfalls to watch out for.

Our colleagues – even the most supportive ones – mean well. But often, so do those who aren't in a position to help. So we need to make sure to get an outside perspective so we don't become resentful or frustrated, and damage our work relationships.



IN THIS EPISODE, YOU'LL LEARN TO:

- Handle disappointment if colleagues aren't able to support you
- Find friends who can give you an unbiased perspective
- Pinpoint your needs, set clear expectations, and avoid the pitfalls of short-term solutions

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Episode 212 - Beware Your Kindest Colleagues

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[Finding Your North Star](#)

Episode 208

[Why You Should Expect Pushback and What to do About it](#)

Episode 177

[Very Nice People and Other Deadly Perils](#)

Episode 56

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DO

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?



ADDITIONAL RESOURCES

Find out more about the [Shapes Toolkit Training programme](#)

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

Check out more free resources from [You Are Not a Frog](#)

Join the [Shapes Collective FB group](#)

HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)