## Episode 218: Too busy not to pause

## *Quick dip with Dr Rachel Morris*

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| **Date****Total CPD hours** |

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| EPISODE SUMMARY |
| We can easily get caught in a cycle of constant work, thinking we can't afford even a short break. This affects our wellbeing, our productivity, and our problem-solving abilities.But short pauses – every hour or over lunch – can help clear our minds, meaning we can return to our work with more energy and a fresh perspective.So the next time you find yourself feeling overwhelmed, try scheduling a short break. By stepping away from the task at hand, you let yourself reset, which enhances your productivity and improves your problem-solving abilities. |

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| IN THIS EPISODE, YOU’LL: |
| * Learn about the importance of taking regular breaks for productivity, performance, and problem-solving.
* Discover how to plan and incorporate pauses into your daily and weekly schedule.
* Understand the concept of the “urgency trap” and how to avoid it.
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| **LISTEN** |
| [How to Avoid Amygdala Hijack Part 1](https://youarenotafrog.com/episodes/169/)Episode 169[How to Avoid Amygdala Hijack Part 2](https://youarenotafrog.com/episodes/171/)Episode 171 |
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| **WATCH** |
| [Watch the video version on YouTube](https://youtu.be/78XlpMCPk2E) Episode 218: Too busy not to pause. |

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| **DOWNLOAD** |
| [Your THRIVE Week Planner](https://www.shapestoolkit.com/thrive-planner)take control of your time by planning your week not your work [Your Overwhelm SOS guide](https://www.shapestoolkit.com/overwhelm-sos)your prescription for when it all gets too much |

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| **DO** |
| List three things you have learned from this episode which have had an impact on you |
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| Write down what action(s) you will take as a result of listening |
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| Suggest how these actions will make a difference to you, your colleagues or your patients |
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| Write down how you will know that a positive change has happened - what does good look like? |

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| **ADDITIONAL RESOURCES** |
| Check out our [Beat Stress & Thrive](https://www.shapestoolkit.com/beat-stress-and-thrive-course-healthcare) course for busy healthcare professionals!Find out more about the [Shapes Toolkit Training programme](https://www.shapestoolkit.com/programmes-and-trainings)Check out more free resources from [You Are Not a Frog](https://youarenotafrog.com/resources/)Join our Facebook Group [You Are Not A Frog](https://www.facebook.com/groups/2212687302308522/)  |

**HAVE QUESTIONS?**

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| Email Rachel or reach her on [LinkedIn](https://www.linkedin.com/in/dr-rachel-morris/) |