



You Are Not a Frog Podsheet

Episode 218: Too busy not to pause

Quick dip with Dr Rachel Morris

Date

Total CPD hours

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.

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.



LISTEN

[How to Avoid Amygdala Hijack Part 1](#)

Episode 169

[How to Avoid Amygdala Hijack Part 2](#)

Episode 171

WATCH

[Watch the video version on YouTube](#)

Episode 218: Too busy not to pause.

DOWNLOAD

[Your THRIVE Week Planner](#)

take control of your time by planning your week not your work

[Your Overwhelm SOS guide](#)

your prescription for when it all gets too much



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

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

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

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

Join our Facebook Group [You Are Not A Frog](#)

HAVE QUESTIONS?

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

