



You Are Not a Frog Podsheet

Episode 222: The biggest mistakes people make when they are heading for burnout

Quick dip with Dr Rachel Morris

Date

Total CPD hours

EPISODE SUMMARY

We often underestimate severity of burnout, downplay its impact on our bodies, and push it aside as non-urgent. It's easy to feel like burnout is our own fault, but it's not. The key to addressing burnout lies in recognising it, accepting it, and taking proactive steps towards self-care.

To start addressing burnout, we need to plot ourselves on the stress curve. This curve, which plots performance against pressure, can help us understand the extent of the problem. Once we've identified our place on the curve, we can ask ourselves what factors are contributing to our stress and what we can do to move back up the curve.

IN THIS EPISODE, YOU'LL:

- Learn about the nine mistakes healthcare professionals make when on the path to burnout.
- Recognise and address burnout symptoms along the stress curve.
- Understand how to shift your mindset and focus on self-care without the guilt.



LISTEN

[Am I Burning Out?](#)

Episode 195

[Beware Your Kindest Colleagues](#)

Episode 212

[Don't Wait for Tomorrow to Improve – Take Control Now](#)

Episode 185

WATCH

[Watch the video version on YouTube](#)

Episode 222: The biggest mistakes people make when they are heading for burnout

DOWNLOAD

[The Stress Curve handout](#)

understand the extent of your stress

[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

Download [Get Your Life Back](#), our 60 minute reset for overwhelmed healthcare professionals!

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](#)