



You Are Not a Frog Podsheet

Episode 224: What to do when you don't know what to do

Quick dip with Dr Rachel Morris

Date

Total CPD hours

EPISODE SUMMARY

We all have moments in life when we feel disorientated and unsure where to go next. Maybe there's a sense of shame for not knowing the answer. But the truth is it's OK not to know; it's OK to live in uncertainty, and "wait and see" is a viable option.

When we notice and then challenge our left-brain interpreter – the bit of our brain that's constantly trying to piece together a narrative – we can start to make clearer decisions. And instead of rushing to a solution, we can identify the next best action, even if it's as simple as going to bed or getting some exercise. If we rush in, we can end up solving the wrong problem or getting stressed over not being able to solve something that doesn't have an immediate solution. We might even ignore our own emotions, suppressing the feelings that are actually trying to guide us.

In this quick dip episode, Rachel helps us take a pause, reflect, and embrace the uncertainty in our lives.

Is there an area of your life that's in flux? What would be the next best action to take right now? Remember, "wait and see", "go to bed", or "have a cup of tea" are all good answers!



IN THIS EPISODE, YOU'LL:

- Learn strategies for dealing with uncertainty and not having immediate solutions to problems
- Understand how the left-brain interpreter can influence our perception of problems
- Identify your next best action when dealing with issues, especially those causing discomfort or stress

LISTEN

[How to Make a Difficult Decision](#)

Episode 215 with Jane Gunn

[How to Decide if You Need to Stay or Leave a Difficult Situation](#)

Episode 201 with Corrina Gordon-Barnes

[How to Change When Change is Scary](#)

Episode 124 with Dr Claire Kaye

[This Must Be the Void](#)

Episode 365 of the RobCast, with Rob Bell

WATCH

[Watch the video version on YouTube](#)

Episode 224: What to do when you don't know what to do



READ

[Think Again: The Power of Knowing What You Don't Know](#)

Adam Grant

[Left Brain interpreter](#)

Source - Wikipedia

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](#)

