



# You Are Not a Frog Podsheet

## Episode 229: Is my attachment style causing my burnout?

with Dr Claire Plumbly

Date

Total CPD hours

### EPISODE SUMMARY

How you deal with burnout – and even how susceptible you are to it – is, in large part, encoded in you at an early developmental stage. Coping mechanisms and ways of handling stress are set firmly in childhood. But that doesn't mean they're set in stone.

Dr Claire Plumbly discusses attachment styles and how they affect our relationships and work.

By understanding the attachment styles we developed as children, we can start to make changes that help us build healthier relationships and work habits.

First, we need to identify our dominant attachment style. This involves reflecting on our early relationships and current interactions. It's useful to become aware of the different attachment styles: secure, anxious, avoidant, and disorganised. We can then use this knowledge to manage our stress levels in a more self-compassionate way.

When we're unhappy or stressed at work, we can find ourselves continuously seeking validation, unable to set boundaries, and ultimately facing burnout.

But by taking a moment to uncover and reflect on our attachment style (with professional help if needed), we can deal with stress more easily, and finally begin to beat burnout.



### IN THIS EPISODE, YOU'LL:

- Understand how attachment styles developed in childhood can affect your work relationships and stress management
- Learn practical strategies to identify and possibly change your dominant attachment style for better mental health
- Discover the impact of attachment theory on burnout and how to create healthier coping mechanisms

### LISTEN

More episodes of You Are Not A Frog:

[Are Your Tiny Traumas Building Up to Burnout?](#)

Episode 182, with Dr Claire Plumbly

[Surprising Ways to Avoid Burnout](#)

Episode 188, with Nick Petrie

[The Biggest Mistakes People Make When They are Heading for Burnout](#)

Episode 222

### WATCH

[Watch the video version on YouTube](#)

Episode 229: Is my attachment style causing my burnout?

### READ

[Burnout: How to Manage Your Nervous System Before it Manages You](#)

Claire's book



## TOOLS

### [Adult Attachment Scale](#)

A tool for understanding attachment styles, improving relationship dynamics and mental health.

### [Strive to Avoid Inferiority scale](#)

Striving to avoid inferiority scale – a self-assessment tool

## 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](#)

