



You Are Not a Frog Podsheet

Episode 232: How to keep going in a struggling system

with Dr Sarah Coope

Date

Total CPD hours

EPISODE SUMMARY

Many of us feel we are working in an overstretched system where our colleagues are exhausted. And we're feeling the strain. We know the vicious cycle of stress leading to team members going off sick, which leads to more stress... but what can we do to break this cycle?

Instead of trying to fix the system, we have to focus on ourselves, and what's within our zone of power. This means taking better care of our energy, time, attention, and resources – being intentional about what we *choose* to spend our energy on.

In this live podcast recording from the FMLM Conference 2024, Rachel is joined by Dr Sarah Coope, to discuss ways we can take more control over our careers.

Taking control and responsibility does not mean passing the blame onto you. The fact that you're working in an overstretched system is not your fault, so you won't find any resilience victim-blaming here. But there are actions and decisions we can take, even if those decisions lead to people being annoyed with us.

If we don't take responsibility for what we can do (how we manage our time and attention for example), we risk falling into the trap of constant exhaustion and ultimately, burnout. And the cycle continues.



This episode is an invitation to think differently about the *quality* of your energy – not just the quantity – and what we can do to improve it. Small, intentional changes can make a big difference in crafting a career that can keep us fulfilled.

IN THIS EPISODE, YOU'LL:

- Learn about managing your energy and improving work-life balance in a high-stress environment
- Learn how to craft a sustainable career by focusing on what is within your control
- Hear real-life examples and insights from other healthcare professionals on thriving in an overstretched system

LISTEN

More episodes of You Are Not A Frog:

[How to Find Peace and Happiness, Even in a Life You Haven't Chosen](#)

Episode 115, with Dr Maddy du Mont

[Embrace Your Capacity, Not Your Limits](#)

Episode 176 With Dr Sarah Coope

[Finding Your North Star](#)

Episode 208



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Episode 232: How to keep going in a struggling system

DOWNLOADS

[Prioritisation Grid handout](#)

Free download

[Drama Triangle handout](#)

Free download



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](#)

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HAVE QUESTIONS?

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