



You Are Not a Frog Podsheet

Episode 236: Finding your opposite world to beat burnout

With Nick Petrie

Date

Total CPD hours

EPISODE SUMMARY

When work takes up so much space in our days and our minds, that's when burnout can start to creep up on us. We become so engrossed in our jobs that it's hard to switch off, which makes us tired and less effective both in and outside of work.

In this remix of episode 188, Nick Petri talks about finding your "opposite world" to beat burnout. It's an activity or identity that's the polar opposite of what we do at work, which requires different skills and mindsets.

For example, if your job is highly logical and mentally taxing, an opposite world might involve physical activity or creative arts – something that engage your body and heart instead of your mind.

To find our opposite world, identify activities that are truly different from your work tasks. Experiment with various options like dance, nature walks, or playing a musical instrument. Regular spent in your opposite world will give you a mental and emotional break from work.



IN THIS EPISODE, YOU'LL:

- Discover how opposite worlds can help you beat burnout
- Learn practical examples of activities that can help you switch off from work effectively
- Understand the importance of having multiple identities and how it can contribute to your overall wellbeing

LISTEN

More episodes of You Are Not A Frog:

[Surprising Ways to Avoid Burnout](#)

Episode 188, with Nick Petrie

[How to Avoid Burnout on Repeat](#)

Episode 160, with Dr Claire Ashley

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

Episode 222

WATCH

[Watch the video version on YouTube](#)

Episode 236: Finding your opposite world to beat burnout

READ

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

by Adam Grant



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!

Join our [Shapes Academy](#) membership for leaders in healthcare

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](#)