



You Are Not a Frog Podsheet

Episode 237: What to do with that nagging feeling that something's not right

Quick dip with Rachel Morris

Date

Total CPD hours

EPISODE SUMMARY

We've all experienced times when we know something's wrong, but we avoid dealing with it. Whether it's a job, relationship, or just a general sense of unease, we make small adjustments hoping it'll fix itself. But this rarely solves the problem.

In this quick dip, Rachel sets out the importance of identifying the real issue and addressing it head-on. This means paying attention to the signs and being honest with ourselves, slowing down and taking a moment to really think about what's bothering us.

It starts with acknowledging our feelings and paying attention to those nagging thoughts, even if they wake us up at night. Then, talking them over with a trusted friend or writing those thoughts down to get clarity.

Avoiding these nagging problems in our heads can lead to anxiety and resentment, or a feeling that we're stuck in a situation that isn't serving us, which just compounds the frustration.

But by taking a moment to pause, reflecting on what's really happening in our life, and writing down what's on our mind, we begin to take control and pave the way for lasting positive change.



IN THIS EPISODE, YOU'LL:

- Discover strategies to address and overcome personal and professional challenges that might be causing discomfort
- Learn how the sunk cost fallacy and confirmation bias affects decision-making, and how to overcome them
- Understand the importance of vulnerability and honesty in recognising and resolving issues to improve wellbeing and relationships

LISTEN

More episodes of You Are Not A Frog:

[Life's Too Short NOT to Love What You Do](#)

Episode 209, with Dr Sarah Goulding

[How to Stop Making Decisions Based on Fear](#)

Episode 162, Henri Stevenson

[How to Change Your Life in 12 Minutes Per Week](#)

Episode 156, with Robbie Swale

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[Watch the video version on YouTube](#)

Episode 237: What to do with that nagging feeling that something's not right



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](#)

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HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)