



You Are Not a Frog Podsheet

Episode 239: How to get what you need when even *you* don't know

Quick Dip with Dr Rachel Morris

Date

Total CPD hours

EPISODE SUMMARY

When we're stressed or tired, we can act in ways that push away the people we love. We tell ourselves they should've anticipated our needs, or that they don't appreciate us.

This is probably a sign that an underlying core need isn't being met. Understanding these needs can help us avoid misinterpreting situations and blaming others. By focusing on those needs, we can communicate better and avoid an escalating conflict over the dirty dishes.

We all have essential needs for rest, connection, and appreciation – these are our “SOS needs”. Pay attention to how these needs show up in your body and mind – and when you feel overwhelmed, take a pause, step away, and give yourself time to think clearly.

If we don't, we can end up creating a cycle where we feel worse and more isolated. We might miss out on the love and support we *actually* need, and reinforce those stories about how we're unappreciated.

Next time you're upset, step back, take a moment, and reflect on what you truly need. This small step can make a big difference in how you connect with those around you, so you get your needs met.



IN THIS EPISODE, YOU'LL LEARN TO:

- Help improve your relationships and avoid misunderstandings
- Help de-escalate potential conflicts
- Navigate emotions and feelings, and the differences between them

LISTEN

More episodes of You Are Not A Frog:

[The Power of Pressing Pause](#)

Episode 157

[How to Avoid Amygdala Hijack, Part 1](#)

Episode 169

[How to Be a \(Happy\) Working Parent](#)

Episode 121, with Corrina Gordon Barnes

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Episode 239: How to get what you need when even *you* don't know

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[Our free Overwhelm SOS Toolkit](#)

Download our free Overwhelm SOS Toolkit



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?

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