



You Are Not a Frog Podsheet

Episode 245: You can't organise your way out of overwhelm

Quick dip with Dr Rachel Morris

Date

Total CPD hours

EPISODE SUMMARY

Are you feeling overwhelmed? Maybe on the verge of burnout? The non-stop demands of work and life can make it hard to keep up, but the conventional advice seems to suggest we can just “organise” our way out of it.

Not so. When we're feeling overwhelmed, todo lists and PostIt notes aren't the answer. What we need is to take a step back – to pause and nourish our soul. Our first instinct is often to do more, but what we really need is rest.

In this week's quick dip, Rachel outlines the steps we need to follow, using the acronym STOP. S for our soul, T for time out, O for out-of-office, and P for the parasympathetic: our rest and digest system.

IN THIS EPISODE, YOU'LL:

- Discover practical strategies for managing feelings of overwhelm and burnout
- Understand the importance of listening to your body and prioritising self-care
- Address the physiological and psychological response to overwhelm



LISTEN

More episodes of You Are Not A Frog:

[The 3 Lies Which Hold Us Back](#)

Episode 226

[What to Do When You are Overwhelmed](#)

Episode 132, with Gerrie Hawes

[The Power of Pressing Pause](#)

Episode 157

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Episode 245: You can't organise your way out of overwhelm

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[Overwhelm SOS Toolkit](#)

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[How to retreat when you can't go on retreat](#)

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!

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](#)

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HAVE QUESTIONS?

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