



You Are Not a Frog Podsheet

Episode 246: How stories can help you beat burnout

with Dr Tara George

DATE

TOTAL CPD HOURS

EPISODE SUMMARY

In a high-stakes, public-facing job, balancing empathy with maintaining professional boundaries is not an easy task. The emotional demands of our job and the need to be empathetic can weigh on us over time, and contribute to burnout.

This is where stories come in. Be they fiction, poetry, or memoir, engaging with stories can enhance our empathy and help us process our emotions in a safe and controlled way. It can help us practice how to feel, or give us comfort in the knowledge we're not the only ones to think a thought we might want to express out loud.

This week, Rachel is joined by Dr Tara George, who integrates humanities into the medical training she provides. This helps to stimulate discussion and reflection, and allows for the exploration of different perspectives and experiences – all of which broadens our understanding of the human condition.

If you're looking to beat burnout, consider making some time to pick up a novel, or treat yourself to a new film or TV drama. The stories and emotions they bring up may help you make space for others' experiences, and they're a great way to open a dialogue with a colleague.



You Are Not a Frog Podsheet

IN THIS EPISODE, YOU'LL:

- Discover how literature and the humanities can enhance empathy and resilience in healthcare professionals
- Explore the unique ways in which fiction and poetry can be used in medical training to engage emotions and improve understanding
- Learn the importance of balancing empathy with professional boundaries to avoid burnout in high-stress professions

LISTEN

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[How to Escape the Drama Triangle and Stop Rescuing People](#)

Episode 75, with Annie Hanekom

[Passing the Naughty Monkey Back](#)

Episode 65, with Dr Amit Sharma

[Bedside Reading](#)

Tara's podcast

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Episode 246: How stories can help you beat burnout



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by Kate Gross

[The Wounded Storyteller: Body, Illness, and Ethics](#)

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[Tornado of Life: A Doctor's Journey through Constraints and Creativity in the](#)

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by Jay Baruch

[Time to Think: Listening to Ignite the Human Mind](#)

by Nancy Kline

[Letter to a Young Female Physician: Thoughts on Life and Work](#)

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[The Promise That Changes Everything: I Won't Interrupt You](#)

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[Shuggie Bain](#)

by Douglas Stuart



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[Love After Love](#)

by Ingrid Persaud

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



You Are Not a Frog Podsheet

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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