

# You Are Not A Frog

## CPD & Reflection Log



### Episode 10:

#### Podcast notes

In this episode, Rachel is joined by Agnes Otzelberger, a trainer, research and activist with a special interest in what happens when we tire of 'doing good'.

We chat about what can happen to carers, healthcare staff and humanitarian workers when they become overwhelmed and burnt out by the magnitude of the needs and the suffering of the people they are dealing with on a day to day basis. We discuss how the symptoms affect us and ultimately can make us disillusioned and can end up with us leaving our job or becoming ill.

This has traditionally been known as 'compassion fatigue' but the surprising thing is that neuroscience has shown that compassion fatigue doesn't actually exist – what we end up suffering from is 'empathic burnout' or 'fatigue'. When we hear other people suffering, the empathy area of our brain is activated – the same bit of the brain that experiences physical pain.

Fascinating research has shown that whether we suffer from empathic fatigue or not depends on which part of our brain we are using to process the things we see and hear. Buddhist monks who are able to access the 'compassion' area of the brain through the 'empathy' area in response to suffering seem to be immune from empathic fatigue.

Agnes shares the research and reading she has been doing around this topic, discusses the treatments and strategies to prevent it, and shares some simple tips and methods for avoiding empathic fatigue and protecting us from its toxic effect.

This podcast is a must for those who have ever felt that their compassion has just run out...

#### Podcast links

[www.thegoodjungle.org](http://www.thegoodjungle.org) Agnes's website

Blog on compassion fatigue <https://www.thegoodjungle.org/blog/2019/4/9/burning-out-for-people-and-planet-4-dangerous-self-care-myths>

[How Can I Help](#), Ram Dass and Paul Gorman

[Standing at the edge](#), Joan Halifax

RAIN meditations at <https://www.tarabrach.com/rain/>

Contact Agnes [hello@thegoodjungle.org](mailto:hello@thegoodjungle.org)

The Good Jungle Facebook page <https://www.facebook.com/thegoodjungle/>

For more episodes of You are not a frog, check out our website [www.youarenotafrog.co.uk](http://www.youarenotafrog.co.uk) and [sign up to our mailing list](#) here for loads of useful resources about thriving at work.

Follow Rachel on twitter [@DrRachelMorris](#) or [LinkedIn](#) and find out more about her online and face to face courses for doctors on surviving and thriving at work at [www.shapesfordoctors.com](http://www.shapesfordoctors.com) or for other organisations at [www.wildmonday.co.uk](http://www.wildmonday.co.uk)

What three key things have you learned from listening to this podcast?

Is there anything you can use from this podcasts that will help you to help others?

What are you going to do now?

How will you know if this has made a difference?

CPD time claimed:

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