

# You Are Not A Frog

## CPD & Reflection Log



### Episode 12:

#### Podcast notes

In this episode, Rachel is joined by Dr Jo Scrivens, Portfolio GP, Cambridgeshire LMC member and Red Whale Lead. Manage. Thrive! Course co-presenter.

We chat about what happened when her Mother died following a diagnosis of cancer. Jo speaks about how this affected her, how she coped with going through the diagnosis and treatment process with her family and how she managed her family and work whilst this was all going on.

We talk about the relief she felt when a Macmillan nurse told Jo she would treat her as a relative and not a doctor, and discuss how important it is to be able to be in the role of a friend or relative and not a member of the medical profession when you are coping with losing a loved one.

Jo shares some of the books and other resources that have helped her and shares some insights she gained about herself and the dying process.

#### Podcast links

[Thinking Out Loud: Love, Grief and Being Mum and Dad, Rio Ferdinand](#)

[Option B: Facing Adversity, Building Resilience and Finding Joy, Sheryl Sandberg](#)

[Resilient Grieving, Lucy Hone](#)

[Sign up for downloadable CPD reflection forms plus more tools and resources](#)

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](https://twitter.com/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.shapestoolkit.com](http://www.shapestoolkit.com)

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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