

You Are Not A Frog

CPD & Reflection Log



Episode 15:

Podcast notes

In this episode, Rachel is joined by John C Parkin, author of the bestselling F**k It: The ultimate spiritual way, to talk about the powerful philosophy behind the F**k It mentality, and how using it can make our lives better.

We chat about how the phrase F**k it is so powerful as it helps us form a bridge from our left brain to our right brain to access the very powerful, creative aspects of brains – the part of ourselves which lives in the present and helps us to truly relax. We discuss the concept that one of the reasons why we feel so stressed is that we attach too much meaning to too many things (what other people think of us being a prime example). When we relax, others relax and we get better outcomes in both work and life.

We discuss how the F**k It principle might help busy doctors even with things that matter very much and how a bit of self-coaching (anabolic coaching – you heard it here first!) can help us to get some perspective, work out what really makes a difference in life, move forwards and take action to overcome stress and overload.

Podcast links

<https://www.thefuckitlife.com>

Follow John on twitter [@thefuckitlife](https://twitter.com/thefuckitlife)

[F**k It: The ultimate spiritual way](#) book

[The Effect of Swearing of Strength and Power Performance](#), Keele University

<https://www.facebook.com/thefkitlife/>

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For more episodes of You are not a frog, check out our website 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 or for other organisations at 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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