

You Are Not A Frog

CPD & Reflection Log



Episode 17:

Podcast notes

In this episode, Rachel is joined again by Dr Nik Kendrew, self-confessed self-help bookaholic to chat about books and apps that have made an impact on their lives recently.

We chat about how reading self-help books sometimes gets a bad press and how we, personally get an immense amount of value from them. Amongst other recommendations, Nik talks about 'The Little Book of Resilience' by Matthew Johnstone and the effect that this book has had on him, from understanding how we all put on a 'show face' to taking hold of the principle that 'It's OK to not feel OK'.

We also talk about the enormous pressure that GPs are under and the importance of looking after yourself, seeking help where necessary and identifying some of those thoughts we believe are facts but are, in fact, just thoughts after all.

Podcast links

[The Little Book of Resilience, Matthew Johnstone](#)

Headspace App

<https://drchatterjee.com/blog/category/podcast/>

[Stress Proof: The ultimate guide to living a stress free life](#) Dr Mithu Stonroni

Follow Nik on Twitter [@nikkendrew](#)

For help and support for GPs <https://gphealth.nhs.uk>

[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 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 or for other organisations at 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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