

You Are Not A Frog

CPD & Reflection Log



Episode 18:

Podcast notes

In this episode, Rachel is joined by Dr Jamie Wyllie for another Ask the Frog episode

We chat about what happens when work starts to seep into every aspect of our lives. How to create a 'third space' between work and home so that we get ourselves out of work mode to be fully present in parent / partner / friend mode.

We think about what we can do to stop ourselves obsessing about unfinished work and how perhaps the 'inbox to zero' mindset can be unhelpful when this just might not be possible.

Finally, we talk about how taking control over aspects of our time such as doing our best work at our best time and scheduling in work catch up time that is under our control just might help us to feel freer and get a better quality of life at home.

Podcast links

<https://ideas.ted.com/never-take-a-bad-work-day-home-again-using-these-3-steps/>

The pomodoro technique <https://francescocirillo.com/pages/pomodoro-technique>

[Starving the Anxiety Gremlin book](#)

Submit your questions for 'Ask the Frog' to rachel@wildmonday.co.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](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.wildmonday.co.uk

[Support the show](#) (<https://wildmonday.us19.list-manage.com/subscribe?u=885e158d10911ad80f467f60c&id=d2391396fa>)

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:

For more episodes of You are not a frog, check out our website www.youarenotafrog.co.uk follow Rachel on twitter @DrRachelMorris and find out more about her online and face to face courses on surviving and thriving at work at www.shapesfordoctors.co.uk Get more reflection forms and useful stuff about thriving at work by signing up to the Shapes Collective here