

You Are Not A Frog

CPD & Reflection Log



Episode 24:

Podcast notes

In this episode, Rachel talks about the worrying statistics about burnout and exhaustion in doctors and discusses some of the reasons why burnout is on the increase.

There are some uncomfortable truths about burnout

- Doctors are not immune – in fact perfectionist tendencies and increased engagement with their jobs make them more prone to burnout
- In the ICD 11 codes, the WHO have newly classified Burnout Syndrome as caused by a toxic workplace culture and unmanaged stress
- No-one else is going to take control for you – you have to make changes yourself

Rachel talks about strategies to prevent stress and presents a crucial mindset shift that is needed in order to beat burnout. Getting mastery of our jobs and the tools we need to stay resilient is the first step. We also need to get a supportive community around us to challenge us and help us to think issues through.

Finally, we need autonomy in our work life, and the ability to take control over our wellbeing, our stress and our time. Time is a big issue - we often feel we don't have enough time to do everything that is required of us, let alone find time to plan how we will make changes, so Rachel provides a helpful tool – the [Thrive Week Planner](#) which you can download to help plan what a good working week looks like in which you can thrive.

We'd love you to join the [Beat Stress and Thrive Tribe](#) Rachel's brand new online course and membership community for doctors under pressure which will help you to do all of this. This special offer is for a limited time only – the community is open for new members until 17th March 2020 (if you have missed this offer, [sign up to the mailing list](#) to be the first to know about future course and community intakes and events). Find out [more details about the Beat Stress and Thrive Tribe here](#)

Podcast links

https://www.gmc-uk.org/-/media/documents/caring-for-doctors-caring-for-patients_pdf-80706341.pdf

<https://bjgp.org/content/bjgp/69/684/e507.full.pdf>

[Essentialism: The Disciplined Pursuit of Less](#) by Greg McKeown

The online course and membership community [Beat Stress and Thrive Tribe](#)

For more episodes of You are not a frog, check out our website [You Are Not A Frog](#)

[Podcasts](#) 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.shapestoolkit.co.uk](#)

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

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

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What are you going to do now?

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How will you know if this has made a difference?

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CPD time claimed:

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For more episodes of You are not a frog, check out our website www.shapesfordoctors.com/podcasts 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 Facebook Page](#).