

You Are Not A Frog

CPD & Reflection Log



Episode 26:

Podcast notes

In this episode, Rachel is joined by Richard Hussein, an ex-olympic strength and conditioning coach and the founder of the conscious life collective, an alternative framework for wellbeing.

We chat about his experiences working with Olympic athletes and the techniques they use to control their stress before the big event. Mild stress helps our performance to increase but pretty quickly our performance peaks, too much stress and our performance starts to dip. Activating the parasympathetic nervous system through simple actions such as breathing exercises can be incredibly helpful for bringing us back into a high-performance state.

We talk about the concept of flow – the extraordinary state where time may stand still or speed up, we have adequate challenge and are being stretched and we are totally absorbed in what we do. This is linked with wellbeing protective factors – learning a new skill is a great way to get into flow. If you experience flow regularly then life satisfaction goes up and things are much better.

We discuss strategies to get into flow more regularly and Richard gives his top 3 tips to stay resilient and manage stress. These are:

1. Access breathing techniques
2. Focus on your deep work without interruption
3. Work out what is it that you actually WANT to do and eliminate the non-virtuous guilt

Podcast links

Sign up for the [Beat Stress and Thrive online course and community here](#)

<https://www.husseinyperformance.com>

Follow Richard on twitter @richardhuseiny

[Bounce](#) by Matthew Syed

The Breathing App Edward Stern

[When the body says no: The cost of Hidden Stress](#) by Dr Gabriel Mate

<https://www.flowgenomeproject.com>

<https://powerspeedendurance.com>

[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 [You Are Not A Frog Podcasts](#) and [sign up to our mailing list](#) here for loads of useful resources about thriving at work.

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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