

You Are Not A Frog

CPD & Reflection Log



Episode 27:

Podcast notes

In this special episode of the podcast, Rachel is joined by Dr Caroline Walker – The Joyful Doctor. Caroline is a Psychiatrist, therapist, specialist in the wellbeing of doctors and host of The Joyful Doctor Podcast.

This is the first in a new series of podcast episodes and videos – COVID-19 Supporting Doctors: How to manage our stress and anxiety through the crisis.

In these very difficult times, Caroline and Rachel are working together to bring you as much support as they can. We'll be tackling various different topics as they emerge in order to help doctors keep their head in the game and stay focussed and resilient.

In this episode, we talk about the huge amount of anxiety that doctors are experiencing right now and recognise that this is normal. We chat about the different sorts of threat that we are all experiencing and how we can make things worse for ourselves if we get into particular patterns of thinking.

We discuss some of the ways in which we can proactively manage our anxiety and stress, and suggest tips and techniques which will make a practical difference wherever we work.

Finally we share some books, resources and website which we think will be useful. This is an ongoing project so we'd love to hear what would be helpful to you. Please contact us if you have any comments or suggestions or have any useful resources to share, or just want to say hello!

Doctors – we need you more than ever. Keep up the good work. Keep your heads. Keep caring.

Contact Rachel – rachel@wildmonday.co.uk Twitter - @DrRachel Morris

Contact Caroline – caroline@joyfuldoctor.com Twitter @@joyful_doctor

We're going to be sending out a weekly email with new resources, tips and useful content especially for doctors and healthcare professionals throughout the COVID-19 crisis. If you'd like to receive this and other resources about thriving at work then [please sign up here](#)

Podcast links

The Joyful Doctor Website www.joyfuldoctor.com

Shapes for Doctors Website www.shapesfordoctors.com

You Are Not A Frog website www.youarenotafrog.co.uk

[The Happiness Trap: Stop Struggling, Start Living](#) by Russ Harris

[The Power of Vulnerability TED Talk](#) by Brene Brown

[BMA Wellbeing Service](#)

[The Chimp Paradox: The Mind Management Programme for Confidence, Success and Happiness](#)

by Prof Steve Peters

[Calm](#) app

[Headspace](#) app

[Mindfulness: A Practical Guide to Finding Peace in a Frantic World](#) by Mark Williams and Danny Penman

[The NHS Practitioner Health Programme](#)

[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.

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?

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?

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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](#).