

You Are Not A Frog

CPD & Reflection Log



Episode 28:

Podcast notes

In this episode of the podcast, Rachel is joined again 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 second in a new series of podcast episodes and videos – COVID-19 Supporting Doctors.

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 sadness and sense of loss that we are all feeling at the moment. Grief brings with it many different emotions and reactions – from shock and denial through to extreme sadness and anger. Many of us are experiencing a lot of these emotions right now and IT'S OK AND NORMAL to feel like this.

When we suppress our emotions for too long it can be bad for us. We discuss how to release the emotions in a healthy way which doesn't catch anyone in the crossfire and how accepting what we are feeling and making allowances for others to feel that way too is crucial in times like these.

Our top tips are:

Caroline

- Feel the emotion
- Vent your anger healthily and safely
- Share your sadness with others – we're in this together

Rachel

- Give yourself time and space to allow yourself to experience the emotions and let them settle.
- Make room for joy in your life – even when it's hard out there
- Make extra allowances for yourself and others

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](#)

You can [watch this podcast episode on YouTube](#) here

Podcast links

[Coronavirus wellbeing support for doctors](#) Facebook group

The Joyful Doctor Website www.joyfuldoctor.com

Shapes for Doctors Website www.shapesfordoctors.com

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

[Tea and empathy Facebook group](#)

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

[BMA Wellbeing Service](#)

[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?
CPD time claimed:

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](#).