

You Are Not A Frog

CPD & Reflection Log



Episode 29:

Podcast notes

Caring for ourselves whilst coping with loss with Dr Jonathan Griffiths

In this episode of the podcast, Rachel is joined by Dr Jonathan Griffiths, a portfolio GP from Nantwich who is also a blogger, a TEDx Speaker and Primary Care Adviser to the STP.

In this episode, we talk about Jonathan's experience of losing his young son to a rare haematological condition and his journey of a slow recovery following this huge loss. We chat about the need to be kind to yourself, know your limits and boundaries and how to return to work when the time comes.

We talk about how we can apply the lessons Jonathan learnt during that time to our experiences in the Coronavirus crisis and we discuss the enormous power of exercise in helping us cope with stress, anxiety and a whole other range of emotions.

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

We are 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 the podcast on [YouTube here](#)

Podcast links

Read Jonathan's blog www.drjongriffiths.wordpress.com

His TEDx talk is at <https://youtu.be/-BfcvI49GCw>

Twitter [@drjongriffiths](#)

Connect with him on linkedIn <http://linkedin.com/in/jonathan-griffiths-13623473>

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

Shapes for Doctors Website www.shapesfordoctors.com

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

[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. You can also join my Facebook group [The Shapes Collective](#) here

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](#).