

You Are Not A Frog

CPD & Reflection Log



Episode 31:

Podcast notes

In this episode, Rachel is joined again by Dr Katherine Hickman, GP, mentor and Tiny Habits Coach and Respiratory Lead in Yorkshire.

In the midst of the COVID crisis, many of us are glued to the latest news, constantly on Facebook or WhatsApp replying to colleagues, friends and family and, to be, honest, some of it isn't that helpful in terms of keeping well, reducing our stress and staying calm through the crisis.

We talk about how to use the Tiny Habits behavioural change approach to help us to limit the amount of time we spend consuming news and social media and to stop us automatically checking our phones whenever we have a break in our work, or if our attention is wandering.

To change a habit, we need to start small and make it easy. We discuss some quick wins such as growing a tree on your phone, activating the Facebook timer and also turning off all your notifications and putting your social media apps all together in a folder a long way from your home screen.

If you want to know more about the Tiny Habits approach, then do check out Episode 2 of You Are Not A Frog, where Katherine shares even more about this approach.

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 this podcast episode on YouTube here](#)

Podcast links

[Tiny Habits: The small changes that change everything](#) BJ Fogg book

[BMA Wellbeing Service](#)

[The NHS Practitioner Health Programme](#)

<https://www.katherinehickmancoaching.com/about>

Follow Katherine on twitter [@kchickman](#)

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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 the [Shapes Collective Facebook group](#) where we chat about the hot topics and regularly post interesting articles

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:

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