

# You Are Not A Frog

## CPD & Reflection Log



### Episode 33:

#### 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 fourth 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 unrealistic expectations we have of ourselves right now. Perhaps we think we should be doing more to help? Improving ourselves? Doing that CPD we've never got round to doing? Spring cleaning the house or making our garden perfect? Yet many of us are finding that we're just not able to do all this right now and our productivity seems to be lower than we'd like.

This is OK.

We need to adjust our expectations of ourselves (rather than 'lower' them)

As doctors, we are so often driven by our need to 'do' and our need to help. We judge our worth by what we've achieved and so when we feel uncomfortable emotions such as anxiety or sadness we turn quickly to action to 'fix' the problem.

Caroline and Rachel chat about the need for self-compassion and about how to recognise the emotions we are feeling. We discuss the vital question we need to ask ourselves 'What do I need right now' and also chat about how we can find it hard to receive help and compassion from others.

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

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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

Get the [COVID Team Wellbeing Toolkit](#) which includes instructions on how to run a team check in chat here

24 hour support for NHS staff: Call 0300 131 7000 between 7am and 11pm or text FRONTLINE to 85258 24/7.

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

The Joyful Doctor Website [www.joyfuldoctor.com](http://www.joyfuldoctor.com)

Shapes for Doctors Website [www.shapesfordoctors.com](http://www.shapesfordoctors.com)

You Are Not A Frog website [www.shapesfordoctors.co.uk/podcasts/](http://www.shapesfordoctors.co.uk/podcasts/)

[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. 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](http://www.shapesfordoctors.com) or for other organisations at [www.shapestoolkit.co.uk](http://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](http://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](http://www.shapesfordoctors.co.uk)

Get more reflection forms and useful stuff about thriving at work by signing up to the [Shapes Collective Facebook Page](#).