

You Are Not A Frog

CPD & Reflection Log



Episode 35:

Podcast notes

In this episode of the podcast, Rachel is joined by Dr Amrita Sen Mukherjee, a portfolio GP with a special interest in occupational health, a Next Gen GP lead and the RCGP First5 Wellbeing lead as well as mother to two small children.

We talk about the power of positivity and how this works during difficult times such as those we are experiencing right now. Ami is undertaking a Masters in Positive Psychology and we discuss some of the positive psychology principles and research around how this can help us. Keeping a list of things we are grateful for, creating an album of meaningful photos and reflecting on why they are meaningful are two ways in which we can increase our positivity – which the helps to re-wire our brains.

We discuss the importance of accepting what we can and can't control, the importance of autonomy and purpose in our lives and chat about the small and practical changes we can all make to increase these elements in our work and home life.

Ami's top tips:

1. Plan positivity
2. Do team check-ins regularly
3. Remember the basic stuff – it's OK to laugh.

Keep up the good work. Keep your heads. Keep caring.

Access the [free Shapes Webinar](https://shapes-toolkit.mykajabi.com/support-your-team-webinar) 'How to support your team through the COVID crisis without trying to fix it for everyone' here - <https://shapes-toolkit.mykajabi.com/support-your-team-webinar>

Watch Ami and Rachel's FMLM webinar on wellbeing here

<https://www.fmlm.ac.uk/resources/webinar-maintaining-your-wellbeing-through-covid-19>

Contact Rachel – rachel@wildmonday.co.uk

Twitter - @DrRachel Morris

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

Follow Ami on twitter [@YourwellbeingDr](#)

Here's her website <https://yourwellbeing.doctor/>

Get in touch with her Amrita@yourwellbeing.doctor

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

Shapes for Doctors Website <http://www.shapesfordoctors.com>

You Are Not A Frog website <http://shapesfordoctors.co.uk/podcasts/>

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

[BMA Wellbeing Service](#)

[The NHS Practitioner Health Programme](#)

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

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Find out more about her online and face to face courses for doctors on surviving and thriving at work at www.shapesfordoctors.com

For other organisations at <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 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

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