

You Are Not A Frog

CPD & Reflection Log



Episode 36:

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 fifth 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 and other professionals working on the frontline keep their head in the game and stay focussed and resilient.

In this episode we discuss COVID fatigue, how many of us seem to be more tired than we would expect – even though we're going to bed at a reasonable hour and may have more opportunity than usual for rest. This fatigue is caused by many factors which include our background anxiety and stress, the fact that it's harder to interact regularly with those people who re-energise us and also the fact that doing things virtually can be completely draining.

We chat about strategies to look after ourselves, our families and colleagues and discuss practical things you can do which will make a difference.

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 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](https://shapes-toolkit.mykajabi.com/free-team-wellbeing-toolkit) - <https://shapes-toolkit.mykajabi.com/free-team-wellbeing-toolkit>

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 - <https://shapes-toolkit.mykajabi.com/free-team-wellbeing-toolkit>

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](https://www.facebook.com/groups/777257999463566/) Facebook group -
<https://www.facebook.com/groups/777257999463566/>

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

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

[BMA Wellbeing Service](https://www.bma.org.uk/advice/work-life-support/your-wellbeing) - <https://www.bma.org.uk/advice/work-life-support/your-wellbeing>

[The NHS Practitioner Health Programme](https://www.practitionerhealth.nhs.uk/) - <https://www.practitionerhealth.nhs.uk/>

[Sign up for downloadable CPD reflection forms plus more tools and resources](https://shapes-toolkit.mykajabi.com/podcast-CPD-forms)

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For more episodes of You are not a frog, check out our website [You Are Not A Frog Podcasts](https://shapesfordoctors.com/podcasts/)

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[Sign up to our mailing list](https://shapes-toolkit.mykajabi.com/sign-up-to-free-resources-and-5-things) for loads of useful resources about thriving at work.

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You can also join the [Shapes Collective Facebook group](https://www.facebook.com/groups/2212687302308522/) where we chat about the hot topics and regularly post interesting articles

<https://www.facebook.com/groups/2212687302308522/>

Follow Rachel on twitter [@DrRachelMorris](https://twitter.com/drrachelmorris) - <https://twitter.com/drrachelmorris>

Follow Rachel on [LinkedIn](https://www.linkedin.com/in/dr-rachel-morris/) - <https://www.linkedin.com/in/dr-rachel-morris/>

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/>

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

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