

# You Are Not A Frog

## CPD & Reflection Log



### Episode 43:

#### 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 sixth 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 boredom – yes it's a thing and yes, it's possible to be totally bored even while busy. We talk about the factors that are increasing our boredom and think about what we can do to avoid making drastic and rash changes that won't help.

To combat boredom, we need to connect more to our meaning and purpose in life. Getting busier and busier won't help, sometimes we need to dig down deeper and stay in the present moment rather than just distracting ourselves with less than helpful coping strategies.

Changing things up a bit – even just changing your environment or what you eat every day can be helpful. We all need to grow and develop so finding something that offers a challenge can be the best way to beat boredom, be it learning a new skill, taking a course or just doing something outside our comfort zone.

Our top tips are:

Caroline:

1. Connect to your meaning
2. Connect to your purpose

Rachel:

1. Stay in your zone of power – work out what you have control over
2. Keep learning and challenging yourself
3. Don't throw the baby out with the bathwater!

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

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Contact Caroline – [caroline@joyfuldoctor.com](mailto:caroline@joyfuldoctor.com) Twitter @joyful\_doctor

You can [watch this podcast episode on YouTube](#) here.

Podcast links

Find out more about my new [membership for managers](#), the Resilient Team Academy launching in September. [Join today as a Founder Member](#)

<https://drchatterjee.com/how-to-work-less-and-get-more-done-with-alex-pang/>

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 - <https://www.facebook.com/groups/777257999463566/>

[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/>

You can [download our Stop Start Continue Checklist tool](#) here

You can [download our Thrive Week Planner](#) here

Get the [COVID Team Wellbeing Toolkit](#) which includes instructions on how to run a team check in chat here - <https://www.shapestoolkit.com/free-team-wellbeing-toolkit>

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For more episodes of You are not a frog, check out our website <https://youarenotafrog.com/>

[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](https://twitter.com/drrachelmorris) - <https://twitter.com/drrachelmorris>

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Find out more about her online and face to face courses for doctors and healthcare professionals on surviving and thriving at work at <https://www.shapestoolkit.com/healthcare> and for other organisations at <https://www.shapestoolkit.com/organisations>

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](#).