

You Are Not A Frog

CPD & Reflection Log



Episode 44:

Podcast notes

In this episode, Rachel is joined by Dr Shani Langdon, a Clinical Psychologist specialising in mindfulness-based approaches. In this episode we discuss Acceptance and Commitment therapy a powerful way to deal with emotions and move forwards in our lives.

Shani is an ACT practitioner and we discuss the three stages, firstly how we can choose to fuse with our thoughts and fully integrate and identify with them or choose to let them go, secondly how we can help ourselves accept the feelings that may be there without trying to change anything. Finally, acting consistently with our values allows us to take action rather than just stewing in our own thoughts.

We chat about the importance of approaching thoughts and feelings with curiosity rather like David Attenborough examining a new species of insect, and how mindfulness techniques can help with this, help us feel grounded and also help increase our self-compassion.

Finally, we discuss Russ Harris's (author of The Happiness Trap) FACE COVID principles developed during the COVID crisis that help us to focus on what's in our control, acknowledge our thoughts and feelings and open ourselves up to committed action.

You can [download our Stop Start Continue Checklist tool](https://www.shapestoolkit.com/stop-start-continue) here -
<https://www.shapestoolkit.com/stop-start-continue>

We are sending out a regular email with new resources, tips and useful content especially professionals working 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

Shani's website which has a resources page with links to support on offer during the COVID crisis, and details of upcoming courses is:
www.beinghumantgether.co.uk

Find Shani on LinedIn

<https://www.linkedin.com/in/shani-langdon-a656a1107/>

Follow her on Instagram <https://www.instagram.com/being.human.together/>

Russ Harris' website with details of his FACE COVID offerings (on the home page), books,

courses and other resources:

<https://www.actmindfully.com.au>

The ACBS website for lots more information about ACT:

<https://contextualscience.org/>

Find out more about the [Shapes Toolkit training](#) here

Here's Sheila's website <https://www.bluegreencoaching.com/>

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

<https://www.shapestoolkit.com/stop-start-continue>

You can [download our Thrive Week Planner](#) here - <https://www.shapestoolkit.com/thrive-planner>

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>

View our recent Shapes Webinars on how to support your teams through the COVID crisis here <https://www.shapestoolkit.com/support-your-team-webinar>

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

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

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

[Sign up for downloadable CPD reflection forms plus more tools and resources](#) -

<https://youarenotafrog.com/podcasts/cpd/>

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 -

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

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

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

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 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](#).