

You Are Not A Frog

CPD & Reflection Log



Episode 45:

Podcast notes

In this episode, Rachel is joined by Sheela Hobden, Professional Certified Coach, wellbeing expert and fellow Shapes Toolkit facilitator. We talk about why rest isn't just important for wellbeing, but important for productivity and creativity too.

As doctors and other professionals, we can think that rest is just for other people, that we are superhuman and that we just need to keep going until we have just finished.... (fill in the blank). The reality is that our work is never done and if we wait until a convenient break in our schedule to rest and recharge then we'll never take a break.

We discuss tips and strategies for planning short and longer breaks and Sheela shares with us her top summer 2020 holiday survival tips:

1. Take time out (clear your physical space of work clutter, use voicemail and out of office)
2. Go tourist – rediscover where you live with new eyes
3. Catch some rays – make the most of the early mornings and light evenings
4. Have a plan B (for when rain or other stuff stops play)
5. Go funny – laughing is ALWAYS good for you
6. Connect with other (a staple on this show!)

We've put together a summer survival toolkit full of hints and tips from our favourite wellbeing experts, GPs, leadership specialists and coaches. You can download it here ([GET LINK](#))

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

We're taking a dose of our own medicine and are going to take August off (we need it!). So do check out our [back catalogue of podcasts](#) over the summer – there are some gems there! A good summer listen would be [How to be an Adult](#), or [Eff it Living](#)). Thank you SO MUCH for your support over the last year – the podcast has been a great success and we couldn't have done it without you! We'll be back on 1st September.

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

[Rest: Why you get more done when you work less](#) by Alex Soojung-Kimm Pang
[Positive Psychology in the Pandemic](#) – a 60 second lecture from Martin Seligman
[We Will Get Through This](#) Michael Bungay Stanier podcast
Follow Sheela on twitter [@wellbeing_champ](#)

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

Here's Sheela'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](#).