# You Are Not A Frog

## CPD & Reflection Log

## Episode 46:

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| **Podcast notes** |
| In our first podcast back after the summer break, Rachel talks with Dr Giles P Croft about his take on how to beat stress and burnout. Giles  is a psychology graduate and former NHS surgeon who stepped aside from clinical practice for a decade to explore a number of career paths, including health informatics, cycling journalism, public speaking and high street retail with his wife.He is now back in the healing profession, tackling the root cause of chronic mental stress and its many harmful effects by helping clients reconnect to their natural, inbuilt state of health. He lives and works in the Brecon Beacons National Park with his wife and 6 year old daughter.As human beings, we are designed to default to a setting which is at peace and happy. The problem is that so often our thinking gets in the way of this, causing feelings which make us feel that something is dreadfully wrong. Whilst feelings can be a useful indicator light to what’s going on with our thinking – they are rarely ‘ the absolute truth’ .Giles believes that if we can just stop trying to ‘do stuff’ to make ourselves feel better, and just leave ourselves to default to our innate factory settings, and live in the present, we will feel- and think much better, and our stress will disappear. We chat about how to avoid secondary suffering by layering unhelpful thoughts on top of events and talk about the ‘soft flute of intuition’ which will help tell us what we really need in any given moment. Giles’s top 3 tips are:1. Ask yourself ‘where are my feelings coming from right now?’
2. Look at your hands regularly to stay in the present moment. The present is all there is
3. Go back and listen to the podcast again – change comes through insight

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| What three key things have you learned from listening to this podcast? |
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| Is there anything you can use from this podcasts that will help you to help others? |
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| What are you going to do now? |
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| How will you know if this has made a difference? |
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| CPD time claimed: |
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