

# You Are Not A Frog

## CPD & Reflection Log



### Episode 46:

#### 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

[Sign up here](https://www.shapestoolkit.com/podcast-CPD-forms) to receive a link to the CPD form downloads for each podcast which you can use for reflection and to submit for your appraisal. <https://www.shapestoolkit.com/podcast-CPD-forms>

You can [download our Stop Start Continue Checklist tool](https://www.shapestoolkit.com/stop-start-continue) here and you'll also receive the Busy Leaders Guide to getting a Resilient Team which is launching on 8<sup>th</sup> Sept.

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

Contact Rachel at [rachel@wildmonday.co.uk](mailto:rachel@wildmonday.co.uk)

Find out more about the [Resilient Team Academy](#) membership for busy leaders.

<https://www.shapestoolkit.com/rta-waitlist>

We are sending out a regular email with new resources, tips and useful content especially for 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](#) <https://shapestoolkit.mykajabi.com/free-team-wellbeing-toolkit>

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

#### Podcast links

Follow Giles on twitter @gilescroft

Contact him here <https://gilescroft.com/>

Check out Giles's [YouTube Channel](#)

<https://facebook.com/drgilescroft>

<https://linkedin.com/in/drgilescroft>

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

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>

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/>

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) - <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 and other professionals on surviving and thriving at work at <https://www.shapestoolkit.com> .

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](#).