

# You Are Not A Frog

## CPD & Reflection Log



### Episode 54:

#### Podcast notes

What a strange thing, to realise that for over a year you've not drunk a drop of alcohol. You haven't missed it, you didn't plan this but here you are a year on and very happily enjoying life. Well that's exactly what happened to this week's guest and Rachel was curious to find out more.

Dr Giles P Croft is back to chat with Rachel about his experiences following a revolutionary read he was recommended. You might remember Giles from episode 46, where he talked about how as humans, we naturally default to happiness.

Well, one of our other default settings can lead us to distractions when our thinking is crowded or overwhelming, and yes - you guessed it, alcohol is one of the biggest tools people in high stress jobs use to self soothe and take our thinking offline.

Rachel points out that our culture and societal norms sit very heavily in the drinking space. We've been raised with images and impressions that alcohol is a cure-all. ad day? Alcohol. Something to celebrate? Alcohol! End of the day? Alcohol!

No wonder we don't always pay conscious attention to the impact of alcohol on our lives. For many people, the periods of abstinence from alcohol often come in the forms of national events such as Dry January and Stoptober. Giles suggests that these timed abstinences can create a huge build up to the return of alcohol to our lives which a non-timed period away from alcohol doesn't create (how many friends have you heard counting down the last days of January with a huge desire for that first sip of wine/beer/G&T?).

The book that created such huge paradigm shifts around alcohol for first Giles and then Rachel is *This Naked Mind* by Annie Grace. Yes the damage that alcohol causes to our health factors in the book, but more importantly, this is about busting the other myths that mists of alcohol have settled in your mind.

Giles explores some of the ways we can learn to listen to ourselves when we might normally and instinctively turn to alcohol. Switching off our thinking isn't something we're used to doing, but reaching for a drink as a tool to switch it off is much more ingrained in us. Discovering the power and capability you have within yourself when you learn this art can be an enlightening experience - as Giles testifies!

If you feel alcohol is causing problems in your life, then please get help. There are services listed in the resources below.

#### Useful Tools and Resources:

[Sign up here](#) 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 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/>

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/>

Podcast Links:

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

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

<https://facebook.com/drgilescroft>

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

For more information and sources of support for alcohol addiction please visit the NHS live well website here <https://www.nhs.uk/live-well/alcohol-support/>

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?

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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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