



Episode 100: Dealing With The Guilt of Not Being Ok

with Dr Nik Kendrew

In this episode, Dr Nik Kendrew explains why we feel so much guilt when unpleasant things happen to us. We discuss some coping strategies, approaches, and resources for dealing with stress. He also highlights how time blocking and scheduling can help lessen our daily stress, while still accomplishing important things.

This workbook will assist you in gaining a better understanding of resting and setting boundaries for yourself.

Podcast links

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Check out the [Faculty of Medical Leadership and Management](#) if you want to attend the Leaders in Healthcare conference and attend my face-to-face workshop on leading without rescuing.

Are you interested in joining our You Are Not A Frog retreat? Or perhaps you have some questions about failure. Drop us an email at hello@youarenotafrog.com to let us know!

Learn more from Dr Nik Kendrew:

- Episode 17: [The Self-Help Book Club – First Edition](#)
- Episode 49: [The Self Help Book Group No. 2](#)
- Episode 61: [The Self Help Book Group on Happiness](#)



Boggled Docs, a podcast by Nik Kendrew: [Buzzsprout](#) | [Linktree](#)

[Make Time for What Matters](#) with Liz O’Riordan

Guest links

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Quote to remember:

“If everything you're doing now is for something in the future, and you're not deriving any enjoyment out of your life right now, you're completely wasting your life.”

What You Will Learn

We cannot keep running around trying to put fires out everywhere. Doing everything all the time and forgetting to rest has a significant impact on our health.

Knowing the things we have to finish helps us prioritise these things rather than trying to fit everything in one day. This way, we can try to lessen the workload to prevent exhaustion. Effective scheduling and time blocking can help us reduce the mental stress we put upon ourselves.

Determining when and how much we take breaks on a daily basis helps prevent burnout. Resting in between work is essential to help us recharge our energy before doing another task. Breaks also allow you to reflect on things you can do to improve your productivity and make your day fruitful.

This workbook will help you reflect on your boundaries. Setting boundaries requires a lot of courage and patience. You can help yourself be more comfortable in setting boundaries by practicing it regularly.



Activity: Your Daily Tasks

List 5 of the most frequent tasks you do daily:

- 1.
- 2.
- 3.
- 4.
- 5.

Of the things listed above, which tasks take you the longest to finish?

How often do you take breaks in between doing tasks? Do you find it more effective to take breaks in between working, or do you prefer finishing everything at once before resting? Why?

If taking breaks is challenging for you, especially when you need them the most, it may be time to take a step back and acknowledge that you deserve to rest just as much as you work.



Try to think of a day you last rested properly and did everything you wanted purely for leisure. Reflect on how you felt after that day

Take a look at your workload for the upcoming week and devise a time block schedule that you would like to follow for the week. Remember to put in breaks

MON	TUE	WED	THU	FRI	SAT	SUN



Choose one day from the table above and try to plan a day solely for resting. You can list or draw things you want to do on that day on the table below.

You may still feel guilty about not working the next time you are faced with a situation where you are unable to work. Keep in mind that we are dependent on each other. People rely on you, but you have to rely on other people too. It is normal for us to ask others for help, and it is not a sin to do so every once in a while.

Setting boundaries for yourself seems daunting. Consequences and judgment from other people may be unavoidable. But learning to do so will help you keep yourself from burning out. And learning to say no to some things allows you to say yes to what you want.

CPD time claimed:

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