



Episode 145: How to Know if You're Being 'Resilience Victim Blamed'

Do you blame yourself when you're not 'resilient' enough at work? This can make you feel stupid, inadequate, or even unworthy of your position. We all experience this from time to time, yet we're often told to buckle up and just work better and harder. People call this resilience, but we call it resilience victim blaming.

The world sometimes views resilience as the seemingly superhuman ability to operate in peak performance despite stress and other factors at work. In reality, however, resilience is all about the choices we make for our well-being. This workbook will challenge you to identify your priorities and answer the hard questions.

Podcast links

[Lost to the NHS: a mixed methods study of why GPs leave practice early in England](#)

[The Chimp Paradox](#) by Dr Steve Peters

Past You're Not a Frog Podcast episodes around time management and prioritisation:

- Ep 138: [How to Balance Life and Work](#)
- Ep 130: [How to Say F**k It and Become Ridiculously Relaxed \(Even about Stuff That REALLY Matters\)](#)
- Ep 115: [How To Find Peace And Happiness, Even In A Life You Haven't Chosen](#)
- Ep 93: [Episode 93: How to Delegate, Do It, or Drop It](#)

- Ep 74: [Managing your Time in a System Which Sucks](#)
- Ep 69: [Make Time for What Matters](#)

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Quote to remember:

‘Resilience is not about helping you become more superhuman so that you can survive in a stressed and broken system. It’s about helping you make the choices that you need to make on a daily basis if you are going to choose to work in the job that you love.’

What You Will Learn

It’s difficult to prioritise your well-being when you’re so used to overwork. It’s easy to blame yourself when you don’t see the results you expect or want. However, remember that you have the choice and power to prioritise your welfare. Don’t be fooled and pressured by learned helplessness.

This activity starts by giving you space to reflect on your work environment. Listing the pros and cons will help you understand whether your workplace is good or bad. But it’s not always black or white; most of our workplaces tend to be in the middle. As you observe the negative sides of your workplace, you can also assess whether or not you have the power to change them. If the cons far outweigh your pros, you may also need to consider looking for another place to work.

With the definition of resilience in mind, you will then rate yourself on a scale of 1-10. By establishing where you are on this scale, you can better identify ways to improve your resilience for days, months, and years to come. This can take time, but don’t worry about being perfect. Just be attentive to what you do daily.

Finally, making better choices is also learning how to say no. This can be very challenging, especially if you have people-pleasing tendencies. This is where planning can help you. Think of various situations and responsibilities you want to turn down, followed by how you want to say it. This can help you fight that instinctive response of ‘yes, I’ll do it.’

Completing this exercise is just the tip of the iceberg. You’ll need to assess where you are and where you want to be regularly. Remember, you have the power to make better choices.



Activity: Better Choices for a Better Life

Q1. How did you use to understand resilience, and how did this perspective change after listening to the episode?

Q2. How would you describe your workplace? What do you like and don't like about it?

Pros	Cons

Q3. Based on your answer, do you think your cons outweigh the pros? What other observations do you have?

Q4. Why do you choose to stay in this workplace?



Q5. What do you want to change about your workplace? Try to think of something that you have the power to alter.

Q6. On a scale of 1-10, how resilient do you think you are based on your updated definition of resilience? (1 being not resilient and 10 being very resilient)

Q7. Why did you give yourself that rating? Why didn't you rate yourself lower?

Q8. How can you improve your rating? In the space below, think about this in levels. For example, what would it take for you to raise your level by a few notches?

I'm currently _____ on a scale of 1-10.	
If I want to raise this level by....	I need to...
1 on the scale	
2 on the scale	
3 on the scale	



Q9. Start putting your plans in motion. Plan how you can incorporate the above actions into your daily routine. How can you schedule or remind yourself to do them?

Q10. Remember, trying to make better choices start with prioritising your well-being. In the space below, brainstorm a couple of situations where you want to say no. Think of how you want to respond.

If this happens...	I want to say no by...

CPD time claimed:

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