



Episode 149: When Working Harder Doesn't Work Anymore

Throughout our lives, we've often been told that hard work is the key to success. For the most part, it is true. Slacking off at work won't get the job done. But what happens when the work you do is just too much to handle? What about when it starts to get in the way of your personal life? When this happens, we produce poor results, leading to disappointment and more pressure to work harder.

In this You Are Not a Frog "quick dip", Rachel talks about the things you can do when working harder isn't the answer anymore. Instead of working even harder than before, you should instead work happier! With her simple but effective tips, you will be finishing your "to-do" list while taking care of yourself at the same time!

Podcast links

[*This Is Going to Hurt \(TV Series 2022\)*](#)

[*Four Thousand Weeks*](#) by Oliver Burkeman

More episodes of You Are Not a Frog:

- [Episode 54: How to work more flexibly, without the stress](#)
- [Episode 105: The Simplest Way to Beat Stress and Work Happier with Dr Giles P. Croft](#)
- [Episode 125: How to Say No and Deal with Pushback with Annie Hanekom](#)

Join You are Not a Frog's [January Anti-Challenge Challenge!](#)

Check out our [Permission to Thrive CPD membership](#) for doctors!

[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).



Quote to remember:

'Instead of feeling ashamed about your need for sleep, your need for connection, your need for love and care, embrace that as a human being, knowing that this is what makes life worth living.'

What You Will Learn

Whether you see work just as work, or are devoted to your career, you can find yourself overcome by your work. Yes, it would be better if you were able to focus all your time and energy on working hard. However, it is important to remember that you are only human. There's only so much you can do before you are physically, mentally, and emotionally exhausted.

Sometimes, you need to take a step back and reorganize and prioritize. Through this activity, you will take a deeper look at the work you do and the way it affects you. By doing this, you will be able to determine what is making your work harder. You will also reflect on how your work has affected your life.

Activity: Avoiding Burnout and The Kind of Person You Should Be

Q1. Think about your work and describe it. Do you have an overwhelming amount of things to do? Are you able to keep up with the workload? Does it feel impossible to meet your deadlines?

Q2. Were there moments that made you doubt your own skills and abilities? What happened during those moments? How did your heart and mind react to your doubts?



Q3. How does your work affect your home life and free time? How about your relationships with other people? How about the way you see yourself?

Q4. Are there things you are cutting yourself off from so you have the energy to work harder? What are they and why did you choose these as the ones to stop doing? Write your answers in the appropriate column below.

Things That I Stopped Doing	Why I Chose to Stop Doing Them

Q5. Are there things you want to do but can't do because of work? They can be personal things or things you want to do for others. List them in the table below.



Q6. As mentioned in the episode, making a “to-be” list will give you some mental and emotional room to focus. With that in mind, what kind of person do you need to be to do the things you mentioned in the previous list? Don’t worry about meeting these goals on time. List them in the appropriate column below.

Things I Want to Do	The Kind of Person I Need to Be



Q7. To help you take care of your well-being, think about the things you should stop doing for the month. Using the space provided below, make a “not-to-do” list.

CPD time claimed:

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