

# You Are Not A Frog

## Workbook, CPD & Reflection Log



### Episode 63: What to Do When You're Out of Fuel with Dr Jess Harvey

For this episode, Rachel is joined by Dr Jess Harvey, a GP partner and GB triathlete having competed in her age group for Great Britain. She has a particular interest in resilience, well-being, and rest after her personal experience with burnout.

Jess talks about how people often ignore the signs of burnout for too long and why we justify this behaviour and keep on going. She also explains why resting and refuelling are as important, if not more, as what we are doing in the first place. Rachel and Karen discuss how you can replenish your energy bucket and plug the holes that cause its depletion.

#### Podcast links

- [Leah Gilbert Performance + Wellbeing](#)
- [Feel Better, Live More with Dr Rangan Chatterjee](#)
- [More Than a Woman](#) by Caitlin Moran
- Connect with Dr Jess Harvey through [email](#) or on [Instagram](#).
- Find out more about the [Permission to Thrive](#) CPD club for doctors.
- [Sign up here](#) for more FREE resources.
- Join the [Shapes Collective Facebook group](#).
- [Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

#### QUOTE TO REMEMBER:

***'If, as a profession, we cared for ourselves anywhere near as much as we cared for our patients, we would be far healthier, and more motivated, and our well-being would be far greater . . . We have a lot of compassion for other people, but to have compassion for ourselves, we struggle'.***

## **What You Will Learn from the Activity**

We live in a world where overachievement is glorified and celebrated. We are brought up with the mindset that we should give our 101% in everything we do. It's always 'Go hard or go home'. There is no room for perfunctory work. That is why many tend to overdo things — overwork, overtrain or overstudy.

This is not sustainable. Our personal fuel and energy bucket will eventually be depleted, just like what happened to Jess.

We need to regularly refuel by connecting with others, deliberately taking downtime and purposefully taking care of ourselves.

Unfortunately, there is a pervasive notion in that we are weak if we are struggling, ask for rest or need a few days off. It is destructive in many ways. On the other hand, there is power in recognising our vulnerability.

If this pattern of all-work, no-self-care continues, the quality of your work will be affected. As Rachel and Jess talked about in the episode, if you want to look after other people, you've got to look after yourself first. You have to fight for that time to nurture and take care of yourself because no one else will fight for it.

Hence, before you reach your burnout, your breakdown point, you already need to do something. Because when you already get to that moment, it is even harder to recover.

Don't ignore the signs, and listen to your body. Plan your fuel stops now before it's too late!

### **Activity: Planning Your Refuelling**

What are your key takeaways from this episode?

What is the effect of stress on you? Do you also experience physical symptoms like Jess?

Have you ever experienced burnout or something close to it? How did you overcome that challenging time, and what were the lessons you learned?

How might prioritising your holistic well-being improve your performance at work?

Schedule a regular check-in for yourself! What is the best time and day for you to do a weekly check-in? Remember to honestly assess how you are feeling, not just physically but also emotionally and mentally.

How can you constantly remind yourself for your check-ins?

What activities can you do after your check-ins to replenish your energy?

Do you struggle with being vulnerable to yourself or the people close to you? How can you change this?

How can you become more confident when asserting your need for rest or breaks?

How can you remind yourself to demonstrate more empathy and reach out to colleagues when you notice them struggling?

Do you struggle with any of the top tips that Jess shared? How can you work on it to avoid burnout?

CPD time claimed:

For more episodes of You are not a frog, check out our website [www.youarenotafrog.co.uk](http://www.youarenotafrog.co.uk) 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.shapestoolkit.com](http://www.shapestoolkit.com)