

You Are Not A Frog

Workbook, CPD & Reflection Log



Episode: Staying positive through COVID – getting back to basics with Dr Amrita Sen Mukherjee

In this episode, Rachel is joined once again by Dr Amrita Sen Mukherjee, a highly qualified GP with experience in occupational health, wellbeing, and physician health. She aims to help others align their values, identity, purpose, and goals to thrive and flourish. In these challenging times, Dr Amrita has been consistently supporting frontline workers facing the COVID-19 pandemic.

Amrita dives deep into how people can cope by embracing the entire spectrum of emotions, even those negative feelings we have grown to suppress or disregard. She also discusses the proper way to meet emotional needs — both yours and those of the people around you.

Podcast links

- Follow Dr Amrita on [Twitter](#).
- Follow Dr Amrita's [Instagram page](#).
- Visit Dr Amrita's [website](#).
- Contact Dr Amrita at her [e-mail address](#).
- [THRIVE Weekly Planner](#)
- [Sign up here](#) for more FREE resources.
- Join the [Shapes Collective Facebook group](#).
- [E-mail Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).
- Rachel's [YouTube page](#).

Quote to Remember:

"It's okay to not be okay. It's okay to acknowledge the difficulties that we might be facing, and we all might be going through that process at some point, and, you know, reducing the stigma around that is really important."

What You'll Learn From the Activity

Times have been tough, dull, repetitive. Being stuck in the third lockdown and third wave has exposed us to a slew of negative emotions, so it's time to recognize that feelings aren't binary. Emotions are a spectrum, and handling that spectrum requires going back to basics.

This workbook encourages you to examine yourself. Know your emotions, love languages, and coping methods. You can't meet your needs if you don't know what they are, and it helps to re-evaluate a strategy so that you can adapt it to dynamic situations. Lastly: you don't live in a

vacuum, and you aren't alone. Consider the people around you — how can you help them? How can they help you? Building a support network is critical to getting through tough times.

Activity: Emotions, Coping, and Support

What are the most critical takeaways from this episode?

Why is it important to accept that emotions are a spectrum, and we must acknowledge every feeling?

How do negative emotions and difficult situations help us?

What coping methods did you have before the pandemic? How can you apply these techniques today?

What are your love languages? Which ones do you like to receive, and which ones do you give?

Think about the people close to you that you want to support. What are their love languages? How can you help them meet their needs, and vice versa?

CPD time claimed:

For more episodes of You are not a frog, check out our website 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.