

You Are Not A Frog

Workbook, CPD & Reflection Log



Episode 77: Denial, Displacement and Other Ways We Neglect Ourselves with Dr Andrew Tresidder

For this episode, Rachel is joined by Dr Andrew Tresidder, who has been a Somerset GP and MRCGP since 1989 and advocates for the mental health and well-being of health practitioners. He is a founding member of the Somerset Clinician Support Service and Appraiser, a Section 12 Approved Doctor, and works on Patient Safety part-time in Somerset CCG. Dr Andrew's past work includes Prison Medicine and Police work for Avon and Somerset Police and as GP Academy Lead at Yeovil for Bristol Medical School.

Andrew explores the medicalisation of exhaustion. He talks about how these experiences are common in the medical industry. And yet, seeking help is still stigmatised. Andrew also discusses the different defence and protective mechanisms that, although they help us, can cause you to dismiss more significant problems. If you want to learn more about taking care of your overall health and well-being, this episode is for you.

Podcast links

- [Health and Self Care: Inner Balance for an Effective Life](#) by Dr Andrew Tresidder
- The book is also available in a [PDF version](#) or the [audiobook version](#).
- [The Somerset Emotional Wellbeing Podcast](#)
- [Health and Self Care Website](#)
- Connect with Andrew: [Email](#)
- [Dare to Lead](#) by Brene Brown
- You Are Not A Frog [Episode 56](#) - Very Nice People and Other Deadly Perils with Dr Jo Scrivens
- You Are Not A Frog [Episode 64](#) - What to Do When You're Out of Fuel with Dr Jess Harvey
- You Are Not A Frog [Episode 68](#) - The Revolutionary Art of Breathing with Richard Jamieson
- Inspiring CPD for doctors who want to thrive at work: [Permission to Thrive Membership](#)
- [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

“We owe it to the profession not just to fall off the cliff, and then, be helped. Not just to notice as we're falling and ask for help.”

What You Will Learn from the Activity

Completing this activity will help you appreciate how your body works for you. You will learn how your body reacts to exhaustion and how it thrives on recovery. Additionally, you will gain an understanding of the different defence mechanisms your mind and body have. While they're meant to help us, these defence mechanisms can become harmful patterns arising from unhealthy habits. Understanding how they work can help you address the real problem.

It might help for you to acknowledge the changes that are needed in your environment. Positive change can contribute to your well-being. You should also look for healthy ways to stop yourself from overworking.

Workplace culture also tends to prioritise productivity above all other needs and concerns. However, you should know when to stop and relax — especially as exhaustion diminishes productivity! Hopefully, this workbook is a reminder that even if you are part of the medical community, there is no shame in seeking help and finding rest.

Activity: Noticing When You Are Near The Cliff

The analogy Dr Tresidder used is that medical professionals know how to deal with the aftermath of car crashes but not how to avoid them. However, we all know that prevention is better than cure. What are the signs that you specifically exhibit when you're approaching exhaustion?

The two primary defence mechanisms used by health professionals are denial and displacement. In the table below, write down instances where you display denial and displacement behaviour.

It's critical to be as objective as possible when examining your behaviour. Consider yourself a patient, rather than as yourself.

Display	Displacement

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Among the pillars of well-being, what do you need to do most for yourself?

Based on the podcast, why is there a need to appropriately medicalise exhaustion instead of under- or over-medicalising it? How does convalescence relate to recovery?

The internal driver of high achievement does not stop you from working. Most people who are high achievers also tend to suffer from imposter syndrome. Share an instance where you convinced yourself that you were fine when you were actually struggling.

How can you help yourself better in the future?

Your working environment is crucial to your performance. What might make your workplace more conducive to the growth of you and your coworkers?

Changes

Insight deficit happens when you think you're invincible. It works as a protective mechanism. Share an instance where you convince yourself that you're fine when you're not. What have you realised after listening to this episode?

A personal conversation with someone close to you is vital to prevent overworking. However, it can also help to learn when to tell yourself to slow down and rest. Write down a short letter addressed to yourself.

Dear Self,

Write down three things you can do to incorporate healthy habits every day. Make sure that these activities are concrete, realistic, and contribute to your overall well-being.

1.

2.

3.

CPD time claimed:

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