

You Are Not A Frog

Workbook, CPD & Reflection Log



Episode 79: How to Give Yourself Permission to Thrive with Dr Katya Miles

In this episode, Rachel is joined by Dr Katya Miles, a GP, occupational health physician and well-being trainer. She talks about her experience with burnout and anxiety, and she shares top tips on how to look after yourself and give yourself permission to thrive.

Dr Katya reminds us that our failures do not define our identity and to grow, we should allow ourselves to make mistakes. Furthermore, we should always carry some self-awareness — of how we're feeling, how our situations affect us and how we're managing them. This makes us mindful of ourselves and our needs, which helps us navigate uncertainty, and life itself, with more ease.

Podcast links

- You Are Not A Frog [Episode 57](#) - Exercise Is Fertiliser for Your Brain with Michael Ledzion
- Connect with Katya: [The Working Well Doctor](#) website, [Email](#), [Instagram](#), [Facebook](#) & [LinkedIn](#)
- [Dr Katya Miles and the Working Well Doctor](#) on Medworld
- Free ebook — [How to Work Well From Home](#)
- [The Joyful Doctor](#)
- [Mindset: Changing the Way You Think to Fulfil Your Potential](#) by Dr Carol S. Dweck
- [Atomic Habits: An Easy & Proven Way to Build Good Habits and Break Bad Ones](#) by James Clear
- [Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment](#) by Tal Ben-Shahar
- Check out our [Permission to Thrive CPD membership](#) for doctors!
- [Shapes Toolkit](#)
- FREE [stress curve worksheet!](#)
- [Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).
- [Sign up here](#) for more FREE resources.
- Join the [Shapes Collective Facebook group](#).

QUOTE TO REMEMBER:

'We are all finite resources, I think that's something that we don't reflect on enough. Within work, of course, we are replaceable because that's what the workplace is.'

What You Will Learn from the Activity

People in high-risk jobs develop the mindset that chronic stress is normal. Because of the nature of their work, they often develop poor basic self-care. They forget to take time to eat, sleep or even use the bathroom. Being overwhelmed with stress makes people defer their personal needs.

Sometimes, we hang on to the idea that all the stress and hard work we put in today will reap rewards in the future. But you also deserve to be happy and be at ease in your current situation. Stop, pause and give yourself permission to reflect and listen to what your mind and body needs. Listen to what other people say you might need.

You have various options. Often, we take pleasure in activities that give us that immediate boost of dopamine and these activities can be helpful in the short term. However, it's important to recognise when our self-care routines are only adding to our problems and when they no longer help us cope. It also helps to find an accountability buddy — someone who can help you articulate good choices and stick to them.

Through all this, you also need to embrace the fact that your journey to making better habits and overcoming stress is not linear. After all, you can only learn and thrive by making some mistakes here and there.

The work you do is important, and you help many people. But remember: you are a finite resource, and you need care, rest and growth. Hopefully, through this activity, you can reflect on this idea and move forward with more kindness and compassion for yourself.

Activity: Giving Yourself Permission to Thrive

How are you currently handling everything around you? How are you feeling?

When you're stressed, what thoughts, feelings and actions emerge?

Thoughts	Feelings	Actions

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What red flags should you look out for when your stress levels are at their highest? How can you get in control of these as soon as possible?

Where do you anchor your identity? Who are you beyond your workplace?

What work, home and life boundaries do you need to set up? How can you be firmer with these?

What self-soothing activities no longer help you? What coping mechanisms can you replace these with?

Coping Strategy	Replace With...

What unhelpful mindsets do you have to let go of? What positive beliefs do you need to adopt instead?

Unhelpful mindset	Replace With...

How can you hold yourself accountable for adopting better habits? Who could be your accountability buddy?

How would giving yourself permission to rest and thrive benefit you and those around you?

Your experience is valid and you deserve happiness. How can you remind yourself of this?

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](https://twitter.com/DrRachelMorris) and find out more about her online and face to face courses on surviving and thriving at work at www.shapestoolkit.com.