

# You Are Not A Frog

## Workbook, CPD & Reflection Log



### Episode 83: The Ups and Downs of Being a Man-Frog with Dr Chris Hewitt

In this episode, Dr Chris Hewitt, a professional coach, GP, and writer, joins us. He talks about the struggles of working in stressful environments, and he shares his own experience with burnout and post-traumatic growth.

Taking control of your environment is not a luxury everyone always has. Nonetheless, recognising that you have options and alternatives when dealing with stress can help with your breakdown, boredom or burnout. Chris reminds us that the different approaches and interventions can help us get unstuck. You can start with this exercise to reflect on what you currently need to build resilience.

#### Podcast links

- [The Joyful Doctor](#)
- [Time to Think: Listening to Ignite the Human Mind](#) by Nancy Kline
- [Coach Yourself to Success](#) by Tom Preston
- Connect with Chris: [LinkedIn](#)
- You Are Not A Frog [Episode 74](#): Managing Your Time in a System which Sucks with Dr Ed Pooley
- You Are Not A Frog [Episode 75](#): How to Escape the Drama Triangle and Stop Rescuing People with Annie Hanekom
- [Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).
- [Sign up here](#) for more FREE resources.
- Join the [Shapes Collective Facebook group](#).
- Join our [Permission to Thrive](#) membership.

#### QUOTE TO REMEMBER:

***'It's so empowering to have a career where you feel you've got some control... The ability to build a career and work and home life that you want is definitely there.'***

#### What You Will Learn from the Activity

The image of heroism is often associated with people whose careers focus on public service. This mentality makes it difficult to look out for yourself and say no to a task, even when it's excessive. This also breeds the normalisation of toxic workloads, expectations and environments. Sometimes, you're only a crisis away from a complete breakdown.

But you don't have to beat yourself up and think that you are weak when you suddenly lose interest in what you do. Feeling stuck and depressed when you're in a toxic workplace is pretty normal, and your body is simply responding to the constant stress you've been exposed to. Understand that you need time to rest and recuperate.

This activity serves as a tool for self-reflection. This pandemic has only exacerbated the high levels of stress we're already experiencing. While you may feel that you have a duty to look out for others, remember that it's also important to look out for yourself. Allow yourself to realise and process your thoughts, feelings and experiences.

Hopefully, through this activity, you gain more self-awareness and assertiveness to acknowledge what you need for your health and wellness. After all, learning to recover and watch out for ourselves only allows us to get back on track with more clarity and happiness.

## **Activity: You Are Not a Frog**

You might be well aware of the toxic culture you're in. For a time, you have kept up with it. But the moment you realise something's off, the first thing you should do is be honest with yourself. Ask yourself the following questions:

What am I feeling, and why do I feel this way? What are the thoughts that often come to mind?

How am I not looking out for myself? What are the needs that I'm neglecting?

Do I feel like I need professional help? Who can I approach? Where can I get help?

What boundaries do I need to set or assert?

What are the things I need to do to change my situation?

List down 20 things you can do when you feel stuck. Remember to write down only the things that you are in control of. Go back to this list every time you need a break and pick any activity that you think is sustainable and helpful for you.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Imagine that you're in your twilight years thinking back. You've had a successful and healthy life. What dreams and goals did you accomplish? How did you go about them? Now write these thoughts down. Imagine you're telling your life story to a dear friend.

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](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](http://www.shapestoolkit.com).