

You Are Not A Frog

Workbook, CPD & Reflection Log



Episode 63: COVID-19 Supporting Doctors: How to Keep Going through the Crisis with Dr Caroline Walker

For this episode, Rachel is joined by Dr Caroline Walker, a psychiatrist and coach who specialises in the well-being of healthcare professionals. Having experienced first hand the intense pressure of being in medicine, Caroline founded The Joyful Doctor to help doctors and other professionals in high-stress jobs look after themselves while doing the work they love.

Despite the ongoing pandemic, we can't just neglect our mental health and well-being. Caroline emphasises the importance of going back to the basics of self-care. She shares how you can set boundaries that stick and map out realistic goals that are easy to follow through. Rachel and Caroline explain that when you permit yourself to recharge, you ensure that your battery's running for the things that truly matter.

Podcast links

- The Joyful Doctor [COVID-19 Resources](#)
- COVID 19 Supporting Doctors Series with Dr Caroline Walker: [E27](#), [E28](#), [E30](#), [E33](#), [E36](#), [E43](#)
- Connect with Caroline: [LinkedIn](#) | [IG](#) | [Twitter](#)
- [Headspace](#) & [Calm](#)
- [Make Time](#) by Jake Knapp and John Zeratsky
- [eGPlarning](#)
- [Essentialism](#) by Greg McKeown
- 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:

'And if we can give ourselves that permission to rest, and do fun things, and nice things, and enjoyable things — even during difficult times — we actually become more efficient and are able to give more'.

What You Will Learn from the Activity

It's a new year, but we carry the same problems. In our fast-paced world, exhaustion has become a badge of honour. The sleepless wear it proudly on their sleeves as a testament of their grit and character. However, this endless hustle is far from sustainable, especially with the uncertainty around us. You can't neglect your mental health and well-being. If you do, you will eventually run out of fuel.

How can you keep going through the crisis, even with the mounting stress and overwhelm?

In this episode, Caroline shares how you can look after yourself in this stressful time. As you try to cope with your workload during the pandemic, you may end up adopting an 'all work, no rest and play' mindset. However, the solution is the opposite. By slowing down, we can be more efficient and devote ourselves entirely to whatever requires our resources the most.

It's the simple things that can help us weather this crisis, from getting enough sleep to connecting with friends. We know these are important, but implementation is a different matter. It's necessary to be consistent to get these habits to stick. You have to constantly remind yourself to be kinder to both your body and mind.

Caroline also urges us to reframe the way we look at our workday. Instead of cramming as many activities into our schedules, we should make room for breaks. These breaks allow us to breathe, reflect and take on challenges with a renewed perspective.

It also helps to reflect on what you want going forward since having clear goals gives you a sense of purpose and meaning.

To get clear on these goals, ask yourself whether the decisions you make will bring you happiness. You can also identify the things within and outside of your control. Although it may be difficult to directly influence government policy or how other people respond to the pandemic, you can always work on improving yourself.

When you give yourself permission to rest and reflect, you can filter out the noise and work on what truly brings you joy and continue moving forward.

Activity: Back to Basics & Setting Intentions

Do you find it hard to switch off between your work and home persona? Explain your answer.

Caroline mapped out several areas to focus on to improve your overall well-being. How would you assess your efforts to take care of yourself during this pandemic?

Nutrition	
Rest	
Mindfulness/Meditation	
News consumption	
Social media usage	
Maintaining meaningful connections	

When you're hard at work, do you often forget to take breaks? If you do, what small step can you commit to this week to put in breaks instead of waiting for your schedule to open up?

Are you the type who checks their emails even at home? Try defining a boundary where you can only check your emails, either based on a time or a device.

What's your typical work schedule like? Write down the details on the left box. In the opposite space, try imagining what underscheduling might look like for you. Caroline explains how underscheduling is a powerful tool to combat the productivity myth. Instead of running yourself ragged, figure out your most pressing tasks and make room for times where you're not obligated to do anything.

My Normal Schedule	Underscheduling

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What are your goals for 2021 in terms of personal growth, career and relationships?

What brings you joy? How can you get more of that in your life?

Draw a circle. In the space inside, write down what you believe is in your zone of power or the things you can actively control during this time. On the space outside, elaborate what may be outside of your immediate control.

What did the last activity make you realise? How can you work on what's inside of your sphere of control and let go of what's outside?

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.