





The feeling of not being liked is hard to handle, even the thickest skin will not always protect you. It is useful to know our faults and annoying habits so we can be better colleagues, friends and even spouses but they shouldn't define you. If you can keep perspective and think of all the people who love you and all your best traits, shouldering the negatives won't seem so bad. We are all different and that's ok.

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It's actually really easy to be kind. In medicine we are terrible at being kind to each other for some reason. If I'm honest, maybe I haven't always been that kind and I am sorry for that. No-one is ever trying to be bad at their jobs or deliberately trying to annoy you. Most people are trying their best to do what they think is the right thing for their patient. Treat your peers and juniors like you would have wanted to be treated not how you were treated, break the cycle. Hold each other up and be better together.

Give credit and say thank you. Even count to 50 if you have to.

For me, this was the one thing that came easiest and was probably the most important. If you think about it there is a lot of humour in this job. Who would have thought that you would spend a significant proportion of your professional life discussing types of bowel content? People are really funny and they say bloody funny stuff so enjoy it. Doesn't make you any less professional, might put the patient at ease, improves relationships with colleagues and makes you feel good.

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Live to work, work to live - we are all different as to how we view that. What matters is that you find the right balance for yourself. However, I'm pretty sure nobody ever lay on their deathbed and said that they wished they'd worked more.

As much as it important to be committed to our jobs and to go the extra mile when needed, it is more important to be committed to ourselves.

Being happy is surely the goal, and while professional success can contribute, it should not be the dominating factor. ~~festinn oenpecitecogo~~ Have outside interests, mess around, spend time with your loved ones and let them know they are special. You only have to watch the news or look around an emergency department to see the fragility of life, so take your happiness seriously and do everything you can to maximise it.

I suppose the conclusion of this list was my way of fighting the demons that were making me feel like I couldn't carry on in my job. I think I tend to sayed layyo

don't settle, find your happy place. It might take some time find but it's there.

We all have many strengths and the united goal that we do want to help people, we wouldn't be doing this if we didn't. I have learnt not to worry so much about how my performance is perceived by others but how I honestly think I'm doing. That doesn't mean ignoring all feedback and ploughing on regardless but I want to be myself. I don't want to change my personality to fit my job, I want to enjoy my job and feel like I fit within it.

Most of all, I want to be an enthusiast.

Lukewarm is no good.

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