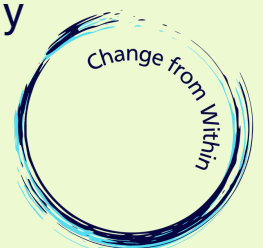


# Signs you're heading towards crisis point

Don't wait until you get to crisis point – if you can relate to these feelings, please get in touch for some support.

"I'm working harder and harder and..."

1. I feel being a doctor is who I am – my whole identity.
2. I'm exhausted and overwhelmed.
3. I feel trapped.
4. I don't feel I'm providing a good enough standard of care/ making good clinical decisions but I don't have time to do better.
5. When I don't feel I'm doing a good job, I feel worthless.
6. I work straight through the day with no breaks.
7. I work 12-14+ hour days.
8. I often go in or do work on weekends or evenings to keep on top of paperwork.
9. I miss out on key family events and day to day family time because of work.
10. I sometimes find myself crying without particular reason.
11. I don't have anyone at work I can discuss case concerns with.
12. I don't share how I feel about work with my colleagues.
13. I don't share how I feel about myself/my work with my partner/closest friends/family.
14. I can't cut back my hours because there are so many patients who need me.



15. I'm not coping well with my feelings.
16. I feel like a failure.
17. I feel worthless if I can't be a good doctor.
18. Patients are so demanding it's impossible to satisfy them.
19. When people complain or abuse me, I think it's my fault.
20. People don't think I know what I'm doing.
21. I go to work even when I'm really sick.
22. I find it hard to sleep/ I don't sleep well.
23. I often feel anxious, stressed or depressed.
24. I don't feel I'm equipped to carry out my leadership role.
25. I self-medicate with alcohol or other drugs.
26. I don't tell people I'm a doctor because I'm afraid of being verbally abused.
27. I sometimes feel tempted just to stand up and walk out.
28. I think I'll find a way to manage, but somehow I never do"

*If you find yourself agreeing with more than a few of these, or you think your family would recognise them about you, it could be time to reach out for help.*

*Feeling overwhelmed is NOT an indicator that you are unable to do your job any more – it is a sign that your mind is massively overworking and overthinking.  
There is a way back to thriving, and to loving your work and your life.*

*Please contact me for a confidential and no-pressure conversation.*

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*Lizzie Paish*