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Video #7 – Burnout Prevention - Treat Yourself Like a Dog

Hello. Dr. Dike Drummond here at TheHappyMD.com and in this brief video, I'm going to show you a research proven technique that I call treat yourself like a dog that will instantly lower your stress and increase your happiness and satisfaction levels. You're ready? Here we go.

Now when I say treat yourself like a dog, to most people they think that's a negative thing. But let me ask you this, have you ever had a dog, ever known a dog, ever had a friend that had a dog? How about this dog right here? If you were to see this dog right now what would you do with the dog? Yeah, I bet you'd say atta boy, what a cute boy, scratch him on the back, that's how you treat dogs.



But let me ask you this next. Do you ever have a to-do list, a list of things that you need to do over the course of the day? Probably. Then if you use that list and you do one of the items on the list, what do you do for yourself? Most people will tell me well nothing, I'd go on to the next thing.

Well what about this dog? What if this dog did something for you, brought you your slippers or fetched a ball, what would you do for it? Atta boy, good boy, scratch it on the back. Yeah so just think about that for a second and one thing will become instantly obvious.

We treat our dogs better than we treat ourselves.

So my encouragement to you is this, treat yourself like a dog. For me that's short hand for celebrate all wins. Figure out what your happy dance is. Here's mine. Yes! And do it every time you complete anything on any to-do list that you make. Do it after you finish this video, yes I just watched a video on how to decrease my stress, yes or pat yourself on the back, good job.

Here's the interesting thing, this works like magic for your leadership skills and for your parenting skills when you start to treat your staff like dogs, treat your kids like dogs, treat your spouse like a dog, treat your patients like dogs.

This is actually a whole area of organizational development science called appreciative inquiry. Here it is appreciative inquiry. You can look it up on Wikipedia, I'm not making this up.

There's also a whole area of parenting based on this principle called catch them doing something right. People love to be complimented for doing good work and our job is to lower that threshold where we compliment them, pat them on the back, give them an atta boy,



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scratch them on the back, give them a liver treat, treat them just like we would a dog and don't forget to do the same thing for yourself. Celebrate all wins.

Here's another place where this becomes really important. If you are overstressed and maybe teetering on burnout, you're going to start trying to do new things in your life. You're going to have a little punch list of things that are different than you've done before and what I'd like you to do is take your nose off the grindstone by treating yourself like a dog rather than just plow through this and make it a chore, a list of things that you just go from item to item to item.

Go ahead, pat yourself on the back after every time you do something new. Every squeegie breath, great job. Every time you do your scheduling of your life and put it in your cell phone every week so you make sure you have a life outside medicine, pat yourself on the back. Every time you complete a date night with your significant other, great work. Treat yourself like a dog especially now when you're beginning to do new things.

So there you go one of the secrets to success, happiness, and lowering your stress is to treat yourself like a dog and don't forget your kids, your spouse, your significant other, your co-workers, your patients, but start with yourself. Treat yourself and everybody around you like a dog and everything gets a lot easier, and more fun.

Dike Drummond here at TheHappyMD.com. Keep breathing and have a great rest of your day.

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Ready for a change? Let me show you a personal action plan for lowering your stress and preventing burnout ... with a Discovery Session phone consult. This is a no cost, no obligation, totally confidential conversation so I can give you personal advice on how to feel better fast. [CLICK THIS LINK to see my online schedule and book your Discovery Session now](#)



Keep breathing and have a great rest of your day,

Dike

Dike Drummond MD

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