



Adventures of an Irish farm vet. With Hazell Mullins.

Hazell Mullins is a farm vet in rural Ireland with 7 years experience. She's is passionate about her work as a cow vet and the perfect proof that large animal work is definitely no longer the reserve of male vets. Hazell showcases her working life as an inspiration for aspiring young cow-vets on her fun and engaging a Instagram account (@hazellmullins - cow case-studies, farming, greyhounds and the odd touch of glam!), and is part of the team behind Vet Space Ireland (<https://www.vetspaceireland.ie>), an on-line community for the Irish vet community.

What will I learn from this episode?

- What the working life of a farm vet in Ireland and the UK looks like.
- The ups and downs of large animal practice.
- How to mentally and physically prepare yourself for periods of higher than normal stress.
- Pro-tips for mastering the skill of being on-call without it running your life.
- Hazell's tips for preventing the essential non-work related parts of your life from falling apart during periods of heavy work-load.
- Strategies for dealing with more unusual cases.

One thing to remember: Strategies to prepare for upcoming periods of high stress and increased workload

- Practice being **in the moment** in the days and weeks leading up to the busy period. Fretting about what is coming only wears you out before you even start.



- Get **physically fit** so your body is ready for what's coming. Hit the gym, hit the road, or whatever your preference is - a strong body will help you survive the tough times and makes you feel more capable.
- **Take a break** in the time leading up to your busy season. Some time to relax and recharge before you hit the accelerator will ensure that you feel more up to the challenge.
- **Plan a break** to have something to look forward to. Imagining the prize awaiting you at the end of the rough patch provides much needed joy and happy hormones to keep you going.

Hazell says

"I think it's something you have to learn: triaging. Triaging yourself into the schedule of your day. Because if you don't do that and you put every cow ahead of yourself, then you're going to be no good to anyone. So triage your lunch!"

Hazell's favourite podcasts

The Happy Place, with Fearne Cotton - <https://www.officialfearnecotton.com/news/2018/2/26/happy-place-podcast>

The Good Glow, with Georgie Crawford - <https://podcasts.apple.com/au/podcast/the-good-glow/id1445162435>

Mastering you wellness, with Jayant Walsh - <https://jayannwalsh.com/new-podcast-homepage/>

More about Hazell

Hazell's Insta: <https://www.instagram.com/hazellmullins/>

Vet Space Ireland: <https://www.vetspaceireland.ie>