



School of Medicine Mental Health and Well Being Session

14:00 - 17:00, Wednesday 6th July 2022

6A/6B Education centre - Wirral University Teaching Hospital

The challenges faced by Doctors during their careers can often impact on mental health and well being. Many Doctors learn coping mechanisms but at variable rates during their training and increasing feedback from several sources including the GMC annual survey, suggest there is a need to provide additional support and resources to enable Doctors to manage their mental health and well being.

This session is open to those who are returning to training after a break.

Programme

Small interactive group sessions

14:00 Introduction and welcome

14:15 The Impact of Stress

14:30 The Power of Reframing - Evidence for - Stoicism as a philosophy

15:15 Break

15:30 The Power of Mindfulness and Meditation

16:00 Relaxation Technique group exercise

16:30 Imposter Syndrome

17:00 Close

Organiser: Professor Rosemary Morgan

Places on this session are limited so booking is essential.

To secure a place please email kyle.abraham@nhs.net or call 0151 678 5111 extension number 8061.