



## How can we better look after ourselves?

Friday 5<sup>th</sup> October 2018

Avon LMC Offices, BS16 5HP

**Coffee from 8.45am**

**Start at 9.15am and finish at 3.45pm**

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### Learning Objectives

The aim of the day will be to share and develop strategies that enable us to take better care of ourselves. The day will include

- Information
- Skills practice
- Modelling of self-care
- The opportunity to connect with others

### Educators

The day will be facilitated by **Julia Wallond** and **Jo Cullen**

### Programme

8.45 – 9.15	<b>Registration and coffee</b>
9.15 – 9.50	Welcome, practical issues and intentions for the day
9.50 – 10.20	Breathing and accessing positive emotions for improved wellbeing
10.20– 10.40	<b>Coffee</b>
10.40 – 11.20	Doctors' mental health and typical symptoms of burnout
11.20 – 11.50	Practising gratitude: what, when, how and why
11.50 – 12.20	Introducing Mindfulness practice as moving from 'driven doing' to 'being'
12.20 – 1.00	<b>Lunch</b>

1.00 – 1.30	3-minute breathing space and Mindful Movement practice
1.30 – 2.15	Compassion and empathy: exploring differences and how these impact on us
2.15 – 2.55	Our personal narratives: impeding or assisting our self-care. Meaning, thoughts and values
2.55 – 3.15	<b>Tea</b>
3.15 – 3.45	Exploring our values What are you taking away from the day? – pairs then plenary
3.45	<b>Close</b>

<b>RCGP Curriculum areas covered:</b>
n/a
<b>Good Medical Practice Framework:</b>
<p>1.1 Maintain your professional performance</p> <ul style="list-style-type: none"> <li>• Keep knowledge and skills about your current work up to date</li> <li>• Participate in professional development and educational activities</li> </ul> <p>1.2 Apply knowledge and experience to practice</p>

## Feedback, Course certificates and Reflection on Learning

Please submit your feedback online by following the link in the email you will be sent after the course. Feedback will be collated and shared with educators.

Once you have left your feedback, you will be able to access your course certificate and reflection on learning template for this course.

Your course certificate and reflection on learning can be completed, added to or amended at any time, using your HLP login. You can also download it as a PDF document.

[www.healthlearningpartnership.co.uk](http://www.healthlearningpartnership.co.uk)