

Lifestyle and Mental Health – RCPsych and BSLM Joint Event

Date: Wednesday 22 May 2024

Location: Online via EventsAir

| Time | Session |
|-----------------|--|
| 09.30-09.40am | Introduction Dr Alex Maxwell, Dr Trudi Seneviratne, Dr Mihaela Bucur |
| 09.40-10.10am | Session 1 Chaired by Dr Mihaela Bucur What is lifestyle medicine and why is it needed in psychiatry? Dr Ellen Fallows |
| 10.10-10.30am | Movement Dr Hussain Al-Zubaidi |
| 10.30-10.45am | Q&A |
| 10.45-11.15am | Morning break |
| 11.15-11.45am | Session 2 Chaired by Dr Alex Maxwell Nutrition and mental health Professor Ted Dinan |
| 11.45am-12.15pm | Sleep health Dr Shahnaz Hassan |
| 12.15-12.30pm | Q&A |
| 12.30-1.30pm | Lunch break |

| Time | Session |
|-------------|--|
| | Session 3 Chaired by Dr Trudi Seneviratne |
| 1.30-2.00pm | Stress management, workplace health and mindfulness Vidyamala Burch |
| 2.00-2.30pm | Connection and nature Dr Charlotte Marriott |
| 2.30-2.45pm | Q&A |
| 2.45-3.15pm | Afternoon break |
| | Session 4 Chaired by Dr Charlotte Marriott |
| 3.15-3.45pm | Group consultations: a mental health perspective Professor Fraser Birrell, Dr Rupa Joshi |
| 3.45-4.15pm | Implications for training and BSLM overview Dr Kate Woolley |
| 4.15-4.30pm | Q&A |
| 4.30-4.45pm | Closing remarks Dr Alex Maxwell, Dr Trudi Seneviratne, Dr Mihaela Bucur |