

The state of well-being is a key aspect that influences work and life satisfaction and impacts on the quality of patient care delivered. We are delighted to offer our delegates this year a diverse range of well-being activities scheduled around the main congress programme. The aim is to promote awareness of the importance of simple activities that may support well-being and prevent stress. We encourage you to book your place in advance to any of the well-being sessions offered and enjoy some time at the congress focus on your own personal wellness.

International Congress Psyche

Sunday 30th June, 16.00–19.00

Start and finish at Royal College of Psychiatrists, 21 Prescot Street, London, E1 8BB

Come and join us for a pre Congress bike ride!

We'll convene at the College at 3.45 and leave at 4.00pm sharp.

An informal all abilities ride around some of London's scenic bike routes...hopefully with a refreshment stop along the way.

Bring your bike, a helmet and most of all yourselves.

Lycra, top hat & tails, ball gown or anything goes.

Congress Fun Run

Tuesday 2nd July, 7.30

Meet up Place: Excel West Entrance

Join a group of brave delegates in a 5k jog along the River Thames. All abilities welcome. There is no need to book, just meet outside the conference west entrance and don't forget your trainers.

Yoga with Heather Mason

Tuesday 2nd July, 8.20–8.50, Capital Suite 17 (level 3)

A multifactorial integrated system, yoga was originally designed to calm the agitated mind by balancing the mental and physical processes while promoting health behaviours. In this experiential session we will explore yoga practices, describing them in a modern context that elucidates their influence on physiology and psychology, in a manner that is conducive to improved emotional health.

Places are limited, please book your place in advance at the Help Desk on level 0

Getting the most from Job planning

A session with the Registrar, Dr Adrian James

Tuesday 2nd July, 13.15–14.00, Capital Suite 10 (level 3)

Want the dream job plan...this session is for you. Adrian James will draw on his experience on both sides of the table, he will give you his top tips and answers questions. The core of workforce well-being is a challenging and rewarding job where you have the time and support to innovate and be the best you can.

Speed coaching

Coaching and mentoring is recognised as a valuable process to enhance effectiveness and agency. The College is keen to promote access, aiming to extend mentoring availability from new Consultants to all Psychiatrists including those in training.

At Congress this year as part of this initiative there will be opportunities for delegates to experience a speed coaching session with trained coaches/psychiatrists who have volunteered their time.

Places are limited, please book your place in advance at the helpdesk on level 0

Mindfulness meditation with Florian Alexander Ruths

Wednesday 3rd July, 8.10–8.25, Capital Suite 17 (level 3)

Dr Ruths offers a brief experiential session of how mindfulness meditation may put you in contact with the habits of your mind and sensations in the body in a friendly and calming way.

Mindfulness has got a significant evidence-base in enhancing well-being and promoting emotional regulation in people that practice this meditation on a regular basis.

This workshop is fully booked, please do not attend unless you have pre-registered for it.

Reflection with Dympna Cunnane

Wednesday 3rd July, 18.10–19.00 Capital Suite 17 (level 3)

The conference has been busy and full, just like life really!

This is an opportunity to slow down and pay attention to your own thoughts and reactions. It is also an opportunity to hear from others about their practice and chew over the ideas presented at the conference.

Places are limited, please book your place in advance at the helpdesk on level 0

Walking Together

Wednesday 3rd July (two walks)

Take a break and enjoy the simplicity of a walk with colleagues. The walks recognize that sitting indoors brings challenges. Join us with a lightly guided walk to take in and appreciate some local green spaces. Walks offered include a midday break in a humble park close to the Centre as well as in the majestic areas adjacent to the Cutty Sark where the conference dinner is held. Walks will go on regardless of the weather as this is part of the experience, come prepared!

Walk 1:

Time: 13.00–13.45

Purpose: A change of pace to refresh the day

Duration: 45 minutes

Description: brief walk from the conference centre

Meet up point: registration desk, level 0

Walk 2: walk prior to dinner at the Cutty Sark

Time: 19.00–19.45

Purpose: meet up after long day for those attending the dinner, allows people to meet before the meal for some conversation, movement and take in one of London's great green and watery spaces.

Duration: 45 minutes

Description: brief walk in Greenwich area

Meet up point: In front of the Cutty Sark

PoeTea (poems and tea) with Femi Oyeboode

Thursday 4th July, 8.10–8.55, Capital Suite 17 (level 3)

This workshop will briefly introduce the history and structure of Haiku drawing on the writings of Classical Japanese poets. Then participants will work singly or in groups writing and discussing their poems. The purpose is to use Haiku as a tool to facilitate mindfulness.

Places are limited, please book your place in advance at the helpdesk on level 0