

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