

Self-Care, Self-Aware, or Your Health Matters!

For Doctors in all Branches of Practice

with Dr Andrew Tresidder and Mr Alex Aylward

BMA

"Practicing Medicine is a great privilege – but currently it often feels burdensome. Ask a hundred people how they are – and they say 'Fine!' – Fearful, Insecure, Neurotic and Emotionally imbalanced. Ask a hundred Doctors, and they can't answer, they are too busy looking after their patients! Everybody uses denial. We owe it to ourselves, our patients and our families to work on seeking balance and building our resilience."

Dr Andrew Tresidder has been a Somerset GP since 1989, is a past Somerset LMC Member and Bristol Medical School GP Academy Lead, the GP Patient Safety Lead for Somerset CCG, a GP Appraiser and Educator, and a Somerset Clinician Support Service Advocate. His particular interest is the **Health of Health Professionals**, both hardware 'body' and software 'being'.

Mr Alex Aylward is a business consultant specialising in soft skills required in leading and managing internal and external organisational relationships. He has been supporting doctors as individuals for over 10 years, with particular interests in Psychoneuro-immunology, linked to the behaviour.

Join us in The Hyde at Dillington House, Ilminster, Somerset TA19 9DT: dillington.com on Wednesday 12th October 2016, 14:00 – 18:00. A light lunch will be available from 13:30 in the Garden Room.

The workshop is **free to BMA Members**, but if you book to come, please don't let us down! There are up to **25 places** – to register email: **Elaine Pavelle**, BMA Local Organiser (SW) at epavelle@bma.org.uk with your **contact details, place of work** and **GMC number**

During the workshop, Andrew, supported by Alex, will discuss ways to enhance your personal resilience and your enjoyment of life and medicine:

- Doctors' Health and Stress physiology
- the Physiology of emotions, with a particular focus on Personal power in the consulting room
- the Drama Triangle
- Loss and healthy grieving; Change, Loss, Grief, and Growth Beyond
- Ten top tips for being a patient
- Ten top tips for being a doctor to a physician patient
- Ten top tips for doctoring children whose parents are doctors
- Interpersonal energy flows
- the Wheel of Life, and some simple tools to re-balance

Participation in this workshop aims to be interactive, engaging and fun, providing tools and insights to help you combat the stress of medical practice.

Designed for clinicians working in all branches of practice – whether hospital based or GPs – all are welcome and friendly networking is encouraged! CPD points are being applied for.



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