GP 18 Abstract – Workshop

Title:

GP Wellbeing: Body & Mind

Authors: Queensland New Fellows Committee

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Theme: Healthy GP – Your health and wellbeing

Description:

As GP’s, we counsel patients everyday regarding their lifestyle for their wellbeing, but how often do we put what we teach into practice? With our hectic work commitments, family and social commitments, how do we maintain our health and wellbeing – physically and mentally?

In this 90-minute workshop, delegates will:

* Hear from our guest speaker, a colleague who will share their personal experiences in regard to balancing career, family and health (20 min)
* Rotate between workshop stations in groups:
	+ Dietitian – how to eat healthy whilst on-the-go
	+ Exercise physiologist – how to build and maintain fitness / incorporate regular exercise into your daily routine
	+ Psychologist / GP with FPS – how to practice mindfulness and self-care

There will be a brief period at the end for questions and feedback.

This workshop is targeted to appeal to New Fellows, GP Registrars and Medical Students.