

SuppoRTT Wellbeing

Are you taking time out of training or have you recently returned?

Would you like to think more about your wellbeing?

Never quite sure which wellbeing session to go to?

Join Dr Jaimee Wylam (Public Health Registrar) and Dr Martin Billington (GP and Honorary Senior Clinical Lecturer) via Zoom to think more about your wellbeing alongside colleagues.

Both Jaimee and Martin have experience of taking time away from the workplace and understand first-hand some of the challenges associate with changing roles and circumstances.



In these sessions you will **learn more** about your emotions, thoughts, and behaviours, and **take time** to reflect on what contributes to **your wellbeing**.

This course is delivered over two sessions (you must attend both) and **aims to:**

- Acknowledge the vulnerabilities and challenges we face as doctors
- Provide a practical approach to support wellbeing
- Explore support networks and systems

The course will be virtually delivered and interactive. You will hear personal experiences from Martin and Jaimee. You will be given the opportunity to reflect alone and in pairs or groups about topics related to wellbeing. You will create a menu of self-care which you can refer to following the session.

WB WELLBEING