

# How can doctors successfully avoid stress

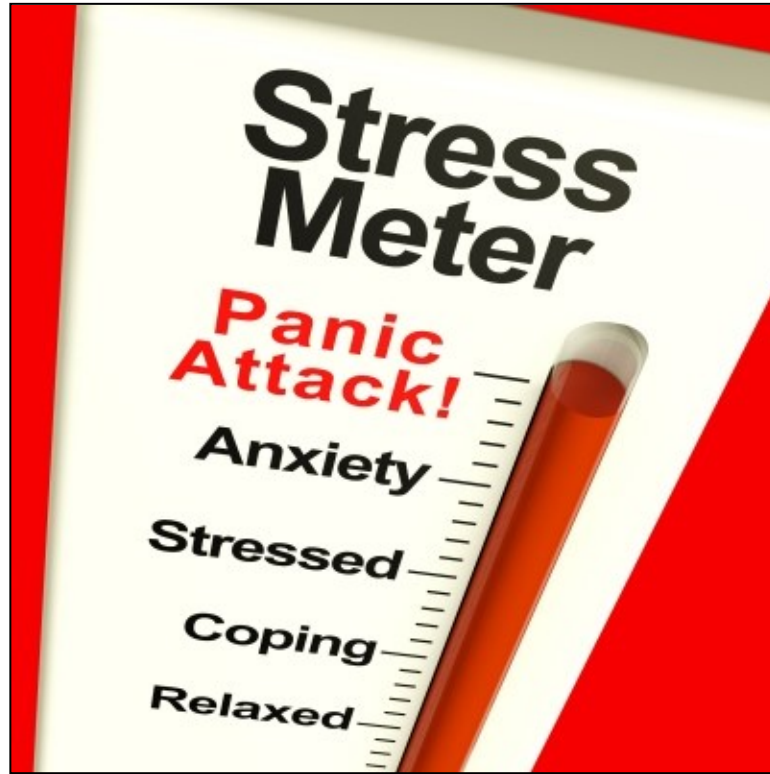


Image courtesy of Stuart Miles at [FreeDigitalPhotos.net](http://FreeDigitalPhotos.net)

## ...and burn out?

## Mindfulness for Clinical Educators

**Part of the Clinical Educator Programme (optional workshop)**

Wednesday, 27<sup>th</sup> November 2013, 2 - 4pm

Lecture Room, Royal Hospital for Sick Children

This workshop offers an introduction to Mindfulness and its applications in Health Care:  
Staff Well Being and Medical Education

For information and to register contact [cep@ed.ac.uk](mailto:cep@ed.ac.uk)

