

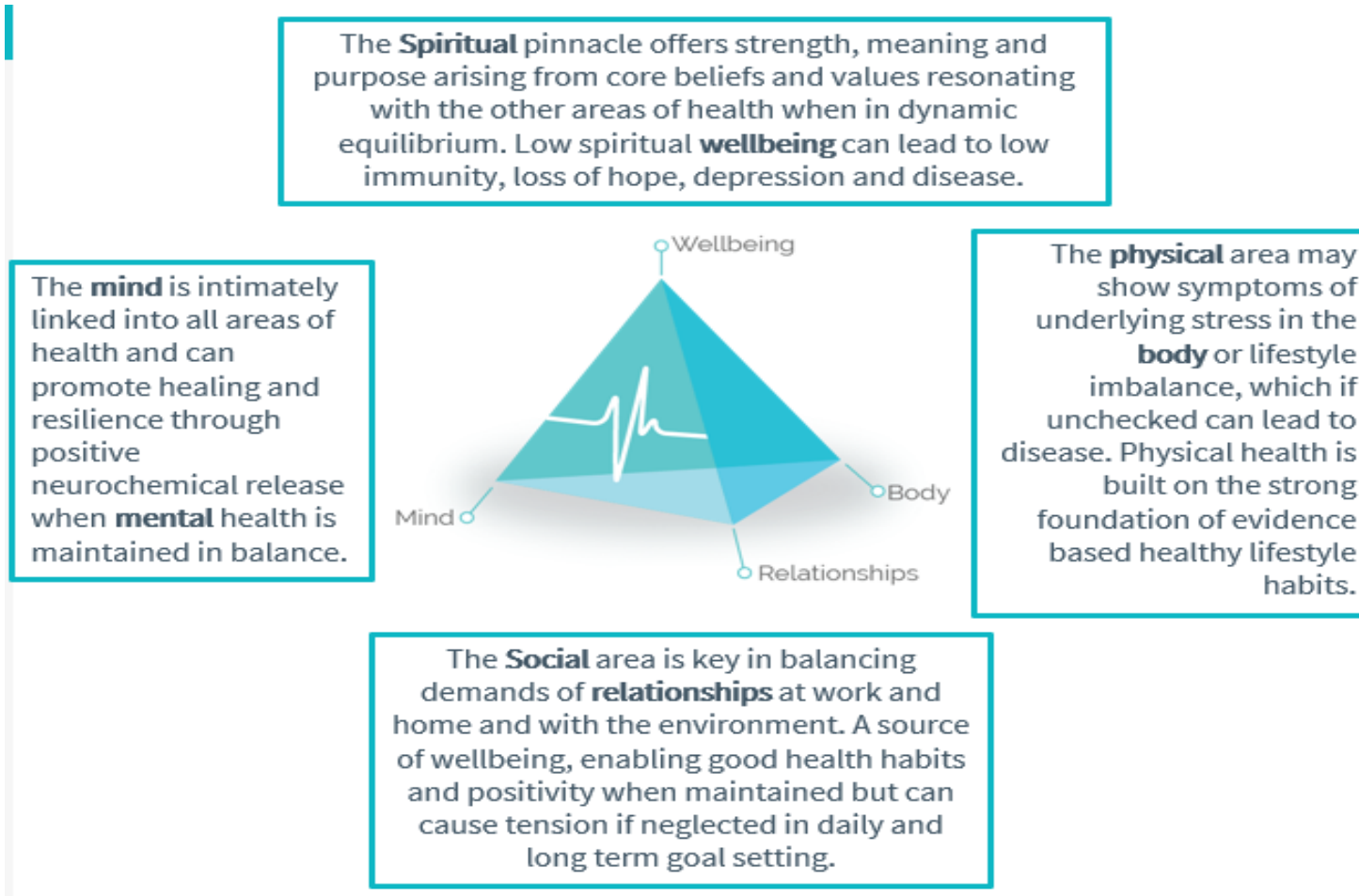
DR. FINLAY'S
PRIVATE PRACTICE

Integrated Workplace Wellbeing

25/03/2021

Dr Ben Sinclair MRCGP

Integrated Health Pyramid Areas



Integrated Health Pyramid Tips - Physical



- Office culture, structure, messages
- Screening / Seek help early
- Gut microbiome
- Supplementation
- Healthy food swaps / Nudges
- Exercise to work / walking meetings
- Incremental Changes Optimise

Integrated Health Pyramid Tips - Mental



- Sleep
- Recreation
- Burnout vs productivity
- Habit stacking wins
- Journaling with Gratitude
- Share your life with friends
- Seek real life
- Substances

Integrated Health Pyramid Tips - Social



- Belonging - Enjoy Fellowship
- Spouse support stats
- Honour your family
- Steward and Enjoy Nature
- Serve Your Community
- Unconscious “Busy” Culture

Integrated Health Pyramid Tips - Spiritual



- Shalom:
Permanent state of integrated wellbeing
- We Cannot strive for peace
- All have works prepared for us
- A well fitting yoke produces more than we can imagine or hope for
- Pray, Sing, Thank, Bless, Hope

DR. FINLAY'S
PRIVATE PRACTICE

Health Promotion Events
Workforce Health Consultancy
Health Screening and Medicals
Private GP Home Visits
Video Consultations
Prescriptions and Referrals
Integrated Clinical Psychologist

www.DrFinlays.co.uk 0121 3961323



Thankyou!

What one intervention
will you deploy now?