



About the Tutor

Guy Sutton's primary research interests are the genetics of neural development and the interactive nature of biological, behavioural and genetic factors in disease processes; in particular, how the brain can affect immunity increasing susceptibility to illness.

He has held academic appointments at Manchester, Manchester Metropolitan and Cambridge Universities, and has lectured in neuroscience and genetics to a range of undergraduate and postgraduate students, including medics, biologists and psychologists. He has been a visiting researcher to universities in the United States and has conducted research projects and data analysis for various organisations, including the Department of Health and the Medical Research Council. In addition to presenting research at various international conferences and writing for academic publications, Dr. Sutton has talked about the theoretical and clinical aspects of his research on television and radio.

He has tutored on 'A' level reading parties for students and teachers for several years, and is an associate tutor with Villiers Park Educational Trust, Cambridge.

About MBI

MBI (Medical Biology Interactive) delivers one-day and half-day courses, seminars and tutorials in epidemiology, occupational health and the human sciences to the health service, industry and education. All MBI seminars are written and run by academics and health specialists, each of whom has considerable experience in research and its practical applications. Seminars are delivered at the hospital, workplace or school, based on cutting-edge research and current practice benchmarks, and tailored to the needs and concerns of the client.

Some of the courses and tutorials that MBI currently offers are listed in this pamphlet.

For further information and full programmes, please contact Dr. Guy Sutton; tel. 07941 039670, e-mail: gmsutton@mbi-consultancy.co.uk.



MBI
MEDICAL
BIOLOGY
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PRESENTS

STRESS & HEALTH MANAGEMENT



*A One-Day Tutorial
In Managing Health & Lifestyle
At Home & At Work*

TUTOR:

Dr. Guy M. Sutton, Ph.D.



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**Seminars & Tutorials For The
Health Service, Industry & Education**

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WHY A STRESS & HEALTH MANAGEMENT DAY?

Mental stress is associated with every occupational and age group, and with life events as diverse as bereavement, moving house, divorce and retirement. It has been the centre of much media attention because of the growing evidence linking it with heart disease, hypertension, anxiety and a range of other physical, mental and behavioural disorders. Such attention also stems from our increasing ability to scientifically explain the mechanisms of many stress-induced disorders.

A recent survey has indicated that half a million Britons suffer illnesses related to stress at work. The ways in which you cope with stress may actually be more dangerous to your health than the stress itself, when such ways of coping include smoking, poor diet or overeating, excess alcohol and too little exercise. Stress intervention strategies involve learning new ways to cope with stress. There is growing evidence that such strategies can be extremely cost effective, particularly given the increasing number of out of court payments to workers suffering job stress.

This seminar is designed to provide the individual with an appreciation of the practical importance of diet, exercise and stress management in maintaining physical and mental health.

WHO WILL BENEFIT?

This tutorial is designed for employees from many professions at all organisational levels. Past attendees at this respected seminar have included a wide range of employees from the following professions:

Civil service
Legal
Heavy Industry
Medical & Healthcare
Teaching & Universities
Banking & Insurance

Please note the seminars can be specifically tailored to specific professions and to particular job characteristics.

AIMS OF THE TUTORIAL

- to consider the nature of health and to explore the interaction of psychological, genetic and lifestyle factors in determining susceptibility to illness;
- to examine how diet and exercise are important in influencing health and to demonstrate how to maintain a healthy lifestyle to optimise mental and physical health;;
- to explore practical stress management techniques as tools for combating stress at home and in the workplace.

TOPICS TO BE COVERED

A variety of topics and issues relating to neuroscience will be covered. Some of these topics are listed below.

- Health and lifestyle:** What health is and what it isn't; health, illness and the role of lifestyle in determining both.
- What is stress?** The various types of stress; stress and evolution; common causes of stress; costs to the individual, the workplace and the economy; stress, industrial injury and responsibilities of the employer.
- Lifestyle and chronic disease:** A critical examination of the proposed relationship between stress and illnesses such as coronary heart disease and cancer. How do factors such as mood, mental state, dietary intake and physical activity affect disease prognosis?
- Stress and work:** Are some jobs more stressful than others? HSE guidelines; avoiding job stress and burnout.
- Diet and health:** Achieving a balanced diet; a guide to nutrition diet and health; what's good, what's bad: supplements, vitamins, salt, caffeine; healthy eating and implications for reducing chronic disease risk.
- Exercise and health:** The benefits of physical activity; the reality of physical activity; how much is needed to maintain health? types of moderate physical exercise and how to get started.
- Changing behaviour:** The practicalities of lifestyle management - changing diet and exercise patterns; changing behaviour and cognitions.
- Stress and health management programmes:** Relaxation techniques and anger management; key studies; managing stress and lifestyle at home, in the workplace and in clinical settings; how to design and implement a stress management/intervention programme in the workplace.

FORMAT

The tutorial is delivered in your workplace and runs from 0900-1600. Tutorial dates can be arranged by contacting MBI or by checking the MBI website.

Format is varied, with interactive, multimedia lectures, group discussions, practical exercises and workshops. Each attendee receives a CD-ROM featuring complementary seminar material, and web links.

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OTHER SEMINARS & TUTORIALS

FOR THE HEALTH SERVICE & INDUSTRY

STATISTICS & EPIDEMIOLOGY IN CLINICAL PRACTICE

MEDICAL GENETICS (FOR GENERAL PRACTITIONERS)

APPLIED PROBLEM SOLVING

THE HEADACHE CLINIC

FOR EDUCATION

DNA DAY (FOR 'A' LEVEL STUDENTS)

BRAIN DAY (FOR 'A' LEVEL STUDENTS)

STRESS DAY (FOR 'A' LEVEL STUDENTS)

THE ASSESSMENT OF DEVELOPMENTAL DISORDERS