

WORKSHOP 4: BEING MARVELLOUS

What are lifestyle disorders?

- PCOS
- Thyroid disorders
- Metabolic Syndrome
- Diabetes

What are mood disorders?

- Anxiety
- Depression
- PMS and PMDD

Interplay between mood and lifestyle disorders

- Explaining the bio-psycho-social model

Learning to surf through hormonal wave

- Catching lifestyle disorders early
- Busting myths

Recipe to being marvellous

- Redefining priorities
- Sleep hygiene
- Stress management