

**Praxis Editorial Award 2019**

**Calling all medical students and psychiatry trainees!**

Submit an article – the winning entry will be published in the journal in 2020.

Topic: "A day in the life of a psychiatrist in 2050"

Who can enter: medical students and all non-consultant grade doctors, SAS, Foundation, Core and Higher Trainees.

Closing date: 30 November 2019

Please send us your entry by email to [BJPBulletin@rcpsych.ac.uk](mailto:BJPBulletin@rcpsych.ac.uk)

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In this issue [210–216] Ranjita Howard, Catherine Kirkley and Nicola Baylis explore the factors affecting personal resilience among psychiatrists, in particular, those that may impair well-being and those that facilitate resilience practice.