



Yasmine Weeks, MD

**General Practitioner | ADHD Physical Health Specialist
Founder, Retreats4Medics | Psychiatry-UK, United Kingdom**

Dr. Yasmine Weeks is a UK-trained medical doctor and General Practitioner with a specialist focus on the physical health of individuals with ADHD. She graduated from University College London (UCL) with an MBBS and a BSc in Medical Anthropology in 2007.

She currently works as a GP Specialist in ADHD Physical Health with Psychiatry-UK, where she contributes to the integrated assessment and management of patients with ADHD, with particular attention to their physical health needs and holistic care.

Dr. Weeks is the founder of Retreats4Medics, an initiative designed to support healthcare professionals and organisations in implementing practical, evidence-based strategies to improve wellbeing. Through workshops, retreats, and organisational programmes, she focuses on embedding sustainable behavioural change into daily clinical environments and healthcare systems.

For more than a decade, she has combined her medical practice with training in yoga, meditation, and wellbeing coaching. Her approach focuses on low-cost, accessible interventions that go beyond performance optimisation, with the aim of reducing clinician burnout and supporting long-term, sustainable health and quality of life.

She is committed to the principle that wellbeing should be universally accessible and inclusive, regardless of physical ability or prior experience. Her philosophy emphasises practical, realistic approaches to balance and self-regulation within demanding professional environments.

Dr. Weeks' work focuses on embedding wellbeing into both individual behaviour and organisational design, helping healthcare professionals develop resilience, connection, and sustainable ways of working in modern clinical practice.

