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Mental Health Strategies for Ourselves, our Colleagues and our Patients

As a dental professional, mental health has become a paramount issue in order to prevent burnout in ourselves and care for team members and patients.

“We can do anything, but not everything.” By David Allen

Sometimes we need to put down the cape, and invest time and energy into ourselves and our priorities. Other times, we need to focus on a colleague who is struggling. And every once in a while, we notice that a patient needs some help with emotional health. Learn how everyone can promote wellbeing at work.

Objectives:

- 1-Utilize the Mental Health Continuum to identify symptoms and strategies more proactively
- 2-Learn how to help a colleague who is struggling
- 3-Create wellbeing practices to implement in your clinic