



Wellness & Mental Health

Tips to help you take care of yourself, your business and/or your staff

Burnout is a state of mental and physical exhaustion that can take the joy out of your career, friendships, and family interactions. Continual exposure to stressful situations can lead to this condition. What can you do to manage burnout? Everyone is different. While one person may enjoy journaling, others may enjoy physical activities, such as yoga, hiking or gardening.

HERE ARE A FEW WAYS TO HELP MANAGE BURNOUT:

- ▶ **Get physical.** Studies show that a blend of low-impact exercise like walking or yoga and high-impact, like muscle-building exercise, is the best way to support mental and physical health.
- ▶ **Practice mindfulness-based stress reduction.** Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Try to be present in the moment and take it all in.
- ▶ **Turn off technology.** Being overstimulated by the need to answer emails quickly, checking social media and reading can heighten stress and burnout.
- ▶ **Perform random acts of kindness.** In your packet are five Kindness Cards to share with a colleague, staff and/or family member. A small act of kindness can really lift someone's spirit, and yours too!

QUICK LINK RESOURCES

The **American Addiction Centers** offers resources to help recognize the physical or behavioral signs of drug abuse as well as assistance in finding a rehabilitation center. Take the five-minute assessment to help evaluate whether you have an unhealthy dependence. Learn more at www.drugabuse.com.

National Alliance on Mental Illness, NY Chapter (NAMI-NY) provides support and education for individuals, family, and friends living with mental illness. You can find information on what to do if you suspect someone is suicidal. A list of support centers to call across NYS and many NAMI programs are available at <https://www.nami.org/Your-Journey/Frontline-Professionals/Health-Care-Professionals>.

The **New York State Dental Association** is here to support and assist you, your family, or a colleague who needs help with substance abuse, addiction, and related mental health issues. **We are only a confidential phone call away.** Learn more at nysdental.org/mentalhealth.

The **American Dental Association** has provided resources on handling stress. It's normal to feel stressed and anxious. The Dentist Health and Well-Being Program provides support for our members who are in need of information on ergonomics in the dental practice, prescription opioids and abuse prevention, substance use and mental health, and additional resources to help dentists be more proactive in looking at their own health and wellness. Learn more at <https://success.ada.org/en/wellness>.