

## Self-Care Away from the Dental Chair

In a recent survey by the National Institute of Mental Health, 1 in 5 adults in America experience mental illness and those in the dental community are no exception. In fact, according to a 2020 ADA study, 92% of dentists agreed that COVID-19 challenged their mental health. Yet, many dentists indicated they're not comfortable seeking out mental health resources for themselves or a colleague.

The ADA is seeking to change this, in part, through collaborations with mental health advocates NAMI Chicago and Hope for the Day, made possible by a grant from Crest + Oral-B. The goal is to help create an environment of wellness within our dental community and avoid reaching a point of crisis before addressing mental health.

Here are a few resources that may help yourself or someone you know:

### Toolkits:

- [Recognizing Burnout at Work \(PDF\)](#)
- [Looking Out for Your Mental Wellness \(PDF\)](#)

### Short Videos:

- [It's OK Not to Be OK](#)
- [Mindful Movement for Dentists](#)
- [The Science Behind Stress](#)

### Mental health webinars:

- [Wellness in Dentistry: Inspired and Supportive Leadership](#)
- [Resilience in the Face of Uncertainty](#)
- [Mental Health, Dentistry and You](#)

Above all, talk about mental health with your colleagues and make sure you're taking steps to take care of yourself. Because mental health is part of overall health.

Go to [ADA.org/wellness](https://www.ada.org/wellness) for more resources to help you prioritize self-care away from the dental chair.