

# Resilience for the Dental Provider

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# Disclosure

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- I do **NOT** have any relevant financial relationships with any commercial interests.
- My presentation will contain **NO** reference to an investigational and/or off-label use of a product.

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The opinions and ideas expressed in this presentation do not necessarily reflect the official policy or position of the Department of the Navy, Department of Defense, nor the United States Government.

# Overview

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- Why do we need Resilience?
- What is Resilience?
- Four Pillars
  - Core Values
  - Knowing and Building Your Strengths
  - Focus on Priorities
  - Wellness: Physical and Mental
- Implementation
- Resources



# Challenge

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Hold a “Beginner’s Mind”

“In the beginner’s mind there are many possibilities, but in the expert’s there are few.” -*Shunryu Suzuki*.

The beginner’s mind is

Open

Quiet

Curious

Eager

Non-judgmental

Without preconceptions



# Is This Familiar?

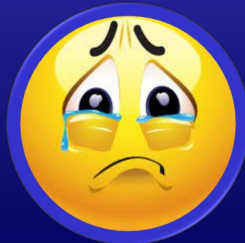
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- Feeling exhausted, burned out?
- Has work/school deprived your family?
- Has work/school harmed your relationships?
- Are your meaningful social relationships only on social media? OR only at work/school?
- Do you work during breakfast, lunch and/or dinner?
- Is work/school impacting your physical health?

# Is This Familiar?

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- Is work impacting your sleep?
  - Working when you should be sleeping, OR thinking about work is interfering with your sleep?
- Do you have any hobbies?
  - Or are hobbies for people who are not serious about work?
- Do you have guilt/shame/anxiety when not working?
- Do you get annoyed with people who have a life outside of work?
- Are you unhappy?



If you're tired of all those FIRST DAY OF SCHOOL pics, then this one's for you.



**8,376th day of work.**



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- What is RESILIENCE?
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# Resilience

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- What is Resilience?
  - How you react, respond, and adapt to stress.
  - It is not about enduring stress but coping well and growing stronger from the experience.

“Do not judge me by my success, judge me by how many times I fell down and got back up again.”

— Nelson Mandela

# Resilience

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- Being Flexible:
  - Mental, Emotional, and Behavioral
  - Resilience has FOUR Pillars
    1. A Strong Foundation
    2. Building on your Strengths
    3. Prioritizing Goals
    4. Physical and Mental Wellness



# Overview

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- What is RESILIENCE?
- **Four Pillars**
  - Core Values
  - **Knowing and Building Your Strengths**
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# Resilience – Foundation

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- Know your CORE personal values
  - Core values are like a compass, keeping you on course whether the seas are calm or stormy.
  - What are yours?
    - What inspires you to take action, to take a stand?
      - What motivates you to speak up or step in?
      - What are you willing to risk in a situation?
      - What do you gain?
    - When do you feel most like yourself?
      - Situations where you feel authentic, like yourself.

# Resilience – Core Values

Family	Respect	Justice	Faith	Career
Freedom	Invention	Order	Wisdom	Excellence
Security	Diversity	Advancement	Beauty	Innovation
Loyalty	Generosity	Forgiveness	Caring	Strength
Intelligence	Integrity	Joy/Play	Honesty	Wealth
Connection	Courage	Excitement	Patience	Humor
Creativity	Love	Change	Kindness	Compassion
Success	Openness	Goodness	Teamwork	Leadership
Home	Friendship	Balance	Fitness	Change
Prosperity	Wellness	Gratitude	Endurance	Grace
Religion	Fun	Fame	Self-Respect	Happiness
Harmony	Peace	Enjoyment	Clarity	Reciprocity

# Resilience – Foundation

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- Build on your STRENGTHS
  - Resilience requires strength to endure challenge without breaking and to take action
  - Recognize and use your innate core strengths
    - Where do you feel in control (or more in control)?
    - Where do you struggle, hesitate, feel inferior?
  - Strengths are not the same as talent.
  - Defining Strengths:
    - What are yours?

# Resilience – Strengths

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- Defining Strengths
  - Any aspect that can grow/expand when exercised/challenged
  - Something you do well and love doing
  - Can do repetitively while maintaining excellence
  - Leaves you more energized
  - Fulfills personal need or goal
  - Evokes notice and praise
  - Get in ‘Flow’
- What are your Strengths?



# Overview

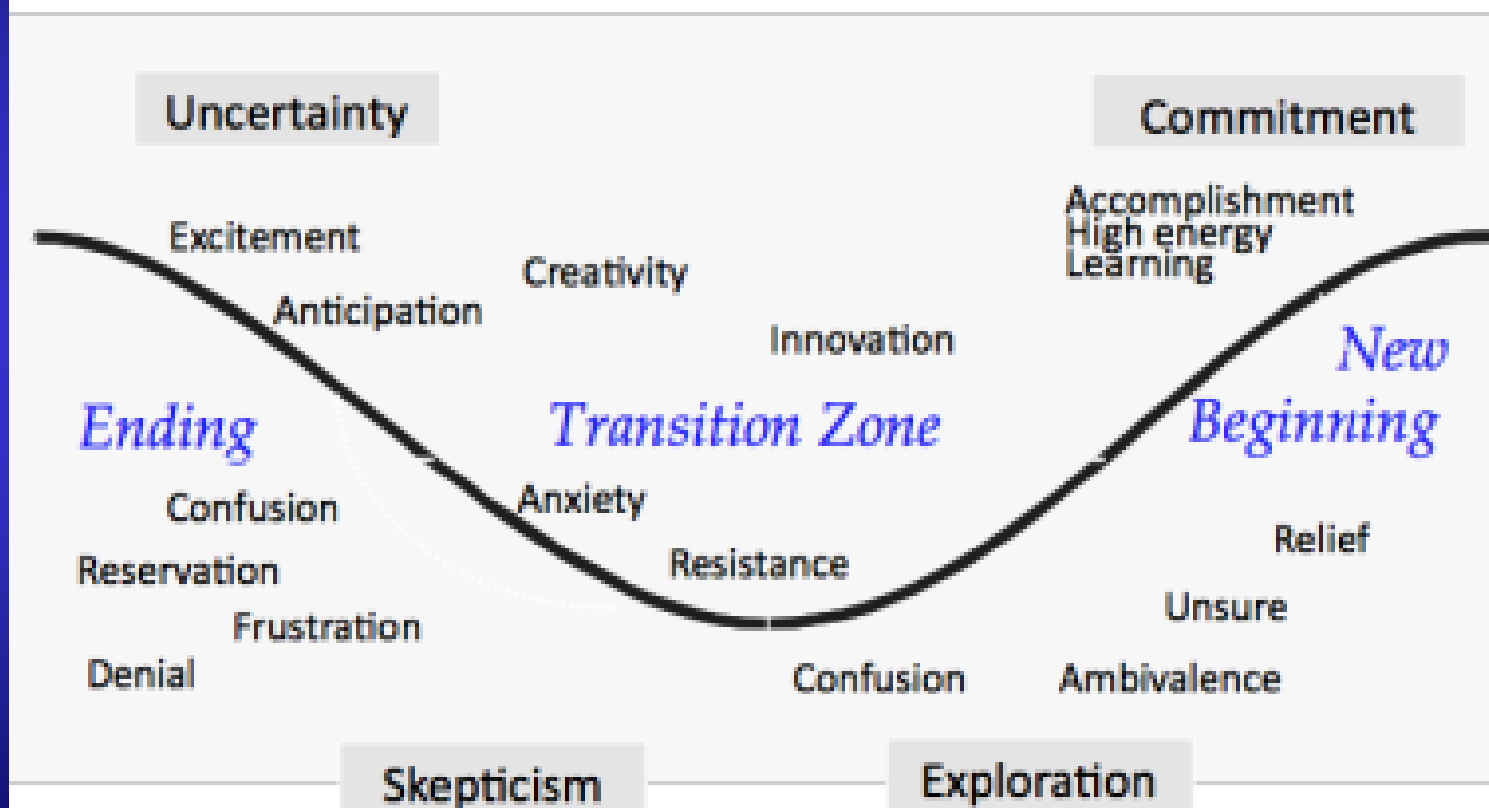
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# Resilience – Focus!

## Managing Change: New Beginning Phase

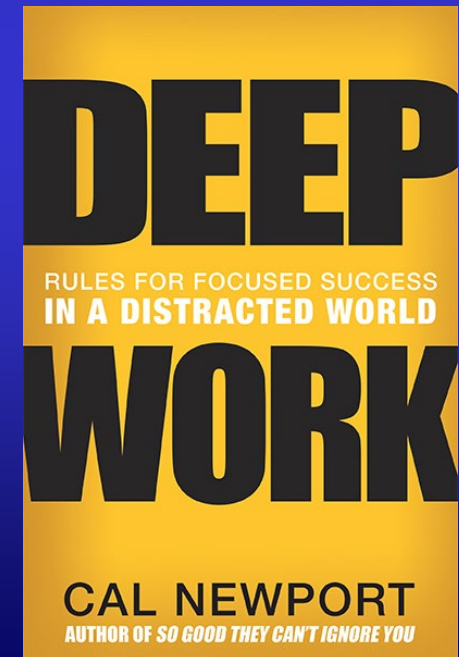
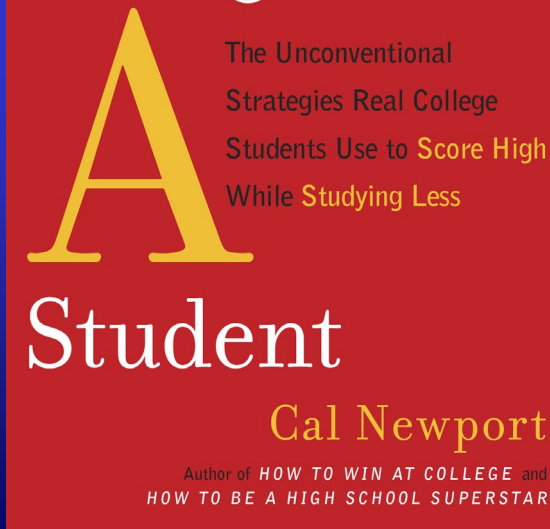


Adapted from *Managing Transitions*, William Bridges

# Resilience – Focus!

- Prioritize

- 1 How to order of importance
- 1 Become a management
- 1 Straight-ep work



# Resilience – Focus!

- Social Media is the enemy

## Ethics of the Attention Economy: The Problem of Social Media Addiction

**Vikram R. Bhargava**  
**Manuel Velasquez**  
Santa Clara University

Social media companies commonly design their platforms in a way that renders them addictive. Some governments have declared internet addiction a major public health concern, and the World Health Organization has characterized excessive internet use as a growing problem. Our article shows why scholars, policy makers, and the managers of social media companies should treat social media addiction as a serious moral problem. While the benefits of social media are not negligible, we argue that social media addiction raises unique ethical concerns not raised by other, more familiar addictive products, such as alcohol and cigarettes. In particular, we argue that addicting users to social media is impermissible because it unjustifiably harms users in a way that is both demeaning and objectionably exploitative. Importantly, the attention-economy business model of social media companies strongly incentivizes them to perpetrate this wrongdoing.

Bhargava & Velasquez, Ethics of the Attention Economy: The Problem of Social Media Addiction. Business Ethics Quarterly, Published online 06OCT2020.

DOI: <https://doi.org/10.1017/beq.2020.32>

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# Resilience – Wellness

- Physical and mental health practices to maintain and enhance resilience
- Focus on the Basics first:
  - Exercise
  - Sleep
  - Nutrition
  - Hydration
  - Social support

Me: why am I so tired and weak all the time?

Me: \*eats nothing of nutritional value\*

Me: \*has crazy irregular sleep schedule\*

Me: \*never exercises ever\*

Me: I just don't get it



**Beer.**  
It's cheaper than a psychologist.





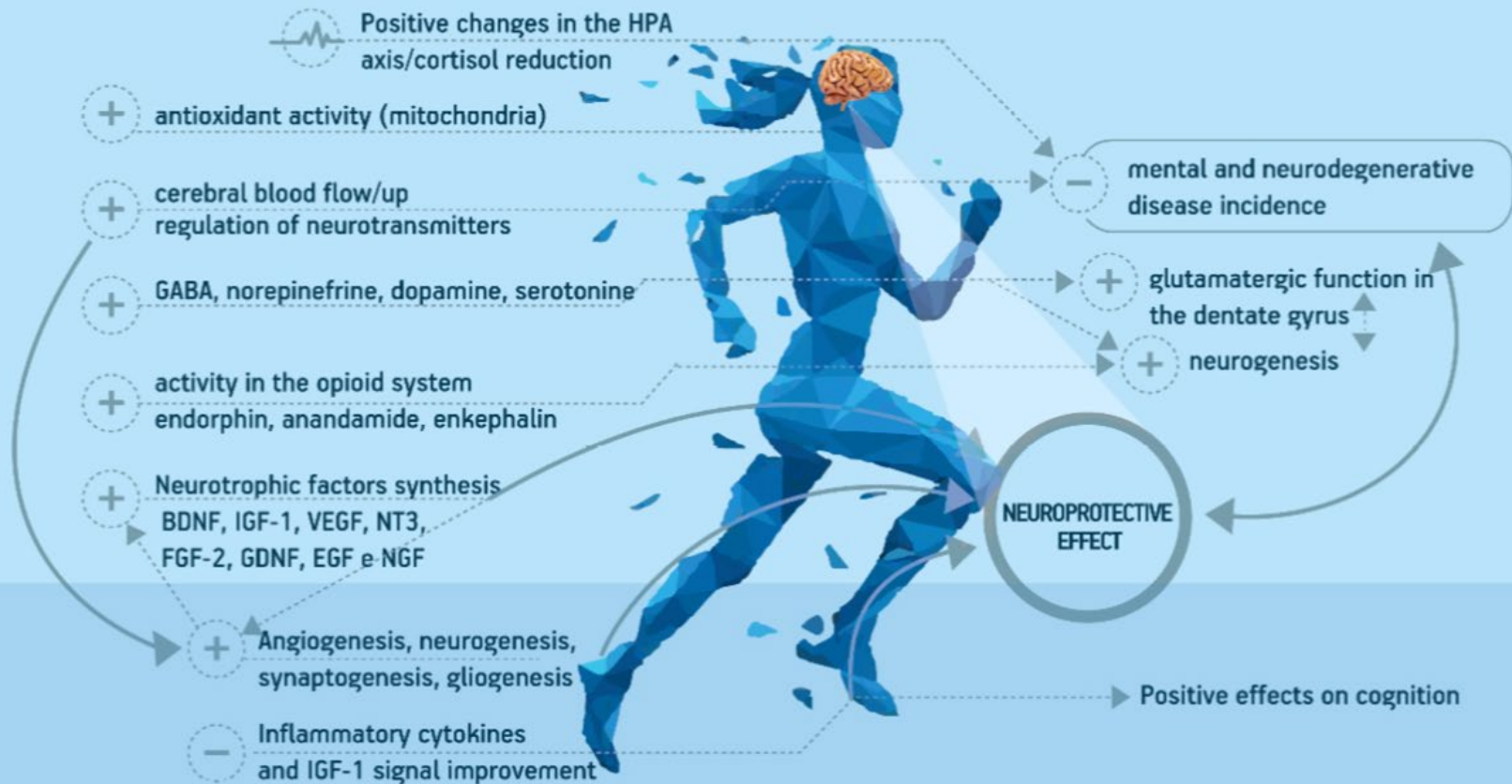
# Exercise!!!!

- You know it is good for you
- Play games that have you moving and are social events as well
- 150 minutes/week





# Neurophysiological and neurochemical effects of exercise





Welcome to Michigan Bluff  
Medical Aid Station

Mile 55

# What Color is Your Pee?



Coors Light

**GOOD\***



Pale Ale

**Hydrate\***



IPA

**Hydrate More\***



Guinness

**SEE MEDICAL**

Disclaimer: This poster is only for fun and does NOT contain medical advice.  
Individual pee colors may vary.

Created by Seth Meyer | gosh.com

# BODY WATER

— Health & Medical —

INFOGRAPHICS



## HOW MUCH DO YOU REALLY NEED?



÷ 8 =



**BODY**  
WEIGHT  
(lbs)

**1** = **8**  
OUNCES

**WATER**  
NEEDED  
PER DAY



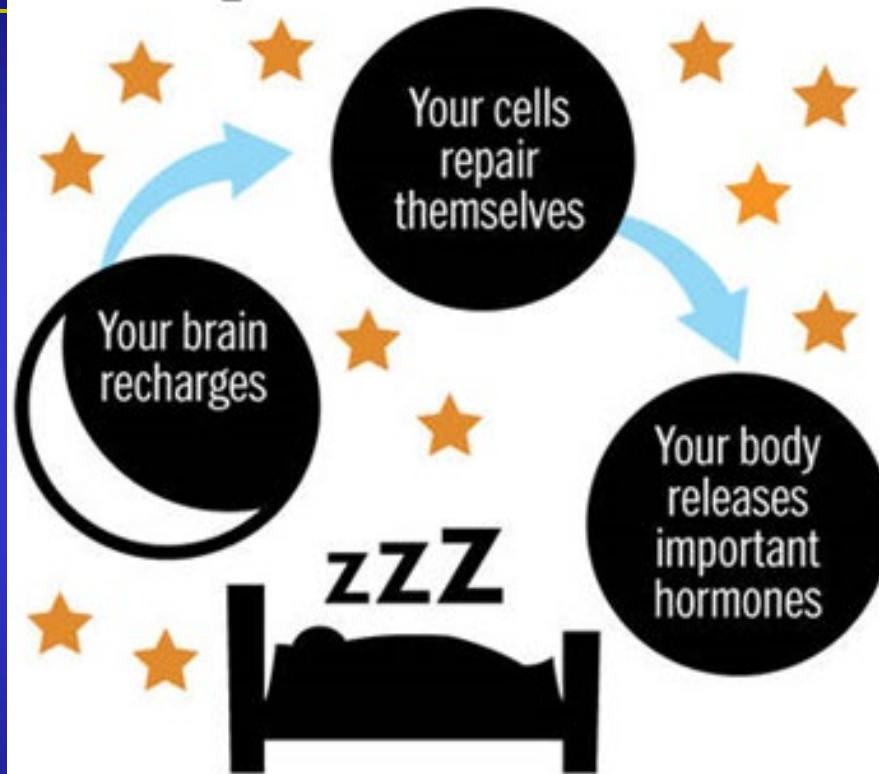
**HELPS**  
CONVERT  
FOOD  
INTO ENERGY



**HELPS**  
BODY  
ABSORB  
NUTRIENTS

# Sleep

WHAT GOES ON  
WHEN YOU SLEEP:



DESERET NEWS GRAPHIC SOURCE: [Betersleep.org](http://Betersleep.org)



# To sleep or not to sleep?

- ↓ Memory
- ↓ Accuracy in tasks
- ↓ Concentration
- ↓ Cognitive performance
- ↓ Overall performance

- ↑ Neglect of activities
- ↑ Critical errors
- ↑ Accidents
- ↑ Microsleep attacks
- ↑ Irritable mood

Katz et al., 1989

Goitein et al., 2005

Ahmed et al., 2014



# To sleep or not to sleep?

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- Leave work at work
- Aim for a consistent sleep pattern
- 20-minute 'wind down' before bed
- Don't eat 2-3 hours before bed
- Don't drink alcohol an hour before bed
- Use bed for sleep and intimacy only
- No lights in bedroom when sleeping
- Check temperature and noise level (~65-68degF)
- Twilight app on your cell phone

# Nutrition



# HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

VEGETABLES

Eat plenty of fruits of all colors.

FRUITS



**STAY ACTIVE!**

© Harvard University



Harvard School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

WHOLE GRAINS

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)





# Feed Your Head

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- 100 Billion Neurons
- Firing 5 to 50 times/ second
- Uses about 25% of blood glucose
- Small changes in your brain....
- Protein: 3-4oz each meal
- Avoid refined sugars/flours
- Increase dark colored fruits and vegetables



<b>B Vitamin</b>	<b>Function</b>	<b>Best Sources</b>
Vitamin B1 - Thiamine	Circulation, blood formation, brain function	Organ meat, yeast, peas, pork, beans
Vitamin B2 - Riboflavin	Blood cell formation, antibodies, cataract prevention	Meat, poultry, fish, nuts, kidney, liver, green vegetables
Vitamin B3 - Niacin	Circulation, nervous system, healthy skin	Lean meats, nuts, legumes and potatoes
Vitamin B5 - Pantothenic Acid	Adrenal hormones, antibodies, neurotransmitters, stamina	Eggs, pork, beef, fish, milk, and most fruits/vegetables
Vitamin B6 - Pyridoxine	Brain/immune system function, cancer immunity, mild diuretic	Chicken, fish, kidney, liver, eggs, bananas, lima beans, walnuts
Vitamin B7 - Biotin	Cell growth, metabolism of carbohydrates/fats/proteins	Liver, eggs yolks, nuts, cauliflower, milk, legumes
Vitamin B8 - Inositol	Hair growth, reduces cholesterol and plaque	Heart, fruit, milk, nuts, meat, vegetables
Vitamin B9 - Folic Acid	"Brain food," energy, red blood cells, strengthens immunity	Beef, lamb, pork, chicken liver, eggs, green leafy vegetables, salmon
Vitamin B12 - Cyanocobalamin	Prevent anemia/nerve damage, digestion, cellular longevity	Lamb, beef, herring, mackerel, liver, oysters, poultry, clams, eggs

Source: NIH National Library of Medicine

# Relationships





# Couple Life

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- Wind down before entering house
- Plan time together in advance
- Leave work at work
- Acknowledge when tired, angry, sad and why
- Call/video/text at least once/day
- Share activities/hobbies
- Schedule time for dates and intimacy – because of fatigue, if you don't, it might not happen

# Couple Life – Dealing with Conflict

- Label problems in a non-accusatory way
- Use ‘we’ rather than ‘you’ in discussions
- Separate internal (couple) issues from external (residency/job)
- Listen openly, avoid defensiveness
- Try to develop mutual support
- Protect time for talk, kids, sex, fun
- Get help when you need to



# Single Life

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- Foster support from family/friends
- Don't socially isolate
- Try not to discuss work when socializing outside of work
- Use social media to stay connected
- Join a gym
- Go on vacation with friends and family

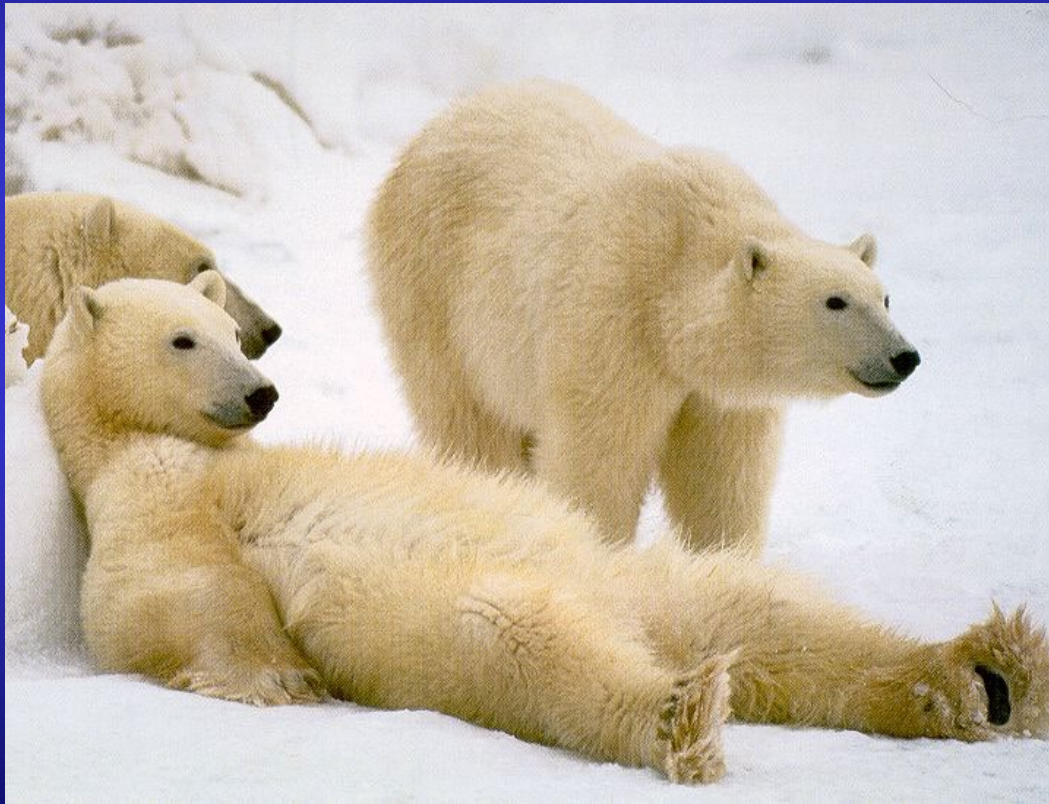
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# Relaxation





# What is Relaxation?

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Exercise

Watching TV

Out to eat

Hiking/camping

Sports (basketball, etc.)

Video games

Gardening

Cooking

Social media

Movies

Hobbies (crafts, etc.)

Yoga

Meditation

Relaxed breathing

Soothing music

Cuddle with pets/SO

Bubble bath

Long relaxing shower

Pray

Nature walk

Grounding techniques

# What is Relaxation?

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Quieting the MIND and the BODY at the same time



“letting go”

physically, mentally, and emotionally

# Postural Relaxation

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Head centered, supported and in midline

Eyes closed, smooth eyelids

Smooth forehead

Mouth relaxed: lips apart, teeth apart, tongue relaxed

No throat movement

Shoulders sloped and even

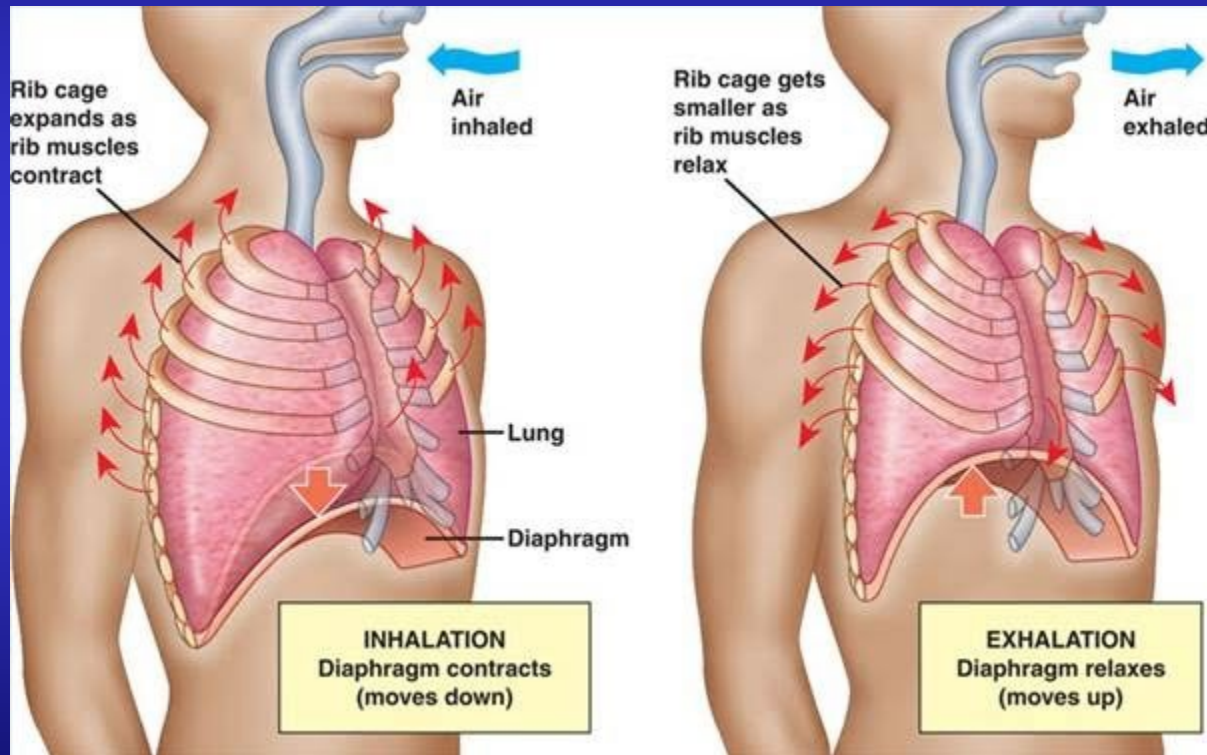
Elbows bent

Hands in curled position

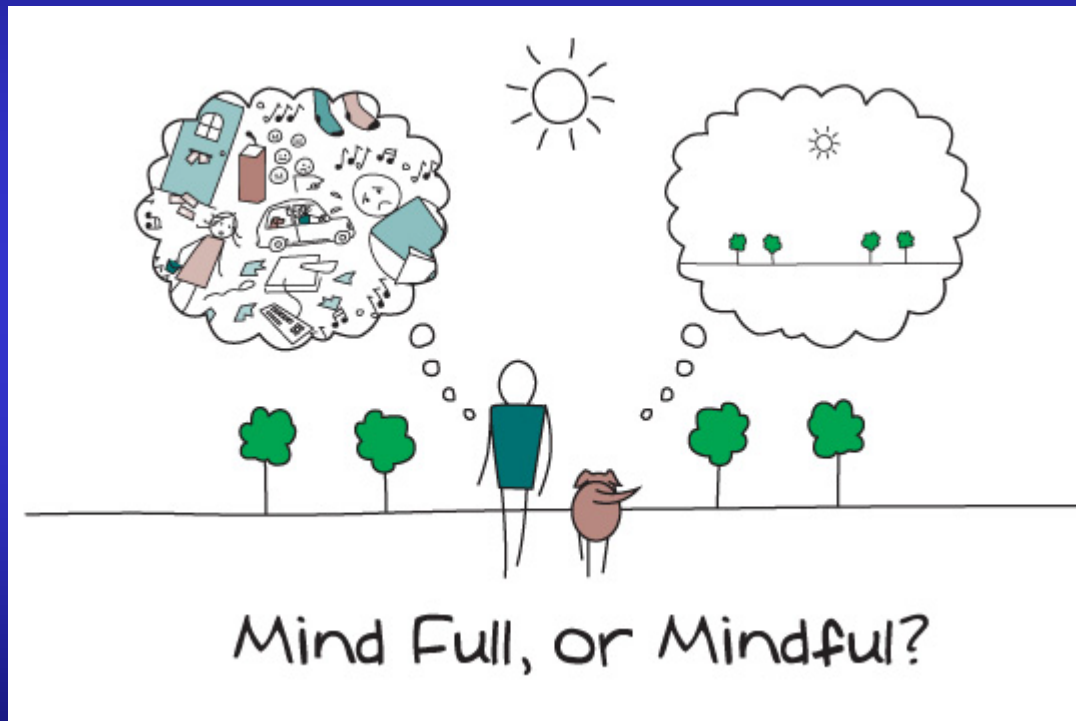
Knees apart

Feet pointing away from one another at 45-90 deg.

# Diaphragmatic Breathing



# Mindfulness



# Mindfulness

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Your body is present.



Is your mind?



Past

Present

Future

*DOUG NEILL*

# Mindfulness

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- Observing
  - Sensing mode rather than Thinking mode
- Describing
  - Noticing fine details
- Participate Fully
  - Consider the whole of your experience
- Non-judgmental
- Be Present



# Resources

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<https://www.dental.upenn.edu/alumni/resources-and-benefits/>

ADA State Well-Being Programs

<https://www.ada.org/en/resources/practice/wellness>

ADA Wellness Resources

Dial 988

# Contact Information

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**Thank  
you!**

