Resilience for the Dental Provider

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Disclosure

• 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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Overview

• 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

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?

• 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?

- 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.
Overview

• What is RESILIENCE?
• Four Pillars
  – Core Values
  – Knowing and Building Your Strengths
  – Focus on Priorities
  – Wellness: Physical and Mental
• Implementation
• Resources
Resilience

• 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

• 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

• What is RESILIENCE?

• Four Pillars
  – Core Values
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  – Focus on Priorities
  – Wellness: Physical and Mental

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• Resources
Resilience – Foundation

• 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

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

Penn Dental Core Values: Legacy, Empowerment, Aspiration, Discovery, Social Consciousness
Resilience – Foundation

• 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 at talent.
  – Defining Strengths:
  – What are yours?
Resilience – Strengths

• 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

• What is RESILIENCE?

• **Four Pillars**
  – Core Values
  – Knowing and Building Your Strengths
  – Focus on Priorities
  – Wellness: Physical and Mental

• Implementation

• Resources
Resilience – Focus!

Managing Change: New Beginning Phase

Uncertainty

Commitment

End of

Transition Zone

New

Beginning

Skepticism

Exploration

Adapted from "Managing Transitions," William Bridges
Resilience – Focus!

• Prioritize
  – Make to do lists in order of importance
  – Practice good time management
  – Make time to do deep 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.
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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
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

- Positive changes in the HPA axis/cortisol reduction
- Antioxidant activity (mitochondria)
- Cerebral blood flow/up regulation of neurotransmitters
- GABA, norepinefrine, dopamine, serotonin
- Activity in the opioid system endorphin, anandamide, enkephalin
- Neurotrophic factors synthesis BDNF, IGF-1, VEGF, NT3, FGF-2, GDNF, EGF e NGF
- Angiogenesis, neurogenesis, synaptogenesis, gliogenesis
- Inflammatory cytokines and IGF-1 signal improvement

- Mental and neurodegenerative disease incidence
- Glutamatergic function in the dentate gyrus
- Neurogenesis

Positive effects on cognition

Welcome to Michigan Bluff Medical Aid Station

Mile 55

What Color is Your Pee?

Coors Light®
Good

Pale Ale

IPA

Guinness®

Hydrate

Hydrate More™

SEE MEDICAL

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

Health & Medical

INFOGRAPHICS

HOW MUCH DO YOU REALLY NEED?

BODY 70% WATER

DRINK MORE WATER

BODY WEIGHT / 2

1 = 8 OUNCES

WATER NEEDED PER DAY

÷ 8 =

BRAIN 75% WATER

LUNGS 90% WATER

BONES 24% WATER

HELP CONVERGE FOOD INTO ENERGY

BLOOD 85% WATER

SKIN 80% WATER

MUSCLE 75% WATER

HELP ABSORB NUTRIENTS
Sleep

WHAT GOES ON WHEN YOU SLEEP:

- Your cells repair themselves
- Your brain recharges
- Your body releases important hormones

DESERET NEWS GRAPHIC  SOURCE: Bettersleep.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?

- 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
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.

Eat plenty of fruits of all colors.

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.

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

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

STAY ACTIVE!

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Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu
Feed Your Head

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

- 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

- 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?

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Yoga</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watching TV</td>
<td>Meditation</td>
</tr>
<tr>
<td>Out to eat</td>
<td>Relaxed breathing</td>
</tr>
<tr>
<td>Hiking/camping</td>
<td>Soothing music</td>
</tr>
<tr>
<td>Sports (basketball, etc.)</td>
<td>Cuddle with pets/SO</td>
</tr>
<tr>
<td>Video games</td>
<td>Bubble bath</td>
</tr>
<tr>
<td>Gardening</td>
<td>Long relaxing shower</td>
</tr>
<tr>
<td>Cooking</td>
<td>Pray</td>
</tr>
<tr>
<td>Social media</td>
<td>Nature walk</td>
</tr>
<tr>
<td>Movies</td>
<td>Grounding techniques</td>
</tr>
<tr>
<td>Hobbies (crafts, etc.)</td>
<td></td>
</tr>
</tbody>
</table>
What is Relaxation?

Quieting the MIND and the BODY at the same time

“letting go” physically, mentally, and emotionally
Postural Relaxation

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

- **Inhalation**: Diaphragm contracts (moves down)
- **Exhalation**: Diaphragm relaxes (moves up)

- Rib cage expands as rib muscles contract
- Air inhaled
- Rib cage gets smaller as rib muscles relax
- Air exhaled
Mindfulness

Mind Full, or Mindful?
Mindfulness

Paying attention, in a particular way, on purpose, in the present moment, non-judgementally

- Jon Kabat-Zinn, PhD

Your body is present. Is your mind?

Past  Present  Future

Doug Neill
Mindfulness

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

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!