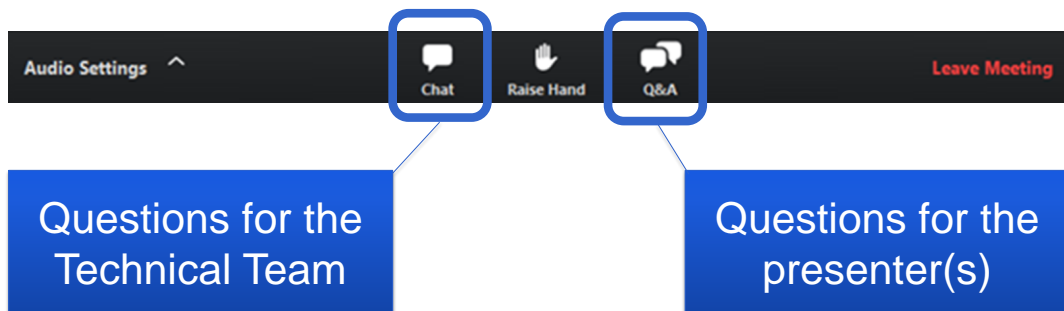


ADA American Dental Association®

How Can Dentists Develop Emotional Resilience in a World Full of Stress?: Practical Strategies from Psychology, Public Health, and Neuroscience

Sheela Raja, PhD
April 19, 2022

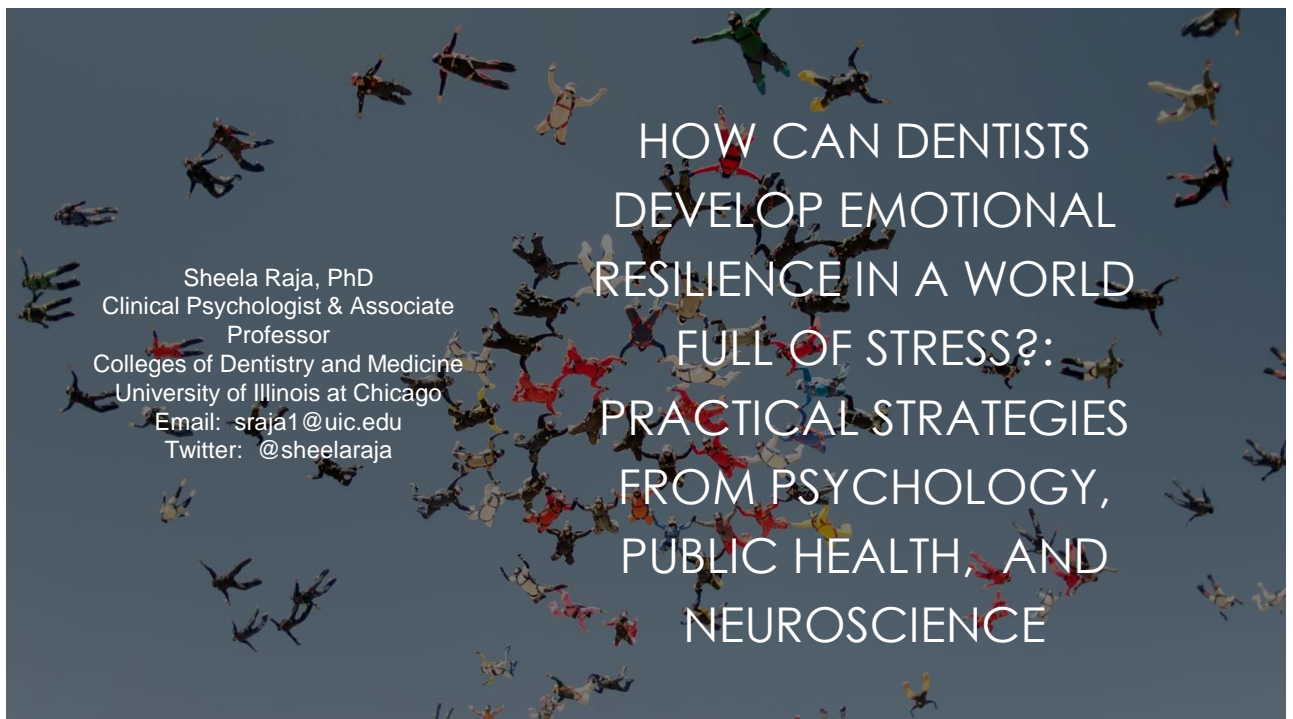
To interact during the webinar:



Disclosures

- Sheela Raja has no relationships to disclose.

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HOW CAN DENTISTS
DEVELOP EMOTIONAL
RESILIENCE IN A WORLD
FULL OF STRESS?:
PRACTICAL STRATEGIES
FROM PSYCHOLOGY,
PUBLIC HEALTH, AND
NEUROSCIENCE

TOPICS

Brief

Brief Overview of Current Data on Stress and Mental Health

Explore

Explore How Vicarious Trauma, Compassion Fatigue, Burnout, and Moral Injury Affect Us

Discuss

Discuss How Resilience Skills Apply to Our Lives

Sheela Raja, PhD



WE ARE IN A PERIOD
OF CHRONIC STRESS



OUR BODIES
ARE BUILT FOR
SHORT TERM
STRESSORS

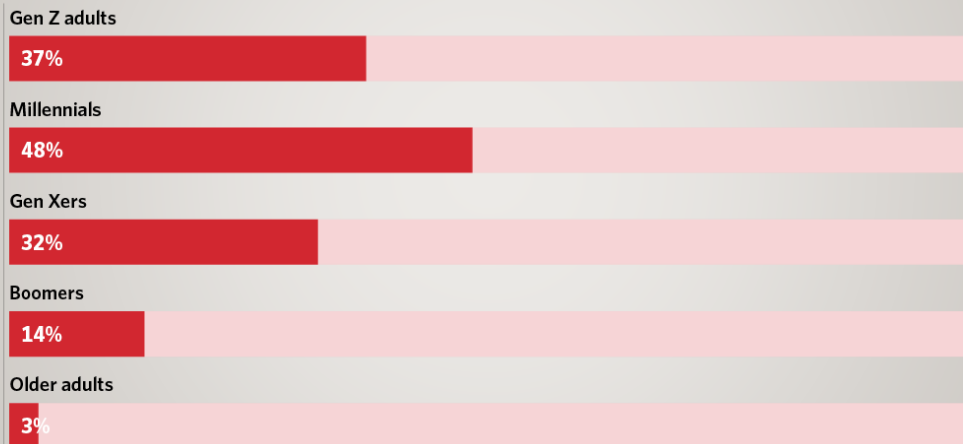
Sheela Raj, PhD



SOMETIMES I AM SO STRESSED ABOUT THE CORONAVIRUS PANDEMIC THAT I STRUGGLE TO EVEN MAKE BASIC DECISIONS



% STRONGLY/SOMEWHAT AGREE

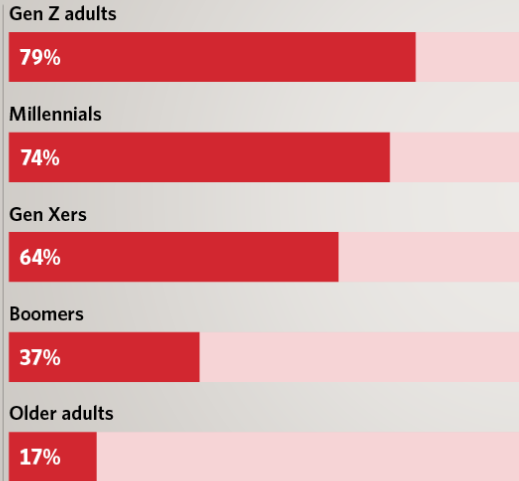


STRESS IN AMERICA™ 2021: STRESS AND DECISION-MAKING DURING THE PANDEMIC

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HAVE EXPERIENCED BEHAVIOR CHANGES IN THE PAST MONTH AS A RESULT OF STRESS

% REPORTING



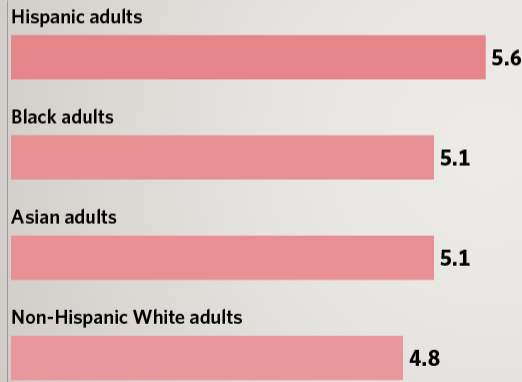
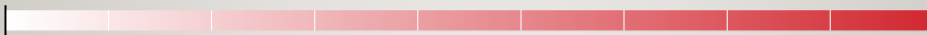
STRESS IN AMERICA™ 2021: STRESS AND DECISION-MAKING DURING THE PANDEMIC

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AVERAGE STRESS LEVEL OVER THE PAST MONTH RELATED TO THE CORONAVIRUS PANDEMIC



1 Little or no stress 10 A great deal of stress



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AMA SURVEY: CAREGIVERS COPING WITH COVID-19

- 42 health care organizations across the U.S. assessed their workers' stress during the pandemic. (N= 20,947 physicians and other healthcare workers)
 - 61% felt high fear of exposing themselves or their families to COVID-19
 - 38% self-reported experiencing anxiety or depression.
 - 43% suffered from work overload
 - 49% reported burnout
- Stress scores highest among nursing assistants, medical assistants, social workers and inpatient workers (including housekeepers)
- Stress scores were higher among women and Black and Latinx health care workers
- 46% felt valued by their organization (their odds of burnout were 40% lower)

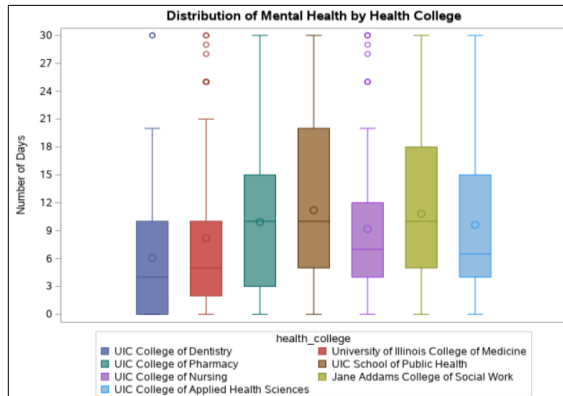
Reference: Powell, K., Maheshwari, S., Williams, M., Berman, S., Gandy, E., Taylor, S., & Slinger, C. A. (2021). Burnout and

STRESS AND HEALTH PROFESSIONS STUDENTS

- 42 health care organizations across the U.S. assessed their workers' stress during the Kim et al. (2021) found that >50% reported moderate-to-severe symptoms of anxiety and depression.
- Halperin et al. (2021) study of medical students representing 40 medical schools found 30.6% and 24.3% rates of significant anxiety and depression, respectively (61% higher for anxiety and 70% higher for depression compared to pre-COVID era).
- Sabourin et al. (2019) found that >25% of PharmD students scored in the high severity range for depression, generalized anxiety, academic distress, and eating concerns.
- Chi et al. (2021) found that residents and dental students with clinical levels of anxiety (22.2%) and depression (16.7%) were 8% and 11% more likely to consider leaving their program, respectively.

UIC Holistic Study: Mental Health

Question: Now thinking about your mental health, which includes stress, depression, or difficulties with emotions, for how many days during the past 30 days was your mental health not good? (CDC, 2018)



Overall

health_college	n	Mean	Median	St. Dev.
Overall	600	9.18	7	7.91

By Health College

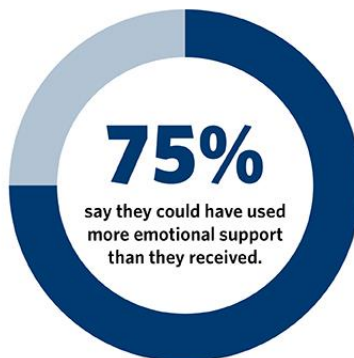
health_college	n	Mean	Median	St. Dev.
Jane Addams College of Social Work	52	10.81	10.0	7.77
UIC College of Applied Health Sciences	102	9.62	6.5	8.21
UIC College of Dentistry	54	6.07	4.0	7.37
UIC College of Nursing	110	9.19	7.0	7.39
UIC College of Pharmacy	92	9.92	10.0	7.88
UIC School of Public Health	51	11.20	10.0	8.61
University of Illinois College of Medicine	139	8.19	5.0	7.77

Source: The Health Professionals Students at the University of Illinois at Chicago (HOLISTIC) Study 2021

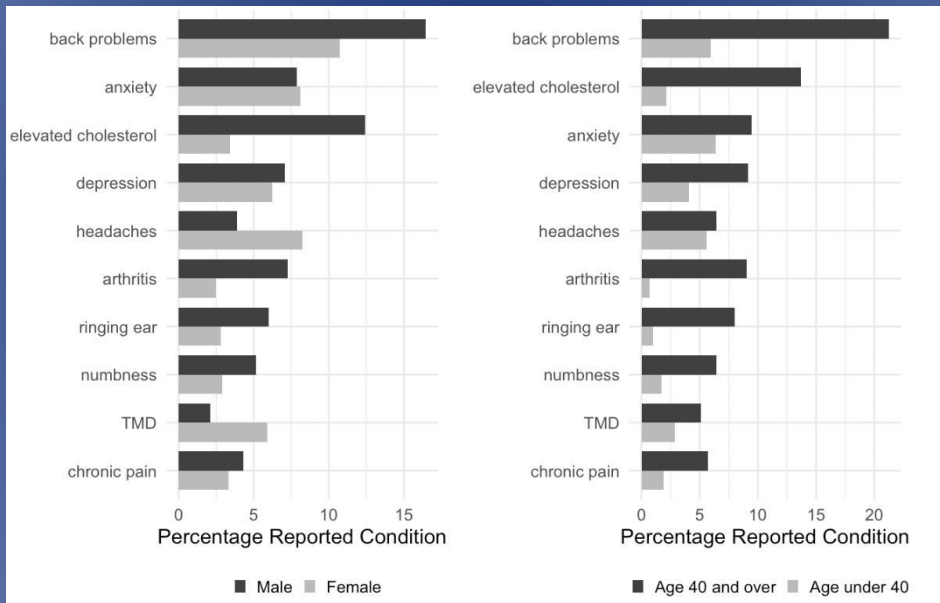


PANDEMIC SURVEY

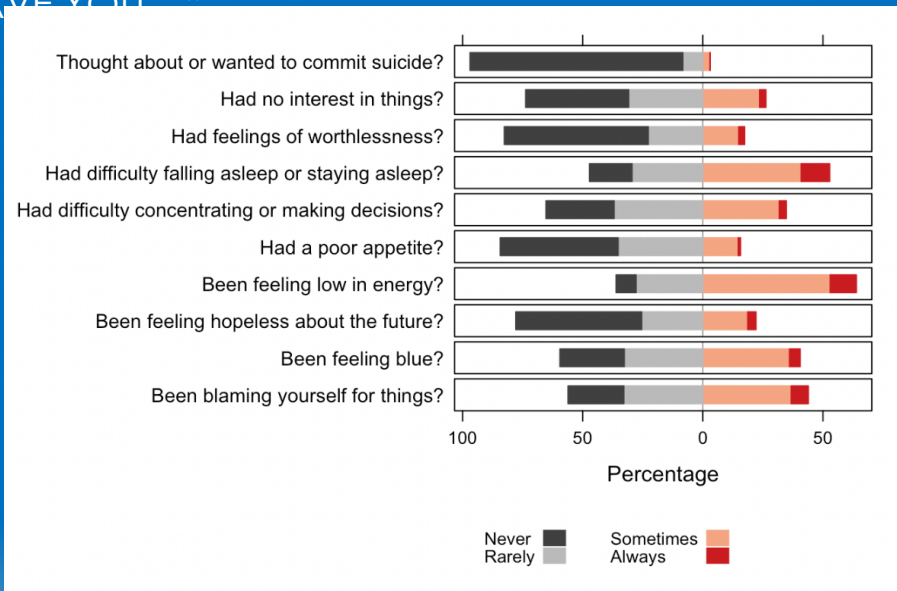
**1 in 4 Essential Workers (25%)
Diagnosed With Mental Health Disorder
Since Start of Pandemic**



ADA 2021 DENTIST WELL-BEING SURVEY REPORT SELF-REPORTED MEDICAL CONDITION BY GENDER OR AGE, 2021



ADA 2021 DENTIST WELL-BEING SURVEY REPORT DEPRESSION SCREENING QUESTIONS: "IN THE PAST 2 WEEKS HAVE YOU..."

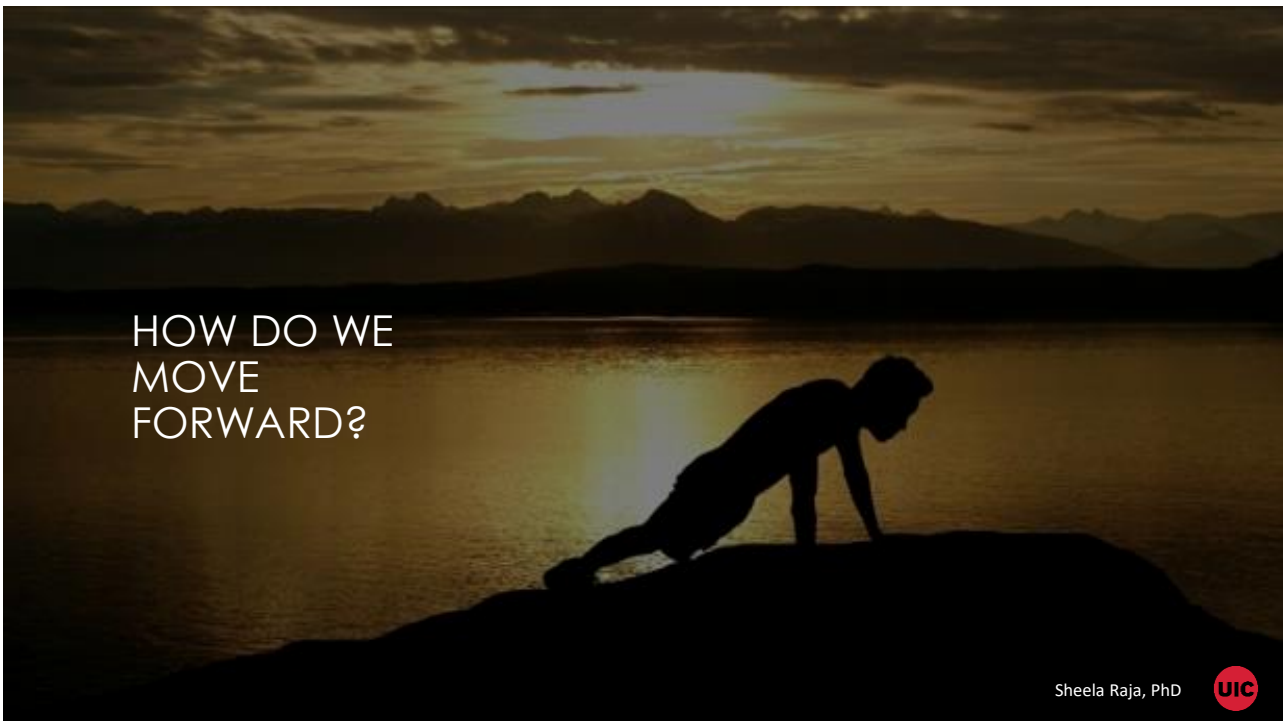




HEALTH
PROFESSIONS
ARE AT HIGH
RISK

- A sick workforce cannot provide healthcare

Sheela Raja, PhD



HOW DO WE
MOVE
FORWARD?

Sheela Raja, PhD



Trauma Stewardship



When you do your work well, when you care, it can take a toll



The overall practice of caring for oneself in order to remain effective at — and avoid negative effects of — caring for others

Sheela Raja, PhD



VICARIOUS TRAUMATIZATION

A cognitive process or shift in “world view” when you are repeatedly exposed to trauma

Happens in the helping professions

Also called “secondary traumatization”

Sheela Raja, PhD



COMPASSION FATIGUE

- Emotional and physical reactions when you cannot replenish or regenerate
- You do not need to be in a “helping field” to experience this

Sheela Raja, PhD



BURNOUT

Physical and emotional exhaustion when you have low job satisfaction, powerlessness, or a very high workload

Can be resolved by changing jobs (unlike CF and VT)

Sheela Raja, PhD



MORAL DISTRESS

INSTITUTIONAL
CONSTRAINTS
PREVENT US FROM
RESPONDING IN AN
IDEAL WAY

OFTEN FACED IN
HEALTHCARE AND
BEHAVIORAL HEALTH

Sheela Raja, PhD



WHAT IS RESILIENCE?

1: A set of skills that help you develop a healthy mind and body.

2: Techniques that help you develop strong and emotional connections and sense of purpose.

3: A set of practices that help you cope in healthy ways during times of stress.

Reference: Raja, S. (2021). The Resilient Teen. New Harbinger Press, Oakland CA.

Sheela Raja, PhD





RESILIENCE ISN'T ALL FAIRIES AND UNICORNS

- You can still have reactions and symptoms and be resilient—resilient people may still have symptoms, but they are able to function (often well) on a daily basis.
- Resilience skills can be learned and practiced.
- Resilience involves finding ways to survive and adapt under stress, while post-traumatic growth is a way to find meaning in what you've experienced.

Sheela Raja, PhD



Engaging with the
world around you
every day

Caring for your
physical health

Resilience

Finding meaning,
joy, and purpose

Caring for your
mental and
emotional health

Source: Raja, S. (2021). *The Resilient Teen*. New Harbinger Press, Oakland CA

Accept Boring

Provides "fuel"
during challenging
times

Diet

Exercise

Sleep Routines
(watch your
technology!)

Finding a Routine: Sleep, Diet, Exercise, and Tech

Sheela Raja, PhD



Healthy Coping

- Face Unhealthy Habits
 - Tobacco, Alcohol, Prescription and Non-Prescription Drugs

Sheela Raja, PhD





Calming Your Mind and Body: Mindfulness

BREATHING

ART

PRAYER

MEDITATION

WALKING

CULTIVATE AN "OBSERVANT STANCE"

GROUNDING SKILLS

Sheela Raja, PhD



Avoidance is the "go-to" strategy in American culture

Is strength the same as stoicism?

Learn to identify primary emotions

Secondary emotions cause even more damage

Monitor your emotions

Identify when you are numbing

Find safe places to express those emotions

Tolerating Difficult Emotions: What To Control and What to Accept

Sheela Raja, PhD



Learning from the Past: No Shame, Smart Blame

- What you can learn from, and what was out of your control?
- Shame is a feeling that you are somehow damaged and inadequate as a person
- Self-blame (guilt) focuses on controllable/situational factors, not traits
 - Identify invalidating thoughts
 - Change to behavioral self-blame

Sheela Raja, PhD



Treating Depression and Anxiety: Thoughts and Behaviors

If you already depressed or anxious, then life's setbacks are going to become even more stressful

Learn	Learn skills to catch thoughts that contribute to anxiety and depression
Do	Do something you enjoy every day (or once a week?)
Practice	Practice getting some distance from painful thoughts (the "conveyor belt")

Sheela Raja, PhD



Engaging with the world around you every day

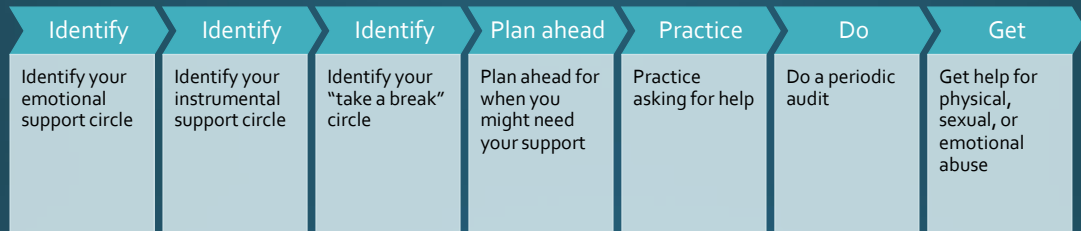
Caring for your physical health

Resilience

Finding meaning, joy, and purpose

Caring for your mental and emotional health

Source: Raja, S. (2021). The Resilient Teen. New Harbinger Press, Oakland CA

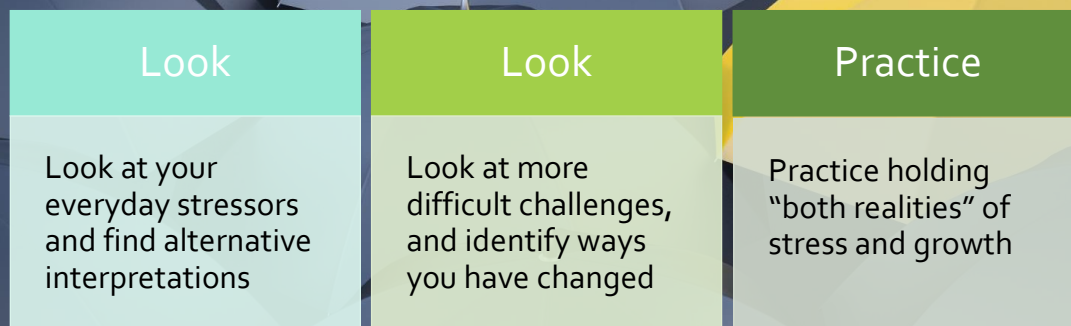


Creating Safe Connections: Social Support

Sheela Raja, PhD



Looking for the Bright Side: Realistic Optimism and Cognitive Flexibility



Sheela Raja, PhD



Taking Chances: Planning and Positive Risks

 Sheela Raja, PhD

If you are afraid of taking chances, you are more likely to be overwhelmed during times of stress, and less likely to be able to use those opportunities to learn and grow.
"Approach coping" isn't the same and risky behavior.



Engaging with the world around you every day

Caring for your physical health

Resilience

Finding meaning, joy, and purpose

Caring for your mental and emotional health

Source: Raja, S. (2021). The Resilient Teen. New Harbinger Press, Oakland CA

Creating Meaning: Fun, Humor, Service, And Purpose

- You do not need to be worry-free to create meaning
- Humor and stress can live together



Sheela Raja, PhD



HOW TO LEAD IN A PANDEMIC

Promote

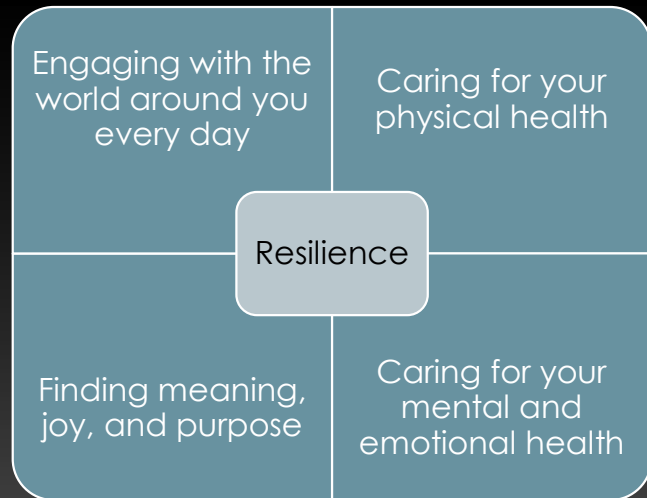
- Safety through honest communication.
- Self- and Community-Efficacy with active coping strategies that amplify public health messaging.
- Connectedness using technology.
- Calming by encouraging mental health breaks and clinical services as needed.
- Hope by sending encouraging messages and inspirational stories.
- Resilience by using challenges as an opportunity for institutional change.

Reference: National Center for PTSD

Sheela Raja, PhD



Create Your Own Recipe for Resilience



Source: Raja, S. (2021). *The Resilient Teen*. New Harbinger Press, Oakland CA

UNDER THE OCEAN
THERE ARE MANY
ECOSYSTEMS

Session Two:
May 18, 2022
Developing
Your Own
Emotional
Resilience
And Wellness
Plan

Learning Objectives:

- Apply resilience skills to common scenarios in oral healthcare.
- Generate three personalized strategies to support resilience in your practice setting.

RECLAIMING
HOPE

It's easy to look at a news report and feel hopeless.

Within public health guidelines, there are a lot of decisions that everyone has to make for themselves.

Practicing your own resilience recipe can help you feel less hopeless and angry—and you may even end up being a role model for others who are struggling.

Sheela Raja, PhD



THANK YOU!

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PLEASE EMAIL DR. RAJA IF YOU WOULD LIKE TO COPY OR
REDISTRIBUTE THIS SLIDE DECK.

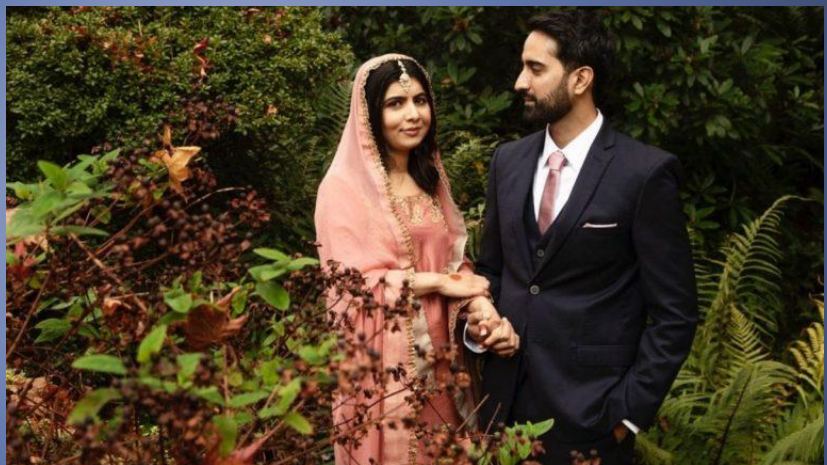
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QUESTIONS AND COMMENTS

“We were scared,
but our fear was
not as strong as
our courage.”

--**Malala
Yousafzai**



Sheela Raja, PhD



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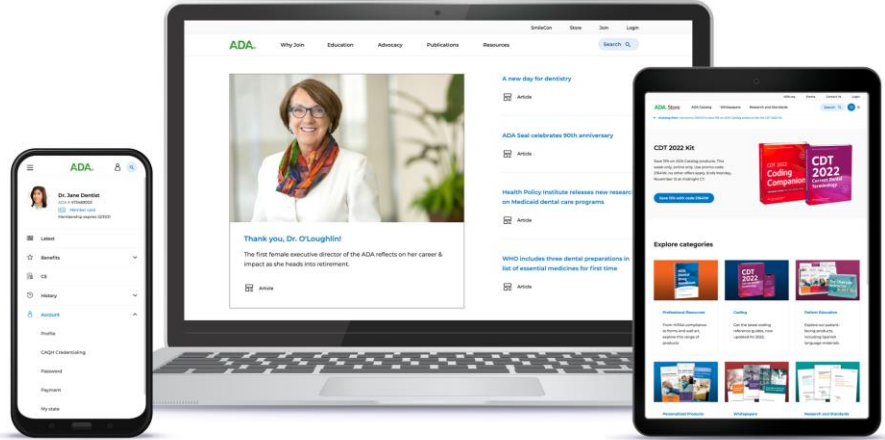
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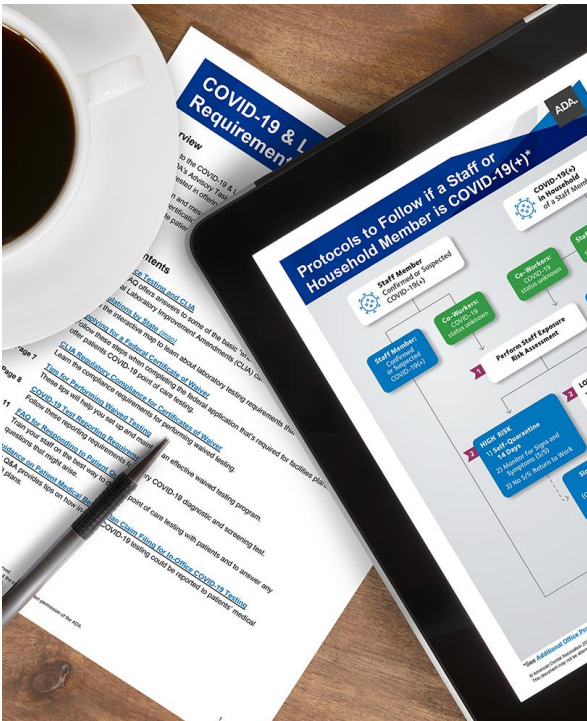
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On behalf of the ADA, thank you!

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