

Landing page: [ADA.org/Wellness](https://ada.org/Wellness)

MENTAL HEALTH

- [Mental Illness and Suicide in Dental School: Fighting the Stigma](#)
- [Mindfulness Techniques May Help You Reduce Stress \[Videos\]](#)
- ADA's Beyond the Mouth podcast:
 - [The Burnout Episode \[Podcast\]](#)
 - [Changing the Conversation Around Mental Health and Wellness at Work \[Podcast\]](#)
- [How to Reduce Stress](#) (audio)
- [Dealing with Depression](#) (video)
- [Under Stress? We're Here to Help](#)
- [Mindfulness Techniques May Help You Reduce Stress \[Videos\]](#)
- [Stress: The Good, the Bad, and the Ugly \[Webinar\]](#)
- [Staying Well in the Dental Profession](#)
- [Recognizing When Your Life is Out of Balance \(and How to Get it Back\)](#)
- [ADA Guide to Help with Stress](#) (PDF)
- [ADA's COVID-19 wellness landing page](#)

ERGONOMIC STRETCHES

- [25 Ergonomic Stretches to Help Practice Pain-Free](#) (downloadable PDF)
- [Minding Your Body: Ergonomics Support for Dentists and Teams](#) (video)
- [Symptoms and Causes of Back Pain](#)
- [7 Ergo Tips to Help You Stay Healthy](#) (7 short videos)
- [Preventing and Reducing Hand Pain](#)
- [Safety Tips to Prevent Hearing Loss](#)

OPIOID EDUCATION AND RESOURCES

- [Opioid Education for Dentists](#) (links to on-demand webinars and downloadable PDFs)
- [The Special Considerations of Pain Management and Opioid Use in Older Adults \(Recorded Webinar\)](#)
- [The Impact of COVID-19 on the Addiction Field: A Call to Dentists](#) (Recorded Webinar)
- [FAQs on Opioid Prescribing](#)

PREGNANCY

- [Practicing Dentistry While Pregnant](#)
- [Postpartum Blues vs Postpartum Depression](#)
- [Preparing for Pregnancy - How to Manage your Business and your Health \(Recorded Webinar\)](#)
- [ADA resources on pregnancy](#)
- [ADA's Guidelines for Practice Success | Managing Pregnancy Resources](#)

ADA CE ONLINE

- [Mental Health, Dentistry and You \(Recorded Webinar\)](#)
- [Fostering Wellness and Self-Care \(Recorded Webinar\)](#)
- [Wellness in Dentistry: Inspired and Supportive Leadership \(Recorded Webinar\)](#)
- [Resilience in the Face of Uncertainty \(Recorded Webinar\)](#)
- [Be Bold\(h\)er: Women Succeeding in Communication in the Workplace \(Recorded Webinar\)](#)
- [Balanced by Design: Why 'Crazy Busy' Isn't Sustainable \(Recorded Webinar\)](#)
- [5 Steps to Practicing Dentistry Pain Free: Evidence-based Strategies for a Long & Healthy Career \(Recorded Webinar\)](#)

2022 Resilience Webinar Series:

- Part One: [How Can Dentists Develop Emotional Resilience in a World Full of Stress](#) (recorded April 2022)
- Part Two: [Developing Your Own Emotional Resilience/Wellness Plan](#) (recorded May 2022)

NEW DENTIST NEWS

- [May 2022 Issue of ADA New Dentists News](#) (full PDF issue)
- [5 wellness resources for new dentists](#)
- [The burden of burnout](#)
- [Observing National Wellness Month](#)
- [New dentists share their go-to activity for National Mental Health Awareness Month](#)
- [New Dentist Committee collaborates with Chicago-based nonprofit to promote mental wellness](#)
- [On maintaining mental health, 'nothing wrong with getting help'](#)
- [The new dentist's guide to pregnancy](#)

[ADA YOUTUBE WELLNESS CHANNEL \(19 VIDEOS\)](#)

ADA collaboration with Hope for the Day:

- [It's Ok Not to Be Ok](#)
- [Take a Breather from Life's Chatter](#)
- [Take Care of Yourself so You Can Take Care of Others](#)
- [ADA Wellness: How to Be Supportive](#)
- [ADA Wellness: What is Mental Health? A Message from Hope for the Day](#)

Ergonomic videos led by Dr. Bethany Valachi, PT, DPT, MS, CEAS

- [5 Steps to Practicing Pain Free – An Introduction](#)
- [Minding Your Body: Ergonomics Support for Dentists and Teams](#)
- [Wellbody Morning Huddle](#)

ADA STORE

- [ADA 2021 Dentist Well-being Survey](#)
- [ADA Dentist Well-Being Program Directory](#)
- [Dental Well Being Handbook](#)
- [Ergonomics Tips for Upper Back Pain](#)
- [The ADA Practical Guide to Substance Use Disorders and Safe Prescribing](#)

ADA PODCASTS

Council on Ethics, Bylaws and Judicial Affairs (CEBJA)

[Dental Dilemmas podcast](#)

Join us as we interview the authors of our popular Ethical Moment articles to discuss ethical issues that arise in dentistry.

1. [Patience before Patients](#) – Dr. Michael Halasz
2. [Friending on Social Media](#) – Dr. Tom Howley
3. [Facts and Alternative Facts](#) – Dr. Vishruti Patel
4. [Justifiable Criticism and its Ethical Implications](#) – Dr. Guenter Jonke
5. [Discussing Suboptimal Treatment](#) – Dr. Renee Pappas

6. [Maintaining your Mental Health – Removing the Stigma and Seeking Treatment](#) – Dr. Jared Johnson

Tooth Talk podcast

Discussing everything from molars to Medicaid, bicuspid to bipartisanship, and canines to the campaign trail, Tooth Talk covers the most important dental news in Washington, D.C. and around the country.

ADA's Dental Sound Bites (coming soon)

ADA podcast created for dentists, by dentists. Join our hosts, representing different paths in their careers, for real talk on dentistry's daily wins and sticky situations.

ADA MEMBER ADVANTAGE

Classpass

- Get free, unlimited access to over 20,000 on-demand audio and video workouts including strength, cardio, stretching, meditation and more
- Receive a 15% discount on credit packages that can be applied to in-person classes at top studios and gyms across the country
- Credits can also be used for wellness experiences including massages, facials, manicures and more
- To get started, visit ADA.org/ClassPass and sign up using Company Code: **ADA2021**.

ADA SMILECON 2022

October 13

- [Our Chamfered Psyche: The Mental Dental Connection \(Course # 5108 / from 10:00 AM – 11:00 AM CST\)](#)
- [How to Play the Long Game in Dentistry by Learning to Care for Yourself First, then Your Patients \(Course # 5110 / 2:00 PM – 3:00 PM CST\)](#)
- [Exploring the Myths and Realities of Dentists and Suicide \(Course # 5135 / 2:30 PM – 3:30 PM CST\)](#)

October 14

- [Lunch C.H.A.T. with Dr. Brett Gilbert - Emotional and Mental Health \(Course # 6241LC / 12:30 PM – 1:30 PM CST\)](#)
- [Pop a Squat Seating Stop \(Course # 6124 / 2:30 PM – 3:30 PM CST\)](#)

ADA SUPPORT FOR DISABLED DENTISTS

Career options and resources for where to go for help if a dentist experiences a disability.

ADA SUCCESS PROGRAM

Exclusive program from the ADA's Office of Student Affairs to enhance the dental school experience with on-demand, expert speaking engagements.

- Ask Me Anything* - Custom panel of new and established dentists answering your questions.
(*Wellness topic coming soon)

Additional resources from outside the ADA

- [National Suicide Prevention Lifeline](#)
 - Call 988
- [The Ultimate Workplace Wellness Toolkit](#) PDF from NAMI Chicago
- [Communications Tool: Mental Health Resource Guide - Public Health Communication Collaborative \(publichealthcollaborative.org\)](#)
- National Institute of Mental Health - [Research Highlights about Suicide Prevention](#)
- [Crisis Text Line](#)
 - Text "HELLO" to 741741
 - [Perinatal Depression](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
 - SAMHSA's National Helpline – 1-800-662-4357
 - Volunteer or become a Counselor: [988 Suicide and Crisis Lifeline Volunteer and Job Opportunities](#)
- National Library of Medicine's MedlinePlus website
 - [Info on self-harm](#)
- [American Association of Suicidology \(AAS\)](#)
 - Phone: 202-237-2280
- [American Foundation for Suicide Prevention \(AFSP\)](#)
 - Phone: 1-888-333- 2377
 - [Suicide prevention for healthcare professionals](#)

- [National Alliance on Mental Illness](#) (NAMI)
 - Phone: 1-800-950-6264
 - [Information on self-harm](#)
- [Suicide Prevention Resource Center](#) (SPRC)
 - Phone: 1-800-273-8255
- [The Trevor Project](#) website and helpline
- [International Association for Suicide Prevention](#) (International Helpline and Crisis Center Organizations)
- [International Bipolar Foundation](#) (List of International Suicide Hotlines)
- American Medical Association (AMA)
 - [Preventing physician suicide](#)
 - [Sample Script for Approaching a Distressed Physician](#)
- [Not One More Vet](#) (resource to help prevent veterinary professionals from suicide)
- Centers for Disease Control and Prevention (CDC) [Response Resources for Leaders](#)
- [Suicide Prevention Awareness Month: You're not alone; help is available](#) (Well Being Trust)
- [Oral Health, Mental Health and Substance Use Treatment: A Framework for Increased Coordination](#) (National Council for Mental Wellbeing)
- [Mental Health America \(MHA\)](#)
 - [Workplace Mental Health Toolkit](#)
 - [Screens And Decision Making Self-Help Tools](#)
 - [BIPOC Mental Health Month 2022 Toolkit](#)