



Quiz

Please indicate if the following statements are True or False:

- _____ 1. One in three dental hygienists' have admitted to hiding their true feelings behind a fake smile.
- _____ 2. Men and women experience similar symptoms of mental health issues, but men react differently than women.
- _____ 3. You respond the same way to your emotional pain as your physical pain.
- _____ 4. You find it difficult to reach out for help.
- _____ 5. It's uncomfortable approaching someone who appears to be struggling with their mental health.
- _____ 6. Unless someone is wearing a diaper, you can't change them.
- _____ 7. You feel guilty when you place your own needs before the needs of someone else.
- _____ 8. Time heals all wounds.
- _____ 9. You were born resilient.
- _____ 10. Change is hard.

6 Commitments to Creating Wellness in the Workplace

1. Know people as people

- Each individual is unique and has their own specific needs
- Regardless of race, color, national origin, religion, sex, and age every individual deserves to be seen, heard, and supported.

2. Act on the warning signs if you think someone is in distress

- Move beyond denial and honor your intuition
- Understand that you can lead a horse to water, but you can't make it drink.

3. Listen. Don't fix.

- Nobody needs to be fixed, but the value of being seen and heard is immeasurable
- *"I don't mean to pry, but I wanted to let you know that I am concerned. I wanted to let you know that I would be happy to listen if you ever need to talk."*

4. Be aware of local resources

- Encourage individuals to access resources
- Continue to check in

5. Reach out for support in your own times of need

- Vulnerability equals strength
- Create meaningful connections

6. Take care of number one

- You can't take care of anyone else if you don't take care of yourself
- Establish boundaries to make time for your own needs



TRUTH STORIES OF LIFE'S GREATEST CHALLENGES
BORN RESILIENT
Allan Kehler

GOODBYE STRESS
HELLO LIFE!
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STEPPING OUT FROM THE SHADOWS
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MENTAL HEALTH
IT'S TIME TO TALK
Allan Kehler

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Bonus Material



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There's a good chance that someone needs to hear your story as much as your soul needs to express it. Sharing your story provides others with the comfort that they are not alone. Talking about your failures, pain, and triumphs speaks to what it means to be human.