

Ed's letter

Welcome to *BDJ Team's* second themed issue of the year, which is focused on mental health and wellbeing. These were always important topics of course, but thankfully they seem to finally be getting the airtime they deserve. Dental teams across the country continue to deal with the fallout from the COVID-19 pandemic. On top of an already stressful line of work, which wasn't that popular with patients in the first place, it has never been more important to have ways to stop us spontaneously combusting under high levels of pressure and stress. We must look after ourselves and our teams, and in this issue we look at some ways to do so.

I am grateful to have the support of Ewen McColl and colleagues at Peninsula Dental School with this goal, who have contributed our headline content this month:

- Using the Mental Health Wellness Framework in dental practice
- An individual-level approach to stress management in dentistry
- Wellbeing for dental professionals – some practical tips
- The importance of developing a growth mindset for the dental team.

We also share a *BDJ* article for CPD this month. *Managing mental health crises in dental practice* reviews cases of mental health crises occurring within dental practice and provides a practical guide for managing such crises.

Alongside these exploratory articles and practical advice, dental therapist and lecturer Emily Banks shares her very personal experience of a mental health breakdown, triggered by problems with her skin linked to topical steroid addiction and withdrawal. Emily found writing about her journey to be cathartic – *BDJ Team* would like to wish her a brighter future and hope that she is successful in raising awareness of the effects of topical steroids.

Dental hygienist and therapist and tutor Michelle Williams summarises the findings of her research into stress and its triggers among dental professionals, and considers how mentoring could help. Caroline Holland looks at how the dental team can support individuals with genetic conditions.

This is the final *BDJ Team* this year, so I hope that as this year draws to a close, you are able to implement some of the suggestions described in this issue in your personal or professional life, for your own wellbeing or mental health, or in support of your colleagues and dental team.

Kate

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