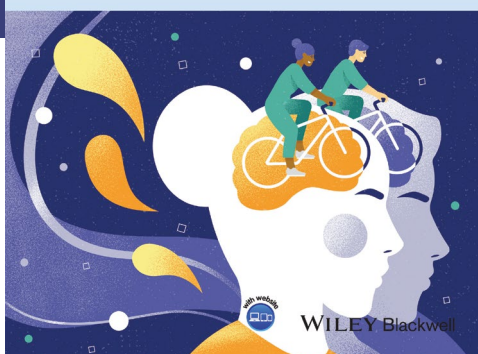


## Resilience and Well-being for Dental Professionals

Mahrukh Khwaja



### Introduction

The book *Resilience and well-being for dental professionals* was published in January this year and is designed to

be essential reading for dental professionals and other healthcare workers wanting to build emotional resilience and positive mental health.

It was written by Dr Mahrukh Khwaja, a dentist, positive psychologist, accredited mindfulness teacher and the founder of Mind Ninja, an award-winning wellness start-up dedicated to improving mental health and resilience among dental professionals.

Dentistry is a high stress vocation with elevated rates of anxiety, depression, burnout, suicidal thoughts and self-harm. Chronic workplace stress is a growing concern as it can severely damage the mental health of dental professionals and negatively impact their ability to provide appropriate care. Psychological interventions have been shown to greatly benefit the wellbeing and emotional resilience of the medical and healthcare community, yet resources that provide preventative tools are limited.

Topics within the book include managing difficult emotions, mindfulness and self-compassion, training the brain for maximum happiness, developing a culture of kindness and gratitude at work, utilising a growth mindset when upskilling, harnessing positive leadership and using strengths with patients and at home.

# Book review: Resilience and well-being for dental professionals



### Book review

By Michelle Williams, dental hygienist, therapist and tutor

I have worked in dentistry since 1990

and now work part time as a dental hygienist at Liverpool Dental Hospital and also with undergraduate students at the University of Liverpool. Wellbeing and mentoring are topics of great interest to me and indeed this area formed my research project when studying for an MSc in dental education. I also have an advanced certificate in mentoring. When asked to review this textbook I didn't hesitate. I welcome the chance to improve my knowledge on wellbeing but also to begin to look at the psychological aspects. I hope this book will consolidate and develop my own learning journey and that of all dental professionals including undergraduate students. I hope in the future to work in a mentoring role.

balance of theory and activities; it ensures that readers stop and consider their own wellbeing. Some complex psychological ideas are touched on but in a way that is relatable thus making them more understandable.

Chapters are well laid out with subsections expertly placed. I would recommend reading the whole book, even parts that you don't identify with, as you will at some point in your career come across peers/colleagues who need support. There are many areas throughout the book that have resonated with me and I am sure that everyone reading will feel the same.

### Imposter syndrome

Throughout my 33 years in dentistry this is probably the most reoccurring theme that I have witnessed. I am grateful to see its inclusion in this book to highlight the profound impact it can have on an individual's self-esteem.

### Final thoughts

This book is a nice introduction to resilience and

***There are many areas throughout the book that have resonated with me and I am sure that everyone reading will feel the same.'***

### Initial impressions

First edition: the format is clear and well considered. The book is aimed at dental professionals and I welcome the inclusivity of the whole team, something that has been lacking in past research. I particularly like the navigating each chapter section and the inclusion of 'Learning from movies'. I think that using these references will be of great benefit to all and relatable in context.

### Readability

The book isn't text-heavy and has a good

wellbeing, alongside being a self-help guide. The subject is not new to me, but I have found it to be a source of inspiration. I think students and dental professionals will enjoy this easy-to-read textbook and will find it a valuable resource.

Read more about imposter syndrome in BDJ Team: <https://www.nature.com/articles/s41407-022-0990-z>.

<https://doi.org/10.1038/s41407-023-1745-1>