

being together.

DENTAL HEADSTART

Mindfulness

Being present, non-judgmentally.

Appreciation/Gratitude

Maintaining a "great-attitude" to your current circumstances, regardless of what is happening. A balanced perspective on what lies in front of you. A feeling of thankfulness and appreciation for what you have. It's all about your perspective.

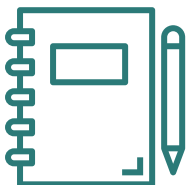
Self-worth

How you feel about yourself regardless of anyone else's opinion, and regardless of external circumstances.

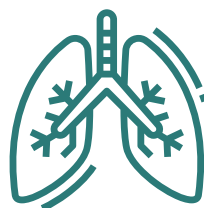
Kindness/Service

A deep analysis of your own personal intention behind your day-to-day activities and how you approach your work as a dentist.

Tools to help implement MASK



Journal



Breathe



Meditate