

Workplace Wellness



Your Key to a Long, Healthy Career

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Workplace wellness...what is it and how do we achieve it? Workplace wellness encompasses being healthy both physically and psychologically. When we experience wellness in the workplace we feel happier, more engaged, and less stressed both at the office and at home. This column will outline the resources CDHA has on our website to support dental hygienists in their efforts to ensure they maintain good overall health.

In the dental hygiene profession, we work with small instruments in tiny spaces in fairly static positions, leaving us prone to physical pain and repetitive stress injuries. In addition, as health care providers who spend our days talking with and educating one patient after another, not only are we physically tired at the end of the day, but we can also be mentally exhausted. This is why it's important to take care of our bodies and our minds, not only to thrive in our careers but also to enjoy our home life.

In response to CDHA's 2018 Healthy & Respectful Workplace Survey results, we developed the *Vision of a Healthy and Respectful Workplace for Dental Hygienists*. One of the elements in the vision is:

A healthy and respectful workplace is one that supports and promotes both the physical and psychological well-being of each member of the team.

We also began developing and curating resources to support dental hygienists in maintaining overall wellness as health care professionals. In 2019, CDHA launched the Healthy & Respectful Workplace section of our website, found under the Career Centre tab.



Physical conditioning helps reduce the neck, back, shoulder, elbow, and hand complaints common in the dental hygiene profession. On the Physical Health and Ergonomics page of this section of our website you will find *Your Injury Prevention Checklist*. This interactive resource helps guide you through an assessment of your working environment and ergonomics and offers tips on staying healthy. You will also find resources that provide guidance on instruments, operator seating, stretching, the benefits of yoga and massage therapy, and fitness tips from GoodLife, all to help keep you in tip-top physical shape.



Mental health is also important for maintaining both workplace wellness and your ability to enjoy life outside work. On the Psychological Well-Being page of the Healthy & Respectful Workplace section, you will find articles on yoga, the benefits of mindfulness, how to breathe for stress release, and how to protect against burnout. These resources can help you find calm, focus, and positivity in your day.



If you're feeling that you might benefit from counselling, take a look at CDHA's free Member & Family Assistance Program provided by Homewood Health. This program not only offers counselling services but also has online resources on a variety of different topics, such as increasing self-confidence, the importance of adequate sleep and relaxation for mental well-being, as well as health and wellness and lifestyle coaching.

For additional information on physical and psychological well-being, we hope you will check out the following free webinars at cdha.ca/webinars:

- Evidence-Based Strategies for Comfort & Career Longevity
- A Hitman's Guide to Psychological Safety at Work
- Pandemic Impact on Mental Health of Dental Hygienists

Additional video resources can be found on the Healthy Workplace Matters site on CDA Oasis in the Video Resources section, under Q & As—Mental Health. The Healthy Workplace Matters site is the result of collaboration between members of the Canadian Dental Hygienists Association, the Canadian Dental Association, and the Canadian Dental Assistants Association to curate and develop resources and educational materials to support all oral health care team members. Topics of these short videos include *Building Resilience*, *I Can't Leave: Protecting Your Mental Health*, and *Seeing the Positive: Practicing Gratitude*.

CDHA is committed to providing resources and guidance to ensure our members maintain their physical and psychological health. We want you to have long, enjoyable careers as dental hygienists and happy, fulfilling lives outside the workplace as well.

WEBSITE RESOURCES

- Vision of a Healthy and Respectful Workplace for Dental Hygienists: files.cdha.ca/Career/HealthyWorkplace/VisionDownload.pdf
- Healthy & Respectful Workplace: cdha.ca/healthyworkplace
- Physical Health and Ergonomics: cdha.ca/cdha/Career_folder/Healthy___Respectful_Workplace/Physical_Health/CDHA/Career/Healthy_Workplace/Physical_Health.aspx?hkey=674547c8-6160-4cd7-b845-e546ca72e73c
- Psychological Well-Being: cdha.ca/mentalHealth
- Homewood Health, Member & Family Assistance Program: cdha.ca/homewood
- Free Webinars: cdha.ca/webinars
- Healthy Workplace Matters: cdha.ca/cdha/Career_folder/Healthy___Respectful_Workplace/Healthy_Workplace_Matters/CDHA/Career/Healthy_Workplace/Healthy_Workplace_Matters.aspx?hkey=84760638-f2a4-4069-8c96-2f935931320e

