



WELLNESS RESOURCES FROM THE COUNCIL ON DENTAL PRACTICE



Explore **ADA.org/Wellness** for articles, courses, videos and other resources across these health and well-being areas: mental health, physical health, opioid prescribing, and pregnancy.



Well-Being Index (WBI) [ADA.org/Well-BeingIndex](https://ada.org/Well-BeingIndex)

Your health matters. The ADA licensed the Dental Well-Being Index (WBI) — the validated risk assessment tool invented by the Mayo Clinic and used by hundreds of health care organizations — for every Member. Log into your ADA account first. Then, set-up your WBI account. The WBI takes one minute to complete and you will see your own personal dashboard and resources. You can track your well-being over time.



ADA Dentist Well-Being Program Directory *(updated in 2023)*

[ADA.org/WellnessDirectory](https://ada.org/WellnessDirectory)

This Well-Being Program Directory provides a list of healthcare professionals in each state who will serve as a point of contact and offer support during a time of need. This is part of the ADA mission to enhance the personal and professional lives of our members for the betterment of the dental team and the patients they serve.



After a Suicide Postvention Toolkit

[ADA.org/Postvention](https://ada.org/Postvention)

September is national suicide prevention awareness month. *After a Suicide: A Guide for Dental Workplaces* was developed in 2023 by the American Foundation for Suicide Prevention (AFSP) and the American Dental Association (ADA). This resource reflects learnings in responding to a suicide death for professional dental settings.



ADA Ergonomic Stretches

[ADA.org/Stretch](https://ada.org/Stretch)

Better ergonomics can improve your practice — daily stretching and exercise, can help dental practitioners and their team enjoy long, healthy careers. Download the ADA Ergonomics Stretches infographic today, including 25 quick stretches, to keep you and your dental team healthy.



ADA Wellness Videos

[ADA.org/WellnessVideos](https://ada.org/WellnessVideos)

Visit ADA's Wellness Playlist on our YouTube channel to watch new, short promotional videos on:

- ADA Dentist Well-Being Program Directory
- 2-part Resilience Webinar courses in ADA CE Online
- ADA Opioid Prescribing Resources

