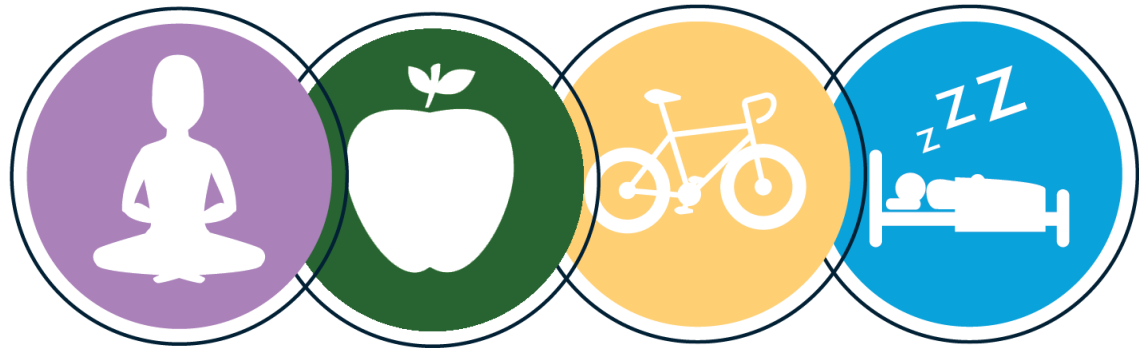


# be Well



The SDDA offers three **FREE** and **CONFIDENTIAL** counseling/coaching sessions per person!

The South Dakota Dental Association wants all dentists and their staff to be well. Mary Wolf is a licensed professional counselor and executive coach that has extensive experience coaching healthcare professionals. She will be providing up to three free confidential counseling/coaching sessions for anyone who works in dentistry in South Dakota. If you, or a dental professional you know, could use some assistance, please contact Mary Wolf, MS, LPC-MH [mwolf@veriteepartners.com](mailto:mwolf@veriteepartners.com)

## OTHER COACHING TOPICS

**Parenting**

**Burnout**

**Conflicts at work**

**Decision making**

**Purpose and meaning in work**

**Retirement planning**



**Mary Wolf, MS, LPC-MH, BCC**  
**President, Veritee Partners LLC**  
605-940-3868  
[mwolf@veriteepartners.com](mailto:mwolf@veriteepartners.com)  
[www.veriteepartners.com](http://www.veriteepartners.com)



**South Dakota**  
DENTAL ASSOCIATION

# MENTAL HEALTH CONTINUUM

## HEALTHY

### Normal Functioning

- Normal mood fluctuations
- Calm/confident
- Good sense of humor
- Takes things in stride
- Can concentrate/focus
- Consistent performance
- Normal sleep patterns
- Energetic, physically well, stable weight
- Physically and socially active
- Performing well
- Limited alcohol consumption, no binge drinking
- Limited/no addictive behaviors
- No trouble/impact due to substance use

## REACTING

### Common & Reversible Distress

- Nervousness, irritability
- Sadness, overwhelmed
- Displaced sarcasm
- Distracted, loss of focus
- Intrusive thoughts
- Trouble sleeping, low energy
- Changes in eating patterns, some weight gain/loss
- Decreased social activity
- Procrastination
- Regular to frequent alcohol consumption, limited binge drinking
- Some/regular addictive behaviors
- Limited to some trouble/impact due to substance use

## INJURED

### Significant Functional Impairment

- Anxiety, anger, pervasive sadness, hopelessness
- Negative attitude
- Recurrent intrusive thoughts/images
- Difficulty concentrating
- Restless, disturbed sleep
- Increased fatigue, aches and pain
- Fluctuations in weight
- Avoidance, tardiness, decreased performance
- Frequent alcohol consumption, binge drinking
- Struggle to control addictive behaviors
- Increase trouble/impact due to substance use

## ILL

### Clinical Disorder. Severe & Persistent Functional Impairment.

- Excessive anxiety, panic attacks, easily enraged, aggressive
- Depressed mood, numb
- Non compliant
- Cannot concentrate, loss of cognitive ability
- Suicidal thoughts/intent
- Cannot fall asleep/stay asleep
- Constant fatigue, illness
- Extreme weight fluctuations
- Withdrawal, absenteeism
- Can't perform duties
- Regular to frequent binge drinking
- Addiction
- Significant trouble/impact due to substance use

## ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM

- Focus on task at hand
- Break problems into manageable tasks
- Controlled, deep breathing
- Nurture a support system

- Recognize limits, take breaks
- Get enough rest, food, exercise
- Reduce barriers to help-seeking
- Identify and resolve problems early
- Example of personal accountability

- Talk to someone, ask for help
- Tune into own signs of distress
- Make self-care a priority
- Get help sooner, not later
- Maintain social contact, don't withdraw

- Follow care recommendations
- Seek consultation as needed
- Respect confidentiality
- Know resources and how to access them

Copyright © 2017 Mental Health Commission of Canada

The South Dakota dental community is building a culture that encourages people to reach out for assistance at the yellow symptoms instead of waiting for orange or red. Sometimes, we think that working harder will make it better, when in reality that often makes it worse.

Contact Mary Wolf to talk through challenges in your personal or professional life. The **three free and confidential counseling/coaching sessions** are available to **ALL** dentists, clinic managers, and team members across the state.

For more tips on wellbeing, head to [www.sddental.org](http://www.sddental.org)



**South Dakota**  
DENTAL ASSOCIATION



804 N EUCLID; STE 103, PIERRE, SD 57501