

25 Tips for Dentists on how to be Happy

***Dr Rohit Shah,**

Reader,.Department of Periodontology,

Terna Dental College and Hospital,

Nerul,Navi Mumbai,India

e-mail: rohitshah17@gmail.com

Dentists are generally professionals working solitary for long hours under stressful conditions, facing financial insecurity for long periods of time, generally plagued by back and neck pain, lacking a vibrant social life leading to a lot of frustration amongst our community. There is a need to create awareness and suggest ways for them to get happiness back in their lives. This article suggests 25 tips to create happy dentists, happy professionals leading to better treatment care for their patients.

1. Dentists visualizing positive things can make you feel happy.
2. Exercising for at least for 30 minutes daily will benefit you and make you fit too.
3. Reading patient testimonials and listening/ watching video testimonials can make you feel happy.
4. Looking at your past and recent awards/ plaques/ mementos can inspire you and transport you to nostalgic happier times.
4. Listening to the music you like can lighten up your mood.
5. Watching and playing with kids/ toddlers is a sure way to immediately become happy.
6. Vacationing to your favourite destinations (even weekend trips will do) can create happiness.
7. Meeting up your close mates/ family/ friends will help.
8. Smiling helps gain happiness. Practice what you preach your patients.
9. Learning a new hobby or spending time on your favourite one will make you feel exuberant too.
10. Watch a movie or a play can relieve your stresses greatly.
11. Reading your favourite book or atleast a new book on your favourite theme can get the desired result.
12. Call friends with whom you have spent your favourite moments with and re-live them.
13. Uncluttering your table/ workplace helps unclutter the mind. Discard all the unwanted stuff

from your house and your mind too.

14. Keep a happiness name for yourself like Exuberant Raj or Radiant Priya.
15. Be surrounded with positive and smiling people to gain inner peace.
16. Looking at good/ creative and attractive things can get you in a positive mood.
17. Self satisfaction is the key to Happiness, hence remain content with what you have.
18. Accept the way you are and spread smiles to achieve your objective. No one is perfect.
19. Living in the moment and the present, helps.
20. Making plans for a special dinner for your loved one/ spouse will make your partner feel happy too... Share the happiness to double it.
21. Telling your close ones how much you love them and appreciating them and their efforts will have the desired effect.
22. Long hours of sleep can make the body happy as it gets its me too time.
23. Do what you love and you shall never be unhappy.
24. Keeping a pet dog can literally and lovingly get you happiness.
25. Lastly, Doing something good for the community, indulging in charity work, helping the poor, down trodden and the have nots and seeing their thankful smile can get you long lasting happiness.

Conclusion –

Love yourself, enjoy your work, get drenched in the rains, gorge on your favourite food, help others in need, achieving what you desired and getting appreciated for your work are some other time tested ways of getting genuinely happy in life.

BE HAPPY. CREATE AND SPREAD HAPPINESS.