



## **Dental Professional Advisory Committee**

of the

## **United States Public Health Service**

*Protecting, promoting, and advancing the health and safety of the Nation*

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### **Message Topic**

Dear Dental Officers,

In times when our nation and world are experiencing a lot of changes, we wished to share

## **10 Tips to Boost Your Mental Health**

**Courtesy of Mental Health America**

**LT Cam-Van Huynh**

1. **Track gratitude and achievement with a journal.** Include 3 things you were grateful for and 3 things you were able to accomplish each day.
2. **Start your day with a cup of coffee.** Coffee consumption in moderation is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try a good-for-you drink like green tea.
3. **Keep it cool for a good night's sleep.** The optimal temperature for sleep is between 60 and 67 degrees Fahrenheit.
4. **Experiment** with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.
5. **Take time to laugh.** Watch a comedy or check out cute videos online. Laughter helps reduce anxiety.
6. **Dance around while you do your housework.** Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body's "feel-good" chemicals).
7. **Try prepping your lunches or picking out your clothes for the work week.** You'll save some time in the mornings and have a sense of control about the week ahead.
8. **Feeling stressed? Smile.** It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.
9. **Send a thank you note** - not for a material item, but to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.
10. **Do your best to enjoy 15 minutes of sunshine,** and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.

At your service,  
CDR Joseph Collins

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