

Did you know what evidence has to say?

Generally, Health Science students experience moderate to high level of stress which is more so among dental students¹. The stressors are related to academic, teaching, learning, and social relationships².

Being aware and adopting stress management strategies are paramount. They have a positive implication on mental health in terms of how one thinks, feels and acts.

Aim of the event:



1. To inform, educate and improve the awareness on mental health and wellbeing among undergraduate students.
2. To engage the students' participation in feel-good activities.

Event organizers:



College of Dental Medicine in collaboration with the other Health Cluster Colleges and College of Education.



Beautiful Quotes

Cheer up !!!

"A healthy outside starts from inside"- Robert Ulrich

"Nothing can dim the light that shines from within." – Maya Angelou

"A healthy attitude is contagious but don't wait for it to catch it from others. Be a carrier"- Tom Stoppard

"All stress, anxiety, depression is caused when we ignore who we are, and start living to please others"-Paulo Coelho

"I am not afraid of storms for I am learning how to sail my ship." – Louisa May Alcott

"The greatest glory in living lies not in never falling, but in rising every time we fall" -Nelson Mandela

"There is a crack in everything, that's how the light gets in" — Leonard Cohen

"You don't have to be positive all the time. It's perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn't make you a negative person. It makes you human." — Lori Deschene



Wishing you all a year
where mind, body, heart,
and soul meet in health !



1. Basudan S, Binanzan N, Alhassan A. Depression, anxiety and stress in dental students. *Int J Med Educ.* 2017; 24;8:179-186.

2 Elani HW, Allison PJ, Kumar RA, Mancini L, Lambrou A, Bedos C. A systematic review of stress in dental students. *J Dent Educ.* 2014; 78:226–242.

Cover picture courtesy: The IILM Blog
<https://www.dundeehscp.com/our-publications/news-matters/mental-health-wellbeing-strategy-2019-2024>

Events:

Station Name	Station In-charge	College
Clay and Pottery	Mrs. Sawsan Al Shaar	Mother of Aseel and Ahmed Odeh, dental students
Body Liberation	Dr. Lilly O'Hara	Department of Public Health, College of Health Sciences
Sleep Health	Dr. Monica Zolezzi	Department of Pharmacy, College of Health Sciences
Stigma	Dr. Monica Zolezzi	Department of Pharmacy, College of Health Sciences
Painting Station	Dr. Faiza Aldahamari	Department of Art Education, College of Education
Oral Health and well-being among youth	Dr. Ghadir	Department of Public health, College of Health Sciences
Mental Health Study	Year 4 students	College of Dental Medicine

Nutrition & Mental Health	Dr. Joyce Moawad	Human Nutrition Department, College of Health Sciences
Wellness: Sleep	Dr. Taysier El-Gaili	Wellness officer
Tobacco and Vaping cessation	Dr. Mohammed Al-Hamdani	Department of Public health, College of Health Sciences
Games	Year 3 students	College of Dental Medicine
Fun activities	Year 4 students	College of Dental Medicine
Balancing your life	Ms Kawthar Jassim	College of Dental Medicine
Color and Feelings	Year 1 students	College of Health Sciences
Fun activities	Year 3 students	College of Dental Medicine

Organizing team:

Leads:

Prof. Randa Abidia

Prof. Elham S. Abu Alhaja

Team:

Dr. Sruthi Sunil
 Dr. Teeb Al Hadeethi
 Dr. Shailaja Raghavan
 Dr. Priti Charde
 Dr. Sundus Atique
 Dr. Abeer Tamr

Dr. Aala Hassan Daud
 Ms Fatima Alkuwari



MENTAL HEALTH

AND

WELL BEING

EVENT

5th February, 2023

