



## **Well-Being Committee**

### **Action Plan**

#### Purpose

The Well-Being Committee is established to support and promote the mental, emotional, and physical well-being of dental professionals. The Committee aims to address stress, burnout, and overall work-life balance within the dental community by developing initiatives and resources that enhance resilience, provide wellness education, and foster a healthy professional environment.

#### Duties

- Create and compile wellness resources, including mental health support, stress management tools, physical wellness activities, and work-life balance strategies.
- Organize workshops, webinars, or events focused on wellness topics such as mindfulness, nutrition, stress reduction, and ergonomics for dental professionals.
- Collaborate with local and national wellness organizations, mental health professionals, and wellness coaches to expand available resources and promote awareness campaigns.
- Establish peer support groups or mentorship programs to provide ongoing emotional and professional support.
- Continuously evaluate the effectiveness of wellness initiatives through feedback from participants, with adjustments made based on needs and outcomes.
- Advocate for the integration of wellness practices into dental education and practice, highlighting the importance of self-care and professional resilience in association communications.

#### Composition

The Well-Being Committee shall be composed of:

- A chair appointed by the President.
- Six (6) to ten (10) members appointed by the President.
- In addition, one (1) representative from each of the recognized dental specialties as listed by the national Commission on Recognition of Dental Specialties and Certifying Boards, one (1) representative from the New Jersey Academy of General Dentistry, and one (1) representative from any recognized professional dental association including hygiene and assisting may serve on the committee.



### Time Commitment

The committee meets approximately four (4) times per year. The duration of the meetings is one (1) hour to two (2) hours.

### Participation Expectations

**Terms:** Appointments are one (1) year terms.

**Attendance:** Regular attendance at committee meetings is expected, and failure to attend at least 75% of the scheduled meetings annually may result in consideration for dismissal from the committee.

**Engagement:** The Well-Being Committee is expected to engage proactively and collaboratively, ensuring clear, timely, and consistent communication across all platforms. Members should align messaging with organizational goals, actively contribute to content creation, and gather feedback to continuously improve strategies. The goal is to drive stronger engagement and participation within the organization and the broader dental community.

**Conduct:** The Association is committed to the principle that all individuals should be treated with dignity and respect. The Association strongly disapproves of any action or conduct by members or employees which constitutes harassment of an individual on account of race, sex, sexual orientation, disability, age, religion, national origin, or any other characteristic protected by law.

### Resources

**Chair:** Dr. Cathy Hung

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