

I've always taken the advice the flight attendant gives you before the plane takes off, "In case of an emergency, make sure to get your own oxygen mask on first!" That's what I've had to do this summer and fall as our own dental practice waded through the muddy waters of functioning during COVID, recovering from being closed for 8 weeks, team turnover, ...oh, and the building of a new dental office. Now that we settled into our beautiful new office, I am feeling ready to once again support clients and I'm so excited to share all that I've learned over the past few months.

I'm a firm believer that in order to take good care of others, we need to be in the right mindset and have our basic needs met first. That is important for all of us in leadership roles. How do we take care of ourselves to best serve those around us? We are the model for our patients and our teams. Check in with yourself and be sure you are putting good fuel in your body (that's food and positive content), getting enough rest, and doing things that bring you joy and lift your spirits. I promise all of this is contagious and when you start leveling up and feeling better about yourself, those around you will be more inclined to join you.

Check in with your team. How are they doing physically and mentally? This has been a tough year for most of us. It's good to acknowledge that, support them as best you can, but yet also inspire them to be motivated to be their best selves.

I'm eager to learn how you've weathered COVID and support your office in getting excited to transform the perception of dentistry by training teams on dental anxiety and the dental spa approach. Reach out anytime.

- *Jessica*