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Event : Stress Burnout Event – “A Happy Mouth is a Happy Mind”

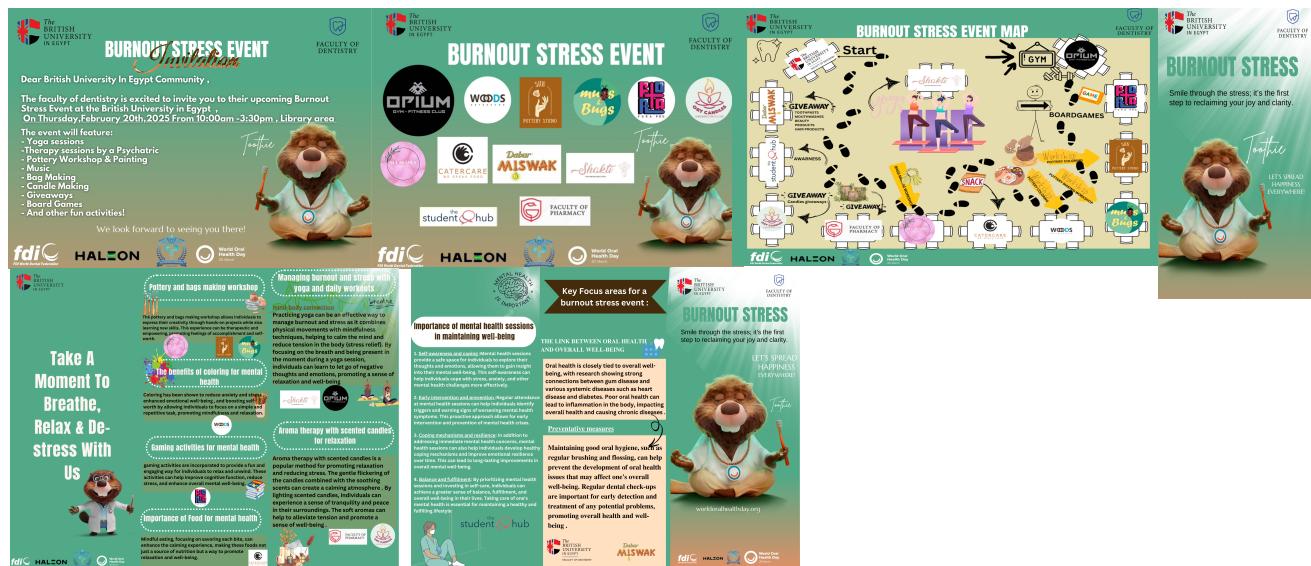
Date: February 20, 2025

Venue: British University in Egypt, Main Campus

Organized by: Faculty of Dentistry staff members

Supervision: Prof. Fardous Rizk, Acting Dean of the Faculty of Dentistry.

Special Attendee: Dr. Nahawad Thabit, FDI Councilor Representative in Africa



Audience attended: 1562 Participants received oral care brochures and stress-relief kits from various sponsors.

Overview:

This event was held as a proactive initiative in alignment with World Oral Health Day, emphasizing the connection between oral health and mental wellness. It aimed to tackle stress and burnout among university students and staff through relaxing and health-promoting activities under the theme: "A Happy Mouth is a Happy Mind."

Purpose:

- Promote mental well-being through engaging, stress-relief activities.
- Raise awareness about the psychological effects of poor oral health.
- Connect Mental and Oral Health: Emphasize the relationship between mental well-being and oral health, encouraging participants to consider both aspects in their daily lives.
- Encourage preventive care and mental health awareness as part of oral hygiene

Interactive Booths and Activities With The Help Of Sponsors:



- **Candle and perfume Making:** Stress relief through aromatherapy and creativity (Participants learned to create their own scented candles, enhancing relaxation through creative expression. Supplies included various scents and colors, enabling personalization).



- **Pottery Workshop:** Mindfulness and anxiety reduction (Guided by local artists from woods sponsor, attendees crafted pottery items, focusing on the therapeutic aspects of working with clay).



- **Yoga Sessions:** Certified instructors led sessions that combined physical postures, breathing exercises, and meditation techniques to promote relaxation and mindfulness.



- **Gym Workout Sessions:** Fitness trainers conducted high-energy group workouts, introducing participants to different forms of exercise, such as Zumba or circuit

- **Bag-Making Workshop:** Attendees created personalized fabric bags, combining creativity with practical skills. This workshop emphasized sustainability by using recycled materials.



- **Music Workshop:** Participants explored music as a form of therapy, engaging in group activities that included singing and playing instruments, fostering teamwork and creativity.



- **Board Games Booth:** Designed for social interaction, this area featured a variety of board games, encouraging friendly competition and collaboration among participants.

- **Oral Health Mini Booths:** Education on how stress affects oral health.



BURNOUT STRESS EVENT IN ALIGNMENT WITH THE
WORLD ORAL HEALTH DAY 2025 CELEBRATION.





Student & Staff Engagement:

Dental students acted as guides and educators at each booth, offering oral health insights while encouraging mental wellness practices. The event attracted wide participation across university faculties.

Sponsors and Support:

The event was generously supported by local wellness brands and dental care companies who provided both funding and giveaways. Corporate sponsors included natural wellness brands for relaxation kits, sports facilities offering free trials, and dental product companies contributing hygiene kits and educational flyers.

Participation:

The event welcomed over 800 participants, including undergraduate students, academic staff, and administrative personnel. The outcome emphasized a tangible improvement in participants' understanding of how stress affects oral hygiene.

Educational Components:

Mini-lectures were conducted throughout the day on:

- The Psychological Impact of Oral Health Neglect
- Stress-Induced Oral Diseases
- Managing Bruxism and Dry Mouth due to Anxiety

Impact:

-over 1562 Participants received oral care brochures and stress-relief kits from various sponsors.

- Attendance of Dr. Nahawand Thabet, FDI COUNCILOR REPRESENTATIVE IN AFRICA supporting the Burnout stress event and helping in spreading the message of a "Happy Mouth, is a Happy Mind".
- High satisfaction rates and increased awareness from feedback surveys.