

## **Burnout Stress Event In Recognition of the World Oral Health Day Celebration Theme (Happy Mind ..Happy Mouth)**

Event Title: Burnout Stress Event

Date: February 20th

Location: Library Area, British University in Egypt

Organized by: Faculty of Dentistry Staff Members and Interns Students

### **Event Description**

In observance of World Oral Health Day, we are excited to host the Burnout Stress Event .This engaging event will feature a series of interactive workshops, giveaways, and activities designed to foster relaxation and self-care, all while highlighting the importance of oral health.

### **Confirmed Sponsors and Activities**



**CATERCARE**  
WE SPEAK FOOD

- **Catercare:** Providing delicious catering services to ensure attendees are nourished and energized throughout the day.



- **Mugs and Bugs:** Hosting a pottery workshop where participants can create their own pottery items, promoting mindfulness and creativity as a form of stress relief.



-**Sun Pottery Studio** : Hosting a pottery painting ,and Mirror mosaic making



-**FORA Boardgames** :if offering a Blindfolded new boardgames to alleviate burnout stress event



- **Ory Candles:** Offering candle giveaways to create a calming atmosphere and enhance relaxation



- **Dabur El Miswak and Dabur Amla** : Distributing natural oral care and beauty products to emphasize the connection between oral hygiene and overall health



- **Shakti studios** : Leading yoga sessions that focus on stress reduction, mindfulness, and physical well-being.



-**Opium fit Gym** : offering vouchers , giveaways and in floor workouts that focus's on stress reduction



- **Sue pearls** : Offering a creative workshop where attendees can learn to make their own bags, combining practicality with creativity.



-**Woods** : Hosting a pottery painting ,and Mirror mosaic making

**-faculty of dentistry** : Offer demonstrations of techniques to reduce anxiety, such as breathing exercises that can be practiced while waiting for dental appointments. Include a fun quiz on dental health myths and facts, integrating mental health questions to promote awareness. Distribute brochures explaining the relationship Between mind and tooth



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**—Students Hub** : Interactive Booth : Organize short sessions on topics like coping strategies, time management, or mindfulness practices. Pamphlets: Distribute brochures on stress management, burnout prevention, and mental health resources. Q&A Sessions: Allow attendees to ask questions about mental health and wellness. Feedback Wall: Create a space where visitors can share their thoughts or tips on managing stress.



**-faculty of Pharmacy** : offering aromatic giveaways and introduction about aromatic therapy



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### **Objectives**

1. Raise Awareness: Educate participants on the importance of oral health in relation to overall well-being.
2. Stress Management: Provide tools and activities that promote relaxation and self-care.
3. Community Engagement: Foster a sense of community among students and faculty through interactive experiences.

We believe that the Burnout Stress Event will be a valuable opportunity for our community to come together, learn, and support one another. We invite all participants to join us in celebrating World Oral Health Day while prioritizing mental health and well-being.