

**adha** **CELL 2015**  
**92<sup>ND</sup> ANNUAL SESSION** **JUNE 17-23\*2015**  
**SESSION** **NASHVILLE, TN**

**CE Course Handout**

**The Silent Killer in Dentistry: Facing the  
Realities of Stress in Dentistry**

**Saturday, June 20, 2015  
10:00am-1:00pm**



American  
Dental  
Hygienists'  
Association



## The Silent Killer

I stress over...

Know Your Stress

Assess Your Stress

Reduce Your Stress

### **For further information:**

**CALL** me at: 623.776.6715

**EMAIL** me at: Jen@JenButlerInc.com

**JOIN** my mailing list: [www.JenButlerInc.com](http://www.JenButlerInc.com)

**LIKE** my Facebook page: [www.facebook.com/JenButlerCoaching](http://www.facebook.com/JenButlerCoaching)

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# The Silent Killer

## Your Stress Management Plan

Coping Tools #1:

Coping Tools #2

Coping Tools #3

Commit

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Change

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Connect

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