

## Letter to the Editor

### Emotional Hygiene

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Dear Sir

Emotional Hygiene and it's importance for a healthy professional life.

We being dentists have always been advocates of maintaining good Oral Hygiene. But just like all measures for good Oral Hygiene the maintenance of a good Emotional Hygiene is also very important. Many of us miss this very important aspect of life.

Maintenance of good psychological health requires conscious efforts which help us to become more balanced. This happens with the help of simple processes involving the following:

1. Need to build emotional awareness
2. Accepting emotional pain/stresses
3. Avoid catastrophizing
4. Following self-care routines
5. Overcoming negativity
6. Negative self talk is never helpful.

The above-mentioned suggestions help us keep a check on our psychological health and also help us identify the developing problems.

Since we are in a profession which is dynamic and requires constant up gradation of skills and technology so we are more likely to be emotionally burnt out. Thus, it becomes absolutely important that we strongly take care of our psychological needs.

Jai Hind

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