



UP VOICE

The Official Newsletter of the University of Puthisastra (UP)



As a leading Cambodian university, the University of Puthisastra (UP) is delighted to announce that we are once again the only university in Cambodia to be listed within the very prestigious Times Higher Education Global Impact Ranking Tables. These rankings are used to compare 1406 Top universities from 106 countries (including the USA, the UK, Australia, Japan and China) around the world.

Top universities all over the world are today boasting about their THE achievements and now by joining this elite group, Cambodia can hold its head very high. An amazing achievement for such a small developing country. It is with great pride that UP is able to announce that UP is now a Top 500 university (and in the top half of all universities globally) in respect of SDG 3: Good Health & Wellbeing and SDG 8: Decent Work & Economic Growth.

The continuing inclusion of UP marks another step forward, both for UP and for the international status of Higher Education in Cambodia, especially as this year's rankings showcase continuing improvements in addressing the United Nations' important Sustainable Development Goals (SDGs).



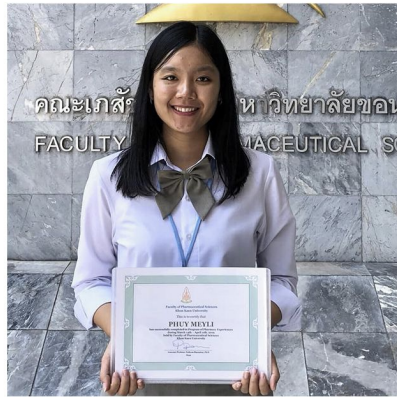
The Times Higher Education Impact Rankings are extremely prestigious as the only global performance tables that assess universities against the UN's 17 SDGs. The rankings are available here: [Impact Rankings 2022 | Times Higher Education \(THE\)](#).

Having once again successfully achieved this recognition on the global stage, UP will be continuing its progress in the months and years ahead, to further cement both our own place and reputation, and also Cambodia's place and reputation within the Higher Education industry globally, on a permanent basis.

With our excellent staff and students working in lock-step together, the sky's the limit for UP!

WHAT'S UP ON CAMPUS	<ul style="list-style-type: none"> • 1 MAY 2022 INTERNATIONAL LABOR DAY • 2 MAY 2022 WELCOME BACK TO UP
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UP CONGRATULATIONS TO TWO ALUMNI WHO WON SCHOLARSHIPS TO STUDY MASTER DEGREE ABROAD



Two UP Alumni got scholarship to study abroad and we would like to congratulate them on their hard work for this great achievement.

Ms. Phuy Meyli, UP Pharmacy Alumni batch 5 who got scholarship master degree of pharmaceutical sciences to study in Thailand, has volunteered with different non-profit charitable organizations such as Project Lokun and Project Sa'bai. Her career goal is teaching sciences at medical school and become a pharmaceutical scientist.

Ms. Tang Sovanaroath, UP Pharmacy Alumni batch 2 received master degree of public health scholarship to study in New Zealand. She had also worked in faculty of pharmacy as the Pharmacy Lab assistant and led some projects and workshops in faculty and she had done a lot of volunteering activities during her student life.

UP's Bachelor Degree in Pharmacy Program was designed to educate students with basic and compulsory knowledge related to community pharmacy, hospital pharmacy, industrial pharmacy, biological sciences and research. Starting from year 3, students have clerkship and internship within different hospital pharmacies, community pharmacies, hospital laboratories and pharmaceutical enterprises in order to strengthen their capacity through real practices. We have provided many extracurricular activities to support students' learning such as study tour both local and overseas, exchange program, social activities, trainings, seminars, orientations, study clubs, research etc.

UP JOIN WITH MOH ON CURRICULUM DEVELOPMENT OF PRIMARY HEALTH INTEGRATION FOR ELDERLY



The number and proportion of people aged 60 years and older in the population is increasing. In 2019, the number of people aged 60 years and older was 1 billion. This number will increase to 1.4 billion by 2030 and 2.1 billion by 2050. This increase is occurring at an unprecedented pace and will accelerate in coming decades, particularly in developing countries. In Cambodia people aged over 60 years old is account for 8.9% of the total population and will be increased up to 11% by 2030.

In response of National Ageing Policy 2017-2030, UP has join with MoH and relevant ministries and institution on develop curriculum outline appropriate in Cambodia context. ICOPE: Integrated care for older people a guidance for person-centred assessment and pathways in primary care is used to assess capacity include cognitive decline, limited mobility, malnutrition, visual impairment, hearing loss and depressive symptoms.

UP DENTAL STUDENTS BRING SMILES TO PATIENTS!



SOVANN Rithy and HAN Sopheara, Year 6 dental students, recently made two metal partial dentures for this patient, with help from Mr Andrew Sinclair, our dental technician.

The results are excellent, and the patient is very happy with her new teeth. Keep up the good work Rithy and Sopheara!

If you or your relatives have missing teeth, please see us at the UP Dental Hospital, as we can replace missing teeth with dentures (or implants), at exceptionally good prices.

NEW CONTINUING MEDICAL EDUCATION EVENT ORGANIZED BY THE FACULTY OF MEDICINE

UNIVERSITY OF PUTHISASTRA
Faculty of Medicine

ការអភិវឌ្ឍវេជ្ជសាស្ត្របន្ត

Topic: "Early Detection and Management of Colon Cancer by Endoscopic Mucosal Resection (EMR) and Hot Polypectomy"

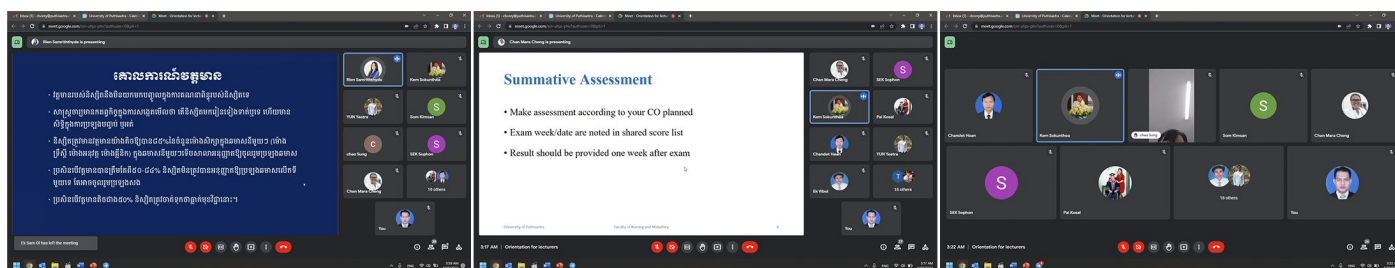
- ✓ ថ្ងៃសៅរ៍ ទី០៧ ខែឧសភា ឆ្នាំ២០២២
- ✓ ម៉ោង ៤:០០-៥:០០នាទីរាត្រី
- ✓ បទប្បញ្ញត្តិ ធ្វើឡើងតាមរយៈ: Google Meet
- ✓ គូរពង្សានៈដោយឥតគិតថ្លៃ(សំរាប់អង្គការសុខាភិបាល និង គិស្សិតវេជ្ជសាស្ត្រ)
- ✓ ថ្មីគ្មានមាតិកា

Dr. Lak Samnang
(Sunrise Japan Hospital Phnom Penh)

A CME online event will be organized by the Faculty of Medicine on Saturday 7th May. The UP alumnus and now surgeon at Sunrise Japan Hospital in Phnom Penh, Dr. Lak Somnang, will discuss the "Early Detection, and Management of Colon Cancer by Endoscopic Mucosal Resection (EMR) and Hot Polypectomy".

The free-of-charge registration is open for interested medical doctors and students.

ORIENTATION FROM NURSING AND MIDWIFERY DEPARTMENT FOR LECTURERS AND STUDENTS



Nursing and Midwifery Department of University of Puthisastra (UP) had an orientation for all lecturers and nursing-midwifery students before their class starts on 02nd May 2022.

The purpose of this orientation is to provide lecturers and students with overall courses running in their programs, policies, assessments, course requirements such as how to use UPerp and UPOP and welcoming new groups of students and getting to know each other.

100% OF BATCH 6 PHARMACY STUDENTS PASSED NATIONAL EXIT EXAM



Pharmacy education has been changing in recent years. Pharmacy students need more practical skills which come from direct interactions with patients and other health care providers. As academic success is very important for students, schools, universities and communities, University needs to support a range of resources and services to help students achieve their goals.

Faculty of Pharmacy, University of Puthisastra (UP) has provided students an excellent service to guide, educate, and train them in different clinical settings. Curricular and extracurricular activities were fully implemented for pharmacy students so that they can expand their horizon.

The program were fundamentally based on national curriculum which produce our graduates to become qualified pharmacists with hard skills and integrated additionally with soft skills, 21st century skills, English, critical thinking, team working activities, project, IT skills, research etc.

As a result, 100% of batch 6 pharmacy students passed national exit exam and were recognized for their competencies and attitudes in their workplace.

UP RENEWS MOU WITH DENRICHE ASIA TO SUPPORT THE FACULTY OF DENTISTRY



Denriche Asia is a Japanese dental company which has been working in Cambodia since 2015, under the direction of Dr Shin Kawamoto (owner) and Ms Ai Yamazaki (CEO). Denriche Asia has had an MOU with UP for the past 7 years. The MOU includes a student exchange program to Japan, visits by experienced Japanese dentists to Cambodia to teach, and financial support so that our students can provide free dental treatment to disadvantaged Cambodian adults and children.

Last week Ms Ai and Dr Kawamoto visited UP to sign a new MOU for the next three years. At the signing ceremony, Professor Ian Findlay spoke of the success of our previous cooperation, and the ongoing needs to improve dental education and dental services in Cambodia. Ms Ai spoke of the commitment of Denriche to work as a partner of UP and to help in these areas.

As well as signing the MOU, Professor Ian Findlay was pleased to award certificates to Ms Ai (Adjunct Fellow of UP) and Dr Kawamoto (Adjunct Clinical Professor) in recognition of their long commitment to UP and dentistry in Cambodia. We look forward to a long and successful collaboration with Denriche in the years to come.

UP DENTAL HOSPITAL WELCOMES STUDENTS BACK!

សាកលវិទ្យាល័យ ព្រះបាទសីហនុ
UNIVERSITY OF PUTHISAstra

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បញ្ជាក់: ប័ណ្ណនេះប្រើបានត្រឹមត្រូវ សម្រាប់ប្រើប្រាស់សម្រាប់សិស្សស្រី និងសិស្សប្រុសដែលបានបញ្ជូនប័ណ្ណនេះ។ សូមអនុវត្តតាមការណែនាំរបស់គ្រូបង្ហាញ។

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ដំណាក់កាលដំបូង : ចេញឈាមតាមអញ្ចាញធ្មេញនៅពេលលេង៖ ឬដាក់ស្រោចស្រាវធ្មេញ។
ដំណាក់កាលមធ្យម : មានភ្លើងកំពេចតាមអញ្ចាញ និងប្រាកដអញ្ចាញ អញ្ចាញហើយរង្ហើរឈាម និងមានភ្លើងតាម។
ដំណាក់កាលធ្ងន់ធ្ងរ : អញ្ចាញមានខ្លះរង្ហើរឈាមត្រឹមត្រូវ មានករណីចាប់ ផ្តុំបញ្ហាធ្មេញស្រាវធ្មេញ ធ្មេញរង្ហើរ រូសស្រាវធ្មេញ។

បញ្ជាក់:
ធ្មេញស្អាតមិនមានធានាពុកធ្មេញ និងមិនមានដំណាក់កាលណាមួយដែលមានផលប៉ះពាល់ដល់សុខភាពធ្មេញ តែមានទំនាក់ទំនងប្រាកដអញ្ចាញ នោះដំណាក់កាលនោះដោយ បើអ្នកធ្មេញខ្លះ វាអាចធ្វើឱ្យបញ្ហាធ្មេញអញ្ចាញរង្ហើរឈាមដល់ដំណាក់កាលធ្ងន់ធ្ងរបាន។
ហើយមុនពេលអ្នកចូលដល់អាយុ៣៥ឆ្នាំ អ្នកនឹងឆ្លងចំណាយឱ្យធ្មេញអញ្ចាញរង្ហើរឈាម និងប្រុះមុខមួយ។

ដំណោះស្រាយ:
មកពិនិត្យ ដើម្បីប្រើក្រាយចាស់ និងសម្រួលយកដំណាក់កាលទាំងនេះ និងប្រាកដអញ្ចាញធ្មេញ យ៉ាងតិចឱ្យបានពីដងក្នុងមួយឆ្នាំ។

Have you had your annual check-up at the dentist yet? UP has a modern dental hospital on-site where you can receive a full range of treatments including cleaning, restorations, dentures, crowns, bridges, surgery, orthodontics and implants! All treatment is of the highest standard.

To welcome students to visit the UP Dental Hospital, especially new students starting Foundation Year, we are now offering a special coupon for each UP student. The coupon entitles students (or a family member or friend) to:

- a free dental check-up (with a senior student)
- free cleaning
- free Xrays (2).

If you would like to take advantage of this special offer, please pick up your coupon from our UP Dental Hospital receptionist. We look forward to welcoming you soon!

BOOK YOUR IELTS TEST WITH UP TO KICKSTART YOUR FUTURE HEALTH STUDY & CAREER

The University of Puthisastra & IELTS have launched a new promotional campaign around the UP campus to encourage those studying English and dreaming of a further international study or careers to prepare for and sit an IELTS test.

UP is proud to be a valued member of the global IELTS Alliance Program after signing an MoU in January 2021.

If you want to book your IELTS test, you simply need to speak with the UP English Department and they will work with IELTS to organise your test registration. IELTS provides all test takers with over 200 hours of free online IELTS Preparation courses to help boost their scores.

In some ASEAN countries such as the Philippines, the majority of IELTS test takers need a score to be able to work overseas in the nursing, elderly care and medical sectors in countries such as Australia, the UK, Canada and the United States.

The cooperation between IELTS and the University of Puthisastra reflects the growing awareness of the importance of benchmarking English language capacity for study and career advancement at leading education institutions in Cambodia.

For those UP students who wish to further their studies overseas via scholarships or being self-funded, or apply for professional employment positions, IELTS is the passport that will help achieve their dreams.

IELTS is the world's most popular high stakes English language test with over 4 million tests taken in the last year and over 11,000 institutions worldwide – including universities, schools, employers, immigration authorities and professional bodies, including medical and nursing associations globally – recognise IELTS as an international benchmark of English language capacity.

You can find out more about IELTS and access the free IELTS Prepare portal with a huge range of preparation materials at <https://ielts.idp.com/cambodia>.

IELTS
CAMBODIA OFFICIAL TEST CENTRE
30 YEARS 1992-2022

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UNIVERSITY OF PUTHISAstra

Want to book your IELTS?
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#UP #IELTS

ORIENTATION FOR THE UPCOMING TRIP IN FACULTY OF PHARMACY



From 2011 to 2022, faculty of Pharmacy have set-up five different study tours every year. They are: pharmacy trip and study tour, research and voucher specimens' collection, parasitology study tour, pharmaceutical laboratory study tour and community outreach. ON April 22, 2022 faculty of Pharmacy prepared an online orientation entitled "Voucher specimens collection, ethnobotanical survey and community health" for 237 year 3 and 4 pharmacy students who are willing to conduct study tour in Siem Reap on April 23-26, 2022.

In this orientation, students got warm welcome speech from Dr. Chea Sin, Dean of faculty of Pharmacy and faculty staff. Moreover, there are 12 of team leaders who did presentation of project activities such as

- Project Leader Team
- Administrator Team
- Human Resource Team
- Logistic Team
- Sponsorship Team
- Finance Team
- First Aid Team
- Media Team
- Entertainment Team
- Herbarium Team
- Research Team and Health Education Team.

All team are supported by faculties. We hope that after this study tour all of our pharmacy students will gain more hard skills and soft skills to develop themselves and society.

UP SIGNS ANOTHER MOU WITH A WELL-KNOWN INDIAN UNIVERSITY

On 28th of April an MOU was signed between UP and Sudha Rustagi College of Dental Sciences, Faridabad, India. Sudha Rustagi College of Dental Sciences & Research is located in Greater Faridabad, an Education hub on the southern border of Delhi. It is the most renowned institute for BDS & MDS (in all Specialties), in the Northern Region. Sudha Rustagi College of Dental Sciences has an annual intake of 100 BDS students and has specialties in 8 departments with an intake of 27 MDS students every year. With hi-tech infrastructural facilities, the college aims to provide dental science students with the best education. The college has incorporated the latest in dental technology across all departments for the benefit of



the students. The dental college has more than 300 dental chairs and consistently adds more resources to upgrade its departments. They have a daily OPD ranging between 550-600 patients and a 120-Bedded multispecialty General hospital on campus. The dental school has a well-furnished, air-conditioned digital Library with 5,500 books & 200 International, National & E- Journals, with internet connectivity.

The Head of Orthodontics at UP, Assoc Prof. Anand Marya, suggested that an agreement between the two institutions would be beneficial, especially as UP is hoping to launch its Masters in Orthodontics program soon. UP representatives attended the online MOU signing ceremony - Professor Ian Findlay (President and Vice-Chancellor), Professor Callum Durward (Dean of Dentistry), Mr. Kol Rotha (Partnerships) and Associate Professor Anand Marya (Head of Orthodontics); and from Sudha Rustagi College of Dental Sciences - Mr. Deepak Gupta (Managing Director and Secretary), Professor Dr. Charu Mohan Marya (Principal), Dr. Vishal Juneja (CEO) and Professor Dr. Gurkeerat Singh (Head of Orthodontics and the Vice-Principal).

We are looking forward to having student and staff exchanges and research, teaching, and learning collaborations in the future between both progressive institutions.

STUDENT MISSION TO OU POAT NGO LOCATED IN SRAMOCH HER VILLAGE, CHAMBOK COMMUNE, BATI DISTRICT, TAKEO PROVINCE



Student Services Team has organized the Student Mission Trip for our pharmacy and dentistry students in April 29, 2022 to apply their theoretical lessons into actual working experience with 26 kids. Specifically, student mission aims to provide basic oral healthcare to prevent from teeth decay and maintain healthy teeth habits, correct ways of hands sanitizing, overall physical examination such weight, high, eyes, mouth, ears, skin, blood pressure to analyze the growth of the children and teeth checkup to clean and apply fluoride on the cavities.

Plus, our medical students explained the kids to how live and maintain their healthy habits in daily lifestyle additional gifts such as notebooks, pens, sanitary jell and vitamin C. Meanwhile, our medical students have learned and shared a lot of good lessons in order to build strong relationship, love and compassion with those orphans.

UP ATTENDS SUB TECHNICAL WORKING GROUP FOR ORAL HEALTH MEETING AT MOH



Last week Prof Callum Durward (Dean, Faculty of Dentistry), A/Prof Soeun Sopharith (Deputy Dean), and Dr Khom Pisal (Business Development Manager) were invited to attend a Sub-Technical Working Group for Oral Health meeting at MOH. The meeting was presided over by HE Dr Oeurn Borarorth, Secretary of State for Health, and facilitated by Adj Assoc Prof Hak Sithan (Deputy Director, Dept of Preventive Medicine, MOH). The purpose of the meeting was to alert the STWG members, who represent dentistry in Cambodia, of the new project to develop a National Oral Health Action Plan from 2022-2030.

The project was described in a presentation by Dr Khom Pisal, who has been appointed as a networking facilitator, along with Dr Sieng Chanthyda (from One-2-One Cambodia) and Dr Hou Sokuntheary from MOH. Dr Bethy Turton (Advisor to Oral Health Office at MOH and UP Adjunct Assoc Professor) and Dr Thyda made presentations on recent research on the state of oral health of children in Cambodia, findings from the My Health child development study, and the success of some recent demonstration projects targeting preschool and school children. Prof Callum Durward spoke about oral health issues for older adults and the growing problem of oral cancer. Dr Phan Sandeth, Director of OMF Surgery at Preah Ang DOUNG Hospital, presented activities at his hospital, especially related to OMF surgery.

After the presentations, there was a general discussion about the National Oral Health Action Plan, and how the STWG for Oral Health will be able to contribute. UP is happy to be taking part in these important meetings which will guide oral health in Cambodia in the future.

UP DENTAL STUDENTS GOING TO USA WITH ROTARACT



The club was very excited to be invited to attend the annual Rotary International Convention from 4-8 June 2022 in Houston, Texas. Over 20,000 participants are expected from all over the world.

Seven UP students have been invited to attend: Bunho, Bunhuch, Maradin, Kimchheang, Raksmeay, Yuk YL and Sileng. Most have already obtained their visas.

The students hope that during the trip they will learn more about the vision and work of Rotary International and Rotaract around the world, gain insight into how to develop successful projects, make new friends and establish new connections, promote their club and Cambodia, and experience a taste of life in the USA. The UP Rotaract Club is open to all UP students. If you are interested, you can sign up via the recruitment link on the Rotaract Club of Phnom Penh Central Facebook page.

Rotaract is an international organization of service clubs for men and women aged 18-30 that fosters leadership and responsible citizenship, encourages high ethical standards in business, and promotes international understanding and peace. Rotaract stands for "Rotary In Action". It is a program of Rotary International.

Rotaract originally began as a Rotary International youth program in 1968 in the United States, and has grown into a major organization of over 10,904 clubs spread around the world and over 203,000 members in 189 countries. Their motto is: "Self Development - Fellowship Through Service". Rotaract Clubs work under the guidance of their local Rotary Clubs. Clubs draw members from the community or are organized as an extra-curricular activity for university students.

Rotaract Clubs conduct formal meetings, which feature speakers, tours of local businesses, cultural activities, discussions, and visits to other clubs. Rotaractors utilize weekends for service project work, social events, and professional and leadership development workshops.

Every year there is an annual two days-long forum held prior to the Rotary international convention, which in 2022 is in the USA. This event offers Rotaractors from all over the world the chance to meet, discuss issues of mutual interest, and develop friendships based on international goodwill and understanding.

The goals of Rotaract are:

- To develop professional and leadership skills.
- To emphasize respect for the rights of others, based on recognition of the worth of each individual.
- To recognize the dignity and value of all useful occupations as opportunities to serve.
- To recognize, practice and promote ethical standards as leadership qualities and vocational responsibilities.
- To develop knowledge and understanding of the needs, problems and opportunities in the community and worldwide.
- To provide opportunities for personal and group activities to serve the community and promote international understanding and goodwill to all people.

The UP Rotaract Club was formed before the Covid pandemic, but has been limited in what it could do over the past two years. However, members have been involved in the following activities: Days for Girls project, donating food (to a Food Bank), Kampong Preh mission (joined with RCPPM), Joyful Toy Share project (joined with RCPPM), and Krochab school project. The inaugural president of UP Rotaract was Dr. Chhrey Mengkheng (a UP part-time staff) who is now the Charter President of the club. The club is sponsored by two Rotary clubs: the Rotary Club of Phnom Penh Central and the Rotary Club of Phnom Penh Capital. The UP Rotaract club has an elected executive with the following members:

- President: Horm Sotheareak
- Charter president: Chhrey Mengkheng
- Vice president: Houn Maradin
- Public Relation director: Tan Bunho and Nhil Yuk YI
- Treasurer: Lorn Pichmarrynet
- Community service director: Eang Sokun, Ho Puthyka, Dhep Sereyratana, Chomto Nyta
- Fund Raising director: Pen Keopanha, Chay Lyhour
- Media: Hout Techhong, Chen Raksmeay, Leang Hengpiseth, Chin Sovanmony
- Administration Director: Eong Rongsonida

The UP Rotaract club has set the following priorities for its activities:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene
- Save mothers and children
- Support education
- Grow local economies
- Protect the environment.

UP MEETS WITH WATERAID CAMBODIA



Last week UP received a visit from WaterAid, an international NGO that works in Cambodia with NGOs and the government to deliver The Royal Government of Cambodia's National Action Plan which aims to make sure every Cambodian has access to water, sanitation and hygiene by 2025. Access to clean water and safe hygiene and sanitation is a basic human right that every Cambodian should have. The three visitors from WaterAid were Senghort Ret, Vouchnea Tang and Bernice S. They provided an in-depth explanation of their work in Cambodia and worldwide. Working at national, provincial and local levels, the aim of their current project here is to improve water and sanitation in health-care facilities. Their first project is called "Clean Front Line" and involves primarily working with cleaners in healthcare facilities in Kratie, Kampong Cham and Battambang.

There is a large training component involving trainers provided by the MOH. The second project involves improving hygiene within maternal child health activities, by working with primary health care providers and mothers. This project involves both Health Centers and District Hospitals using a multi-modal approach to bring about behavior change. The focus is on hand hygiene, good sanitation and clean water. The third project involves improving water, sanitation and hygiene in healthcare facilities at all levels.

All of the projects are run in close consultation with the MOH, and follow WHO, UNICEF and MOH guidelines. There is a research component to the work, and WaterAid partners with the London School of Tropical Hygiene and the Cambodian National Institute of Public Health for this aspect. Following their presentations to the UP team of Assoc Prof Tineke Water (Director of Research), Prof Callum Durward (Dean of Dentistry), Dr Chhim Sarath (Deputy Dean of Medicine) and Ms Kem Sokunthea (Deputy Head of Nursing), there was discussion about possible ways UP might be involved in the future in aspects of this exciting work which will have huge positive impacts on the health of Cambodians, especially children.

MEET THE FOUNDATION YEAR TEAM MUK LYKEANG



Hi! I am Lykeang, a Research Methodology Lecturer in Foundation Year.

I graduated with a Master's degree in Biochemical Technology at King Mongkut's University of Technology Thonburi (KMUTT), Thailand. I have participated in research work and published in the International E-Conference. I obtained a Bachelor's degree of Bioengineering at Royal University of Phnom Penh.

I am willing to share my greatest experiences and knowledge with my students.

PROFILE: LECTURER OF ENGLISH – MR. ALESSANDRO WILSON

Ally is a lecturer of English in the Faculty of English Excellence and Employability. Originally from Scotland in the U.K. he began his overseas teaching career in South Korea over a decade ago and has spent the last 6 years in China predominantly teaching IGCSE English, IELTS and Academic Writing.

From a Systemic Functional Linguistics background, Ally has an almost fanatical interest in Sociolinguistics, Genre Analysis and Functional Grammar and carries this into the classroom. His students are encouraged to take an active role in the learning process and seize ownership of their education as the teacher becomes the facilitator to knowledge rather than the omnipotent master of knowledge.

Outside of UP, and much to the amusement of his friends, Ally is never far away from a badminton court or a table tennis table where his lack of ability is in constant battle with his enthusiasm to compete. Similarly, as he begins his study of the Khmer language in his free time, he is confident his enthusiasm to compete will prevail.



5 TIPS FOR STAYING POSITIVE



(Adapted from an article in the newsletter from Dental Hub 360)

Folks in our industry know that changing lives comes at the price of tons of hustle and bustle. We're used to juggling so much in both our personal and professional lives, and general overwhelm is something we've grown accustomed to.

Over the course of the last year or two, however, the world has been especially out of whack. Everything outside of the office is just as chaotic as it can get inside of the workplace, if not more so, and maintaining a positive mentality can feel like an uphill battle these days. If you're struggling with staying positive, it makes sense—you're far from alone. And it's a good thing you're reading this because, for this week's blog post, we're giving health professionals five tips for staying positive.

These tips will be relevant to anybody no matter what's happening in their lives, and they can serve you over your entire life. If that sounds good to you, then keep reading!

1) Surround Yourself with Positive People.

Naturally, when you surround yourself with people who are positive, it's easier to see things their way. Likewise, when you're surrounded by negativity, it is easy to get caught up in the negativity and start thinking that it is okay to feel bad about things.

So, surround yourself with people who are positive and make your lens less foggy. That might mean building a support network or “inner circle” full of folks who are encouraging. Maybe you start engaging in communities to find people with similar interests who could be good influences in your life. Perhaps you go about hiring a therapist, counselor, or personal coach.

That said, be smart about who you define as a “good influence.” Don’t rush into making Jim your right-hand man just because he’s a bubbly guy. If Jim makes awful decisions that’ll lead to negative outcomes—like substance abuse or risk-taking—he isn’t a “positive” person to hang out with despite his sunny disposition.

2) Help Others.

Helping others allows us to help ourselves to feel happier. Even small acts of kindness can help us feel more purpose as we make an impact on those around us. By helping others, you might end up helping yourself.

So, if you’re feeling low, try to find fulfillment in doing something charitable. Maybe you volunteer at a homeless soup kitchen for an evening or find a cause you care about and become an activist about it. If you’re a busy person, it could be something as simple as holding a door for someone today.

3) Show Gratitude.

When you’re struggling to feel positive about life, it can be hard to look on the bright side. When we’re in a negative mood, it’s easier to point fingers and place blame on others instead of searching for silver linings or listing off reasons to be grateful. However, if you’re able to reframe the conversation going on inside your head to one of gratitude, it’ll do wonders for your psyche. You won’t only be a positive person others will want to be around (see tip #1), but gratitude also can be good for your physical health.

4) Eat a Healthy Diet and Get Exercise.

You know the old saying: “Garbage in, garbage out.” If you’re living a sedentary lifestyle and eating tons of junk food, your body isn’t going to be primed for positivity. If your fuel comes in the form of physically unhealthy habits, how do you expect to not run on empty?

Your mental energy is going to be sabotaged by your unhealthy lifestyle. If you want to set yourself up for an optimal headspace, you need to bring your body along for the ride—that means eating a healthy diet and getting exercise. In fact, exercise works to release endorphins inside of you and can set off a series of physiological changes to combat depression (like showing gratitude).

This doesn’t mean running a Triathlon or going to the gym for 12 hours a week, necessarily, although those are great ideas if you can muster that degree of both time and energy. We’re being realistic, advocating for small changes in your eating habits, going for a walk every day after work, or other action steps that aren’t expecting too much.

5) Develop Hobbies You Love

You know what they say: “All work and no play makes for a dreadful day.” As health professionals, this is especially true. Our days tend to require a level of work most professionals would have nightmares about. It’s impossible to stay positive without a work-life balance, and our profession can make it hard to find that balance in the first place.

That’s why it’s even more important to set aside an hour a day to do something you love to do. Allow your brain time to relax and unwind. Whether this means exploring new spaces for hobbies you’ve never heard of or reigniting a flame of passion for an old passion is up to you. The important thing is implementing an activity that’s fun for you so you can achieve some work-life balance.

Keep Your Chin Up High!

Health professionals have grown accustomed to general overwhelm, but last year made it hard for anyone to keep their head above water. The world kept pitching curveballs between the pandemic, world events, and everything in between. Keep your chin up high and try to focus on positive thoughts, actions, and content like the five tips listed above. And don’t forget to lessen your exposure to negative content like the news, social media, or politics.