

Exam Stress

Affirmation cards



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Mental Health and
Well-being in Dentistry

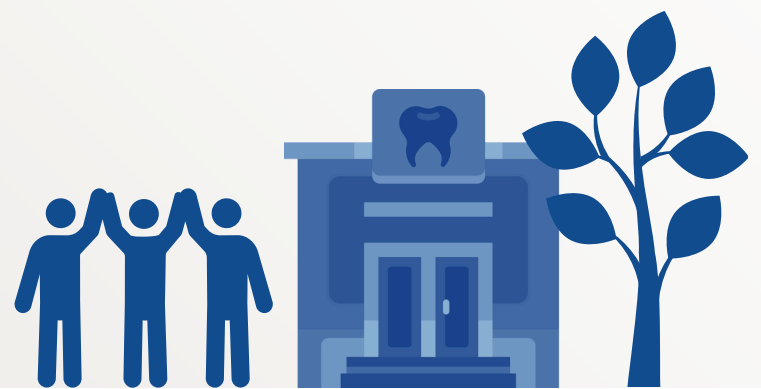
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*I've made it this far;
I am **resilient, smart,
and capable***



*Everything I need to
achieve good results is
within me*



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*No single exam reflects
my full ability or my future
as a dental professional*



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I am showing up.

I am trying.

That matters.



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*Even if I don't feel ready,
I can still show up and
do my best*



*I trust my ability
and knowledge*



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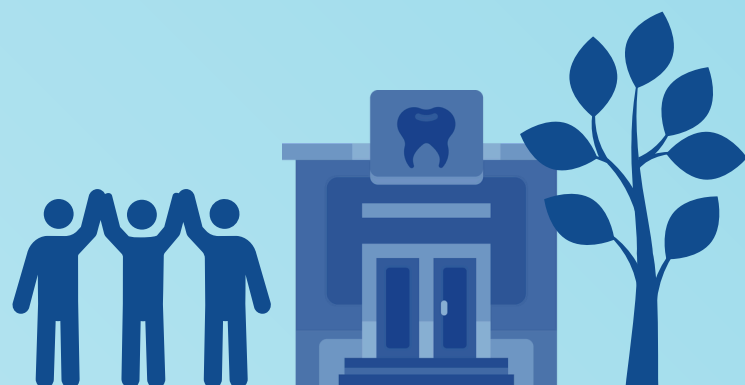
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*I am more than
one test,
one grade,
one result*



*It's okay not to
know **everything**;
I am here to learn*



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*Exams are just another
opportunity for me to
learn.*



*No exam defines me;
I am **capable, resilient,**
and **still learning***

