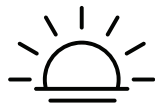


A happy mouth is a happy mind

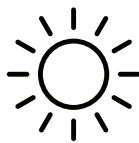
Simple Daily Schedule

to practice good oral hygiene and mindfulness



Morning:

- **Stretch & Wake Up (3 minutes):**
Start with stretches and deep breaths.
- **Mindful Breathing (2 minutes):**
Take deep breaths to calm the mind.
- **Brush Teeth (2 minutes):**
Brush teeth thoroughly with fluoride toothpaste.



Afternoon:

- **Healthy Snack (5 minutes):**
Choose tooth-friendly snacks like fruits or veggies.
- **Mindful Moment (2 minutes):**
Focus on your senses to stay calm and aware.



Evening:

- **Mindful Reflection (3 minutes):**
Think of one happy thing from the day.
- **Brush Teeth (2 minutes):** Brush teeth again before bed.
- **Night-Time Breathing (2 minutes):**
Take slow breaths to relax for sleep.



New Zealand
Dental Assoc.



World Oral
Health Day
20 March