

Chapter 15

Humor, Well-Being, and Health Literacy

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ABSTRACT

Health influences general well-being, and well-being affects future health. Oral health professionals report a decreased well-being and a higher burnout. This chapter measures and evaluates the perception of the health professional and the patient about factors of stress and well-being. It evaluates the strategies used to overcome the anxiety and stress that involve the meeting. Two surveys applied by questionnaire, with face-to-face and online dissemination, the first to patients and second to dentists, were done. Of the 245 patients, 46% consider themselves to be anxious. The instruments used in a clinical environment cause discomfort, and their noise is the predominant cause for this fear. Of the 306 dentists, 80% show the ability to face difficult situations. Finally, 90% have an awareness that contributes to the well-being of others. Oral health professionals should prepare themselves with techniques to develop a therapeutic relationship that is more positive, calm, and less stressful.

HEALTH AS A PROTECTIVE FACTOR FOR HUMAN LIFE

Health concerns a person's physical and mental condition, implies fitness in changing circumstances and must be safeguarded against threats of illness, injury or death (Committee for Healthy People 2030, 2018, p. 1). The health concept integrates elements of physical and mental health, with safety being considered an important determinant of health (Committee for Healthy People 2030, 2018).

Well-being is a determinant and a result of health, encompassing objective and subjective elements (Committee for Healthy People 2030, 2018, p. 1). Well-being integrates aspects of life and health status including physical, mental, emotional, social, financial, occupational, intellectual and spiritual elements (Committee for Healthy People 2030, 2018, p. 1).

The path points to an investment in the development of skills, between knowledge, skills and personal attributes (Tench & Konckzos, 2013) that allow for reinforcement and greater knowledge of oneself, the other and the environment. In this sense, it is necessary to invest in verbal and non-verbal communication, assertive, clear and positive (Vaz de Almeida, 2020), with respect between the two actors in the therapeutic relationship, with clear content, which simplifies and explains the technical jargon, based on an encouraging positive and hopeful behavior, allowing the healthy relationship to gain a new light, a greater balance between the surrounding parties and more healthy results.

WELL-BEING: CONCEPTS AND APPLICATIONS

Well-being and health are considered interactive concepts, in which health influences general well-being, and well-being affects future health (NASEM, 2020, p. 22 - 23; WHO, 2012). For many people, well-being is a more unifying and motivating pursuit than health: if health refers to a person's physical and mental condition, well-being encompasses many aspects of life, including physical, mental, emotional, social, financial, occupational, intellectual and spiritual (Committee for Healthy People 2030, 2018, p. 1).

The National Academies of Sciences, Engineering, and Medicine (2020) committee recognizes an inherent tension in broadening the framework of health and well-being considerations, while Healthy People 2030 (Committee for Healthy People 2030, 2018) seeks to promote and adhere to high standards of evidence, for greater effectiveness of the intervention (2020, p. 25). Measuring well-being implies designing a broader range of indicators, including some from outside the health sector (National Academies of Sciences, Engineering, and Medicine, 2020, p. 25).

Healthy People 2020 described quality of life and well-being as one of its overarching goals. For this Commission (2020), "the health and well-being of all people and communities are essential for a prosperous and equitable society" (National Academies of Sciences, Engineering, And Medicine, 2020, p. 21)

Decreased well-being and greater burnout are associated with poorer quality and safety of patient care, greater absenteeism, and higher turnover rates. Johnson, et al. (2017), recommend emphasizing the positive aspects of team interventions, building strong links between health organizations and universities, to jointly improve the effectiveness and acceptance of interventions.

The World Health Organization (WHO) discusses well-being in two dimensions: subjective, which comprises an individual's experience in his life, and objective, as a comparison of life circumstances with social norms and values (NASEM, 2020, p. 22 - 23; WHO, 2012). The construction of well-being was introduced in the Healthy People initiative within the scope of HP2030, with the objective "to improve the quality of life and well-being related to the health of all individuals" (HealthyPeople.gov, 2019).

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