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inspero

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You are enough.
You are not your job title.
You are not how many 'friends' or
'followers' you have.
You are not what you wear.
You are not your religion.
You are not the color of your skin.
You are not your parents.
You are not who you were as a child.
You are not your test scores or your achievements.
You are not the words others use to describe you.
You aren't even what you see in the mirror.
You are. And that is enough.

David Radparvar

Q
O
T
D

Exploring Emotion

The average smartphone owner unlocks their phone 180 times a day, and to be honest, I am often worse. That works out to being about once every six minutes.

-Ian Holmes



How does that make you feel? At first, I laughed. Then I checked my phone. And then I cringed. Sometimes it hurts a little to be confronted with reality; especially when that reality doesn't fit with what you want for yourself. I wouldn't go as far as to call this feeling I had shame, but it was on that path. The takeaway for me was that I can take better control over my own actions to live more intentionally every.single.day.

A couple days after reading that I was driving through the mountains in a hurry. My wife asked what the rush was. First reaction – annoyance. Luckily, I didn't say anything. ;-) I waited. Within a minute, I said, "you're right." And I slowed down. All of a sudden, the mountains came back into focus, and I realized I was driving in the most beautiful place on earth...in a hurry. Another little blip on that shame scale. It's truly amazing how quickly our mood can shift because of single thoughts or comments. How often is it a simple comment that sends us spiralling into thoughts like shame, anger, frustration, or more? Then, how often are you able to notice it and change it?

Personally, I'm getting much better at noticing, but still have a lot of work to do on the changing. Today I'm a little closer than yesterday!

What about you?

Who do you call [friends](#)? Those with friends at work are 2.5x more likely to like their job! If you have 3+ friends at work then you're 96% more likely to feel happy about your LIFE! Do you want a better, longer life? How about a better, more satisfying job? Work with friends!*





Your future self in action article

Are you hungry enough to eat a
building?

Photo created
with Dall-E AI

Edible what?!

“Yuya Sakai, the professor responsible for the study, is an engineer specializing in concrete and recycling. In previous research, he developed a technique for mixing recycled concrete powder and wood waste, generating a more resistant material through hot compression. It was during these trials that the idea arose to test other waste materials similarly, including – why not – vegetables and fruits.”

[Edible Concrete](#)

Click the link and read the article.

Imagine yourself in a future where edible concrete is the norm.
How/Why did things get this way?

How do you feel about this future?

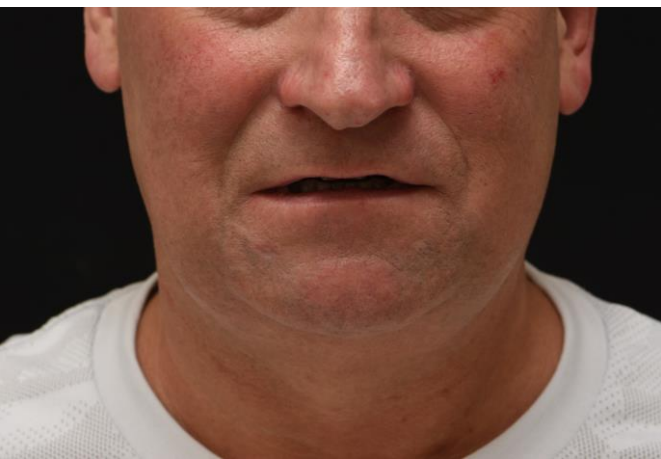
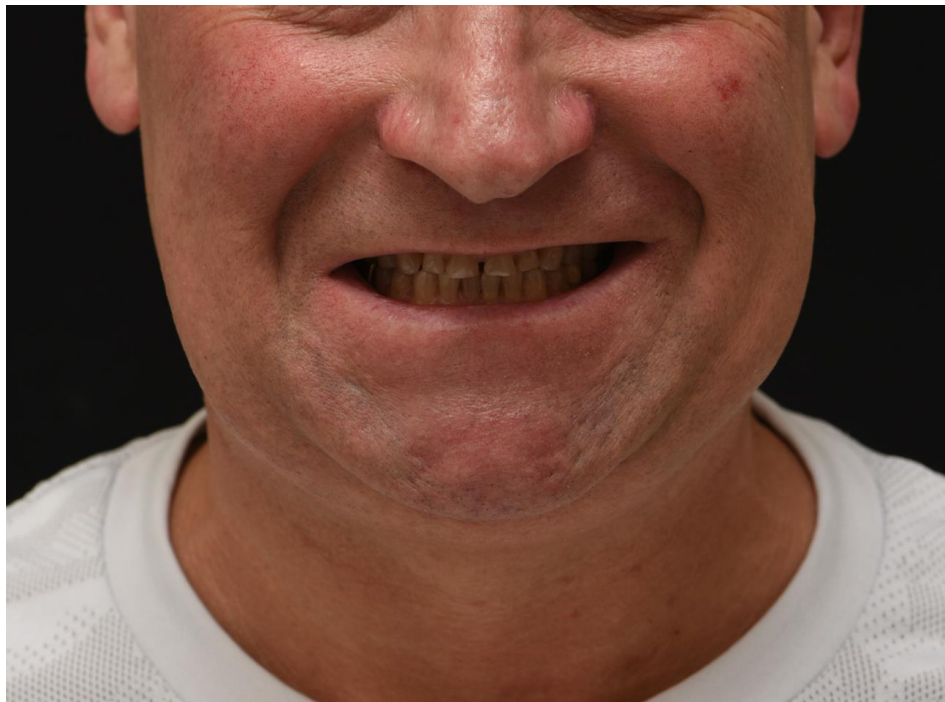
What are a couple positive outcomes from this?

What scares you about this future?

What might you do to make this future come true or inhibit it?

So, you wanna be a Prosthodontist?

- 60-year-old Caucasian male
- CC: "I am noticing my teeth are wearing away, and I want a better smile and be able to chew".
- Meds: hypertension, and hypercholesteremia.
- At the initial interview and head and neck examination, the patient exhibited an exacting attitude but without unrealistic expectations for outcome of treatment. No palpable lymph nodes, no muscle tenderness at the temporomandibular joint. Skin of the scalp, ears, and face were healthy in appearance without scars or lesions. The patient had a full range of motion while moving the head. The muscles of mastication exhibited good tone without tenderness to palpation.
- Examination also revealed equal facial thirds, with a 23mm lip length at rest and 6mm of lip mobility at full smile. Dental midlines coincident but deviated 1mm to the right of the facial midline. Inter commissure lines and interpupillary lines were not parallel, nor were they perpendicular to the midline of the face. In repose, he revealed no incisal display and in full animation, he revealed a low smile line.
- TMJ exam demonstrated full range of motion without any pops, crepitus, deviation, or pain. The joints remained pain free during load testing via leaf gauge and bimanual manipulation. An intraoral examination revealed good oral hygiene. The patient reported brushing with fluoride dentifrice once daily, no flossing, and occasional mouth rinse with no evidence of gingivitis or presence of plaque.



Let's Treatment plan and follow a case!

Dr. Kaveh Azarnoush is a pros in Texas. He has shared his board case with us to share with you!

Please email me with any questions/comments and I will contact Kaveh for response.

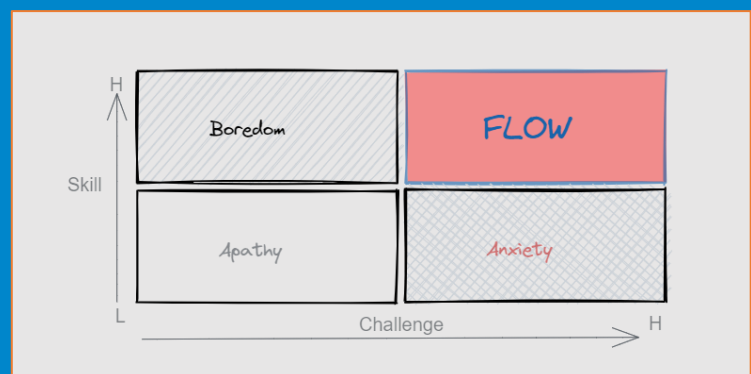
Values In Action

The E in PERMA stands for "Engagement," which refers to being fully absorbed and involved in activities that are challenging and enjoyable. It involves using one's strengths, talents, and skills to achieve goals. It is associated with the feeling of flow.

What are your strengths? How often do you get to use them?

To optimize engagement, one can focus on finding activities that are challenging, enjoyable, and utilize some of your skills/strengths. This can involve identifying one's strengths and seeking out activities that allow for the use of those strengths. Additionally, set stretch goals that will allow you a little struggle before ultimate success. The Challenge/Skills ratio as depicted in this 2x2 may be helpful. Plot various activities on here in relationship to your skillset...Shoot for that FLOW block!

If you find yourself over-challenged and under-skilled then try breaking the challenge into smaller chunks – micro-goals, if needed. That should allow you to engage that flow trigger and propel you towards success!



Bored?

To do

Doing

Done

Check out the [Trinidad 2023 Workshop!](#)

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Open the Inspero Newsletter

Check out the [May EI Workshop](#)

Have a great morning Huddle!

Check out the [Adaptive Strategy info](#)

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