

“That’s it! I’m DONE!!” - A class for EVERYONE

Strategies and tactics for recognizing and addressing professional burnout in the dental practice.

Length: 2 hours

Style: Informative and Encouraging

“That...is...IT! I’m DONE!” How many of you have said those very words? Did you really mean it, or were you just frustrated? How many of you have overheard someone in the breakroom or walking to their car at night say they are “just done.” Did they have a rough day and that is just the stress talking - or are they starting to show the signs of burnout?

Almost every industry today experiences the tension and pressure brought on by burnout - The dental field is no exception. Burnout does not discriminate and can affect anyone, whether it is a team member or the doctor themselves. If burnout only strikes one person in the office, it impacts everyone. Science is continually discovering evidence of the importance of mental health, and how stress impacts our ability to function properly. Stress and burnout have two very different definitions, and they go hand-in-hand. They both play a negative role in our overall health and well-being.

Burnout can be an emotional rollercoaster. Let’s learn how to navigate its hills, valleys, and curves so everyone ends up smiling - and not sick!

Playbook:

- Learn the differences between stress and burnout
- Find out what burnout is all about - the stages of burnout
- Understand and address the stages of burnout in yourself and others
- Establish a plan for preventing or reducing burnout in the practice
- Examine the signs and symptoms that demonstrate burnout is on the horizon