

25 Tips on how to manage DENTAL BURNOUT

***Dr Rohit Shah,**

*Reader,.Department of Periodontology,
Terna Dental College and Hospital,
Nerul,Navi Mumbai,India
e-mail: rohitshah17@gmail.com*

Burnout is chronic job related stress, physical and emotional exhaustion, negative attitudes leading to reduced job performance and quality of care. Dentists are prone and routinely face burnout due to confinement, patient anxiety, compromised treatment, stress of perfection, financial targets, economic uncertainty, low self esteem, uncomfortable working postures and lack of time for self.

It is characterized by a general lack of interest and apathy, sleeplessness, depression, frequent illness, irritability with coworkers/ family/ friends, working hard and feeling drained, anxiety, anger and an inability to focus.

Fortunately there are ways to avoid dental burnout –

1. Know yourself and your limitations.
2. Take some time off in the day for yourself.
3. Exercise regularly and maintain fitness.
4. Accept/ adapt and adjust to your responsibilities.
5. Get enough sleep and rest.
6. Eat healthy.
7. Socialise, Socialise and Socialise with positive people.
8. Avoid gossiping and saying and imagining negative thoughts and things.
9. Take regular breaks/ vacations.
10. Don't overload, listen to your body.

The simple ways to manage dental burnout are -

1. Exercising for at least for 30 minutes daily is a great stress buster.
2. Start nourishing your creative side. Do creative things.
3. Meditate to donate all your stresses to the world.
4. Set Boundaries. Delegate. Don't take on others problems on yourself.
5. Prayers to God always helps. Guaranteed to get you inner peace.
6. Have fun. Add humor to your life and workplace. Watch funny plays/ shows/ movies.
7. Visualizing positive things is a proven way to become happy.
8. Perform yoga for 30 minutes every day for a fit body and a fit mind.
9. Slow down and cut back on your commitments.
10. Playing your favourite sport is a great way of relaxing too.
11. Turn off your electrical gadgets and take regular breaks from social media.
12. Gorging on your favourite food is a good de-stresser.
13. Try aromatherapy – several essential oils can relieve anxiety by calming your body and the mind.
14. Binge at new restaurants and socialize too. Will help attain your goal.
15. Get out and Play games preferably offline.
16. Listening to your favourite music will surely help you relax.
17. Nothing better than unwinding the day by watching kids play and preferably you play with them too.
18. Massage therapy and other forms of bodywork helps relieve muscle tension and reduce anxiety.

19. Taking atleast 2 vacations in a year to your favourite destinations or the places in your bucket list can and will have a calming effect too.
20. Start learning and playing your favourite musical instrument like a guitar.
21. Speaking regularly to your family and friends is also a great way to let go of your anxiety.
22. Keep calm and learn a new hobby or pursuing your favourite one (try photography and you could get addicted to it) is one of the best ways to manage Burn out.
23. Watching a movie you wanted or your favourite one or a positive/ funny play/ drama is a great way to combat a stressed mind.
24. Reading your favourite book or a positive/ personal development book helps nourish your mind effectively.
25. Discarding unwanted stuff helps clear the house and your mind. Hence always declutter your workplace table too.

Conclusion –

Dancing, Humming and Singing, going for a walk to a park, accepting minor imperfections in life, taking deep breaths, using a relaxing scent, finding your passion in life, focusing on your interests, accepting yourself the way you are, getting organized, taking stock and control of your life are some other sure ways of preventing, managing dental burnouts thus creating a happy environment for the dentists and their patients.