



Dental Team Wellbeing Check-In

Where science meets heart in your journey to authentic wellbeing

Working in dentistry is demanding. It's mostly fast-paced, requires precision, and excellent patient care. This check-in is designed specifically for dental teams because the pressures you face deserve to be acknowledged, not pushed through.

Quick Pulse Check

Tick any that apply to you this week:

- I've skipped breaks or eaten on the go most days
- My neck, shoulders or back are holding tension
- I've felt rushed or behind schedule more often than not
- A difficult patient interaction is still bothering me
- I've felt irritable with colleagues or at home
- I've dreaded coming into work

If you ticked 3+: take this as a signal to pause, not push harder.

A Moment to Reflect

The hardest part of my week was:

Something I handled well (even if it felt small):

What I need more of right now (rest, support, boundaries, recognition):

Your Between-Patients Reset

When you have 30 seconds between patients:

1. Drop your shoulders away from your ears
2. Unclench your jaw
3. Take one slow breath: in for 4, out for 6
4. Remind yourself: "I'm doing the best I can with what I have today"

Remember: Dental professionals experience some of the highest burnout rates in healthcare. If you're struggling, you're not weak nor alone. You're a human who needs care as much as your patients do.

Asking for support is a sign of strength.