



## Wellbeing Action Plan

### For Dental Teams

*Where science meets heart in your journey to authentic wellbeing*

Dental work is physically demanding, emotionally intense, and rarely stops. These practical tips are designed for the realities of practice life; small actions that make a real difference.

#### Look After Your Body

- **Stretch between patients.** Roll your shoulders back, stretch your neck side to side, open your chest. Counteract the hunched posture of clinical work.
- **Protect your breaks.** A proper lunch break isn't a luxury. You need it to focus and maintain stamina. Eat away from the surgery if possible.
- **Stay hydrated.** Keep water in the staff room (or in your surgery in a leakproof bottle/cup with a lid if you're allowed) and make a habit of drinking between patients. Dehydration affects concentration and mood.

#### Protect Your Mind

- **Use micro-resets.** Before the next patient: one slow breath, drop your shoulders, unclench your jaw. Takes 10 seconds, prevents tension building.
- **Don't absorb patient anxiety.** Nervous patients can transfer their stress to you. Acknowledge it mentally ("their anxiety, not mine") and let it go.
- **Process difficult interactions.** If a patient or a colleague was rude or a procedure was stressful, take a moment to acknowledge it. Suppressing emotions leads to burnout.

#### Support Each Other

- **Check in with colleagues.** A simple "how are you doing?" can make someone feel seen. Watch for signs that others are struggling.
- **Debrief after hard days.** A quick chat at the end of a tough day helps everyone process. You're not alone in finding this work demanding.

#### When You Leave

- **Create a transition ritual.** Change out of scrubs, listen to music, take a different route home, something that signals "work is done."
- **Prioritise recovery.** Sleep, movement, connection with people you love. Your body and mind need time to recharge.
- **Know when to ask for help.** If you're dreading work, feeling detached, or exhausted beyond what rest fixes, talk to someone. Early support prevents crisis.

**Remember:** Dental professionals have some of the highest burnout rates in healthcare. Looking after yourself isn't optional. It allows you to keep providing excellent care.

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